



Below is a proposal to re-open our local training facilities. It demonstrates that competitive swimming can safely enforce social distancing, and ensure a safe environment for the athletes who train there.

Fusion Swim Club - Training and Facility Use Procedures

Athletes:

- Athletes who are sick or have sick household members are prohibited from attending practice.
- All athletes must arrive at the facility wearing a face mask. Swimmers will remove their face mask immediately before getting in the pool. Face masks must be put back on immediately after getting out of the pool and must be kept on until the athlete has left the facility.
- Any athlete or staff experiencing any symptoms of a fever (100.1F or higher), recent cough, unusual fatigue, headache or has had any exposure to someone who has had any symptoms (which includes family and friends) should remain at home and seek medical treatment. If any athlete or staff does have a fever or symptoms of illnesses, they may not attend a practice until 14 days after the fever or symptoms have ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Athletes will only be permitted to enter the building 5 minutes before their scheduled practice. If they arrive early they must wait in their car until the appropriate time to enter the building. Athletes must leave the North Glenn Rec Center immediately at the completion of any practice.
- Parents should be waiting in their car when practice is over. Please do not attempt to enter the building.
- Entry into the Rec Center pool will be through the south patio entrance (Side door with glass windows). Exit from the Rec Center pool will be from the south patio doors before the new group enters the building. Next training groups will wait on the far side of the patio for the previous group to exit as new one enters.
- Swimmers will be required to arrive in a suit and leave in a suit to limit locker room use.
- Locker rooms are only for restroom use, if absolutely necessary, and will be limited to one swimmer at a time.
- We ask that swimmers use the restroom at home to avoid using the locker rooms.
- Absolutely no spitting or nose wiping in the pool or on deck.
- Water bottles need to be filled at home (no drinking fountain use) and *no sharing*.
- Practice time will be actual swimming time and will not include the level of social time prior to getting in the pool that we had in the past. Swimmers must get right in the water when told. Swimmers who cannot maintain the level of social distancing required will not be able to attend



practices until they are able to do so. We will come up with some “fun” activities for them using social distancing, but we absolutely have to keep these rules in place for the time being.

- Swim bags will be placed in designated areas on the pool deck to ensure social distancing. Athletes must stay in that area until the coach sends them to lanes.

Coaches:

- The staff will not be within six (6) feet of the athletes, unless there is an emergency.
- Lifeguards will be on duty and wearing masks following all the guidelines listed.
- We will have athletes swim one or two per lane keeping family members together in the same lane when applicable. If there are two per lane they will begin at opposite ends.
- Coaches, staff and athletes will follow all recommended USA Swimming guidelines.
- We will begin having two (2) swimmers per lane, starting from opposite ends. There is also a possibility of having three (3) swimmers per lane, one swimmer starting from each wall and one swimmer starting and finishing from the middle.

General:

- There will be 15 minutes in between each scheduled practice time:
 - 5 minutes- Swimmers will dry off and leave the facility
 - 5 minutes- Coaching & Pool staff will disinfect all high traffic areas, edges of the pool and any additional areas that may require attention
 - 5 minutes- Swimmers will arrive and prepare to get in the pool, in their assigned areas
- The plan to return to training depends upon the cooperation of athletes, parents and staff adherence to safety protocols. Should anyone consistently fail to adhere to facility guidelines their access may be suspended.
- Parents/Spectators will not be allowed in the facility at any time and are expected to practice social distancing, including a mask when waiting for their swimmer. With consideration to Safe Sport, parents/Spectators may observe practices from outside of Northglenn Rec Center Pool glass windows thereby making practice open and observable.
- The deck will be marked for 6-foot social distancing.
- It is easier to add swimmers than to subtract swimmers. Our goal is to provide each of our groups access to water as soon as it is safe and responsible.

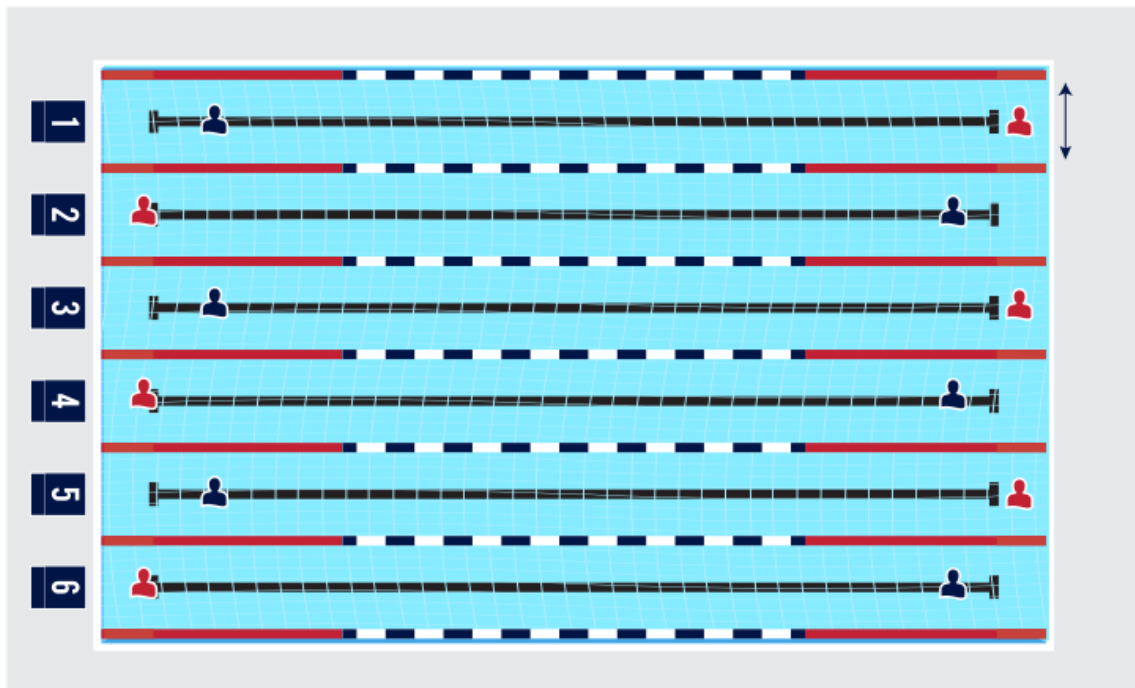
Examples of proper social distancing in competitive swimming training environments-

Example #1- 12 swimmers in a 6 lane 25 yard pool

Note:

Social distancing practice guidelines for groups of less than 12 are also planned.

Groups of 4, 6 or 9 will be spread out with the maximum distance possible between swimmers.



Examples of proper social distancing in competitive swimming training environments

Example #2- 18 swimmers in a 6 lane 25 yard pool

