

Swim Dogs Summer Swim:

Protocols & Regulations for Returning to Lowry

Note: All protocols and regulations have been created by both Lowry Pool and Aces Swim Club. Any violation to these written orders will result in immediate removal from the pool, possible member suspension, and will jeopardize any team participation at Lowry Pool for further use.

Parking

NO parking in the lot directly in front of Lowry.

All coaches, parents who are waiting, and swimmers who drive themselves must park in the lot adjacent to Lowry (the pickup lot).

NO congregating in the parking lot. Please emphasize this with your parents/swimmers as well. Congregating and socializing in the parking lot could jeopardize the ability to keep Lowry open.

Expectations of Athletes

Must bring own water – no sharing.

No spitting or nose wiping in the pool or on deck.

There will be no social time.

Should practice responsible social distancing while away from the pool.

Must see physician to be cleared after being diagnosed or suspected to have COVID-19, or after close contact with someone diagnosed with COVID-19.

If an athlete travels out of the country or goes on a cruise, they must quarantine for 14 days before being allowed in at Lowry.

Expectations of Parents/Guardians

The Daily Health Survey for your swimmer MUST be filled out more than 1 hour and less than 12 hours prior to the practice start.

When dropping their athlete off, parents/guardians must wait to receive an “all clear” signal from their athlete before departing.

Parents/Guardians are NOT allowed in the facility at any time and are expected to follow social distancing measures (including wearing a face covering) while waiting for their swimmer.

In compliance with Safe Sport, parents/guardians may observe practices from outside of Lowry fencing to keep practices open and observable.

Parents should keep a close watch on the weather. If storms are in the area, parents are asked to stay close to the Lowry campus.

Swim Dogs Summer Swim:

Protocols & Regulations for Returning to Lowry

Athlete Arrival Procedures

Must complete a daily health survey, no more than 12 hours and no less than 1 hour before scheduled practice time.

Athletes should arrive 5-10 minutes prior to their scheduled practice. Must wear face covering while not in the pool. Swimmers will remove their face covering when signaled to do so prior to entering the pool.

Athletes will have their temperature scanned three times through the window of the car. If any reading is 100.4 degrees or higher, wait five minutes, then re-take. If the re-scan is 100.4 degrees or higher, the athlete/coach will be sent home.

○ Athletes driving themselves will park and follow the sidewalk to the check-in desk.

Must arrive in suit – no on-site changing.

Follow marked entry flow.

Swim bags in designated area – must stay in own space (marked) until coach sends them to lanes.

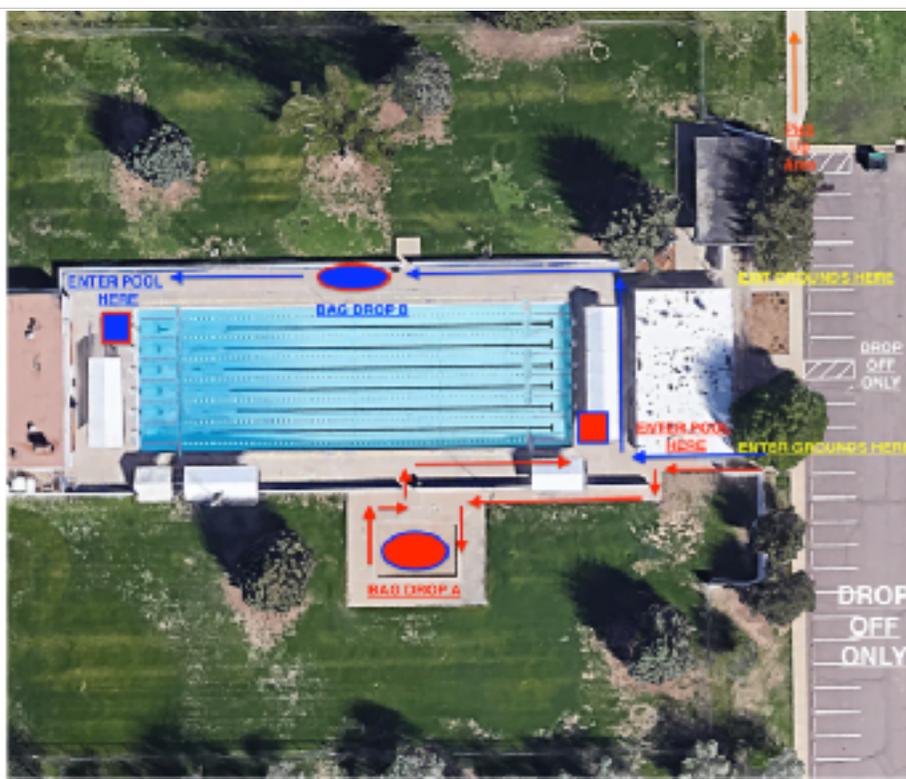
Athlete Departure Procedures

Must put face covering back on after exiting the pool and drying off. Must leave in suit – no on-site changing.

Must leave immediately after the completion of their practice. Followed the marked path.

Swimmer pick up will happen in the parking lot adjacent to Lowry. Do NOT congregate/socialize.

Lowry Pool Scheme



Swim Dogs Summer Swim:

Protocols & Regulations for Returning to Lowry

Restroom/Locker Room Usage

Emergency use ONLY.

○ Cones will be put next to each restroom. The coach/athlete must move the cone to the front of the door to show that it is in use. These cones should be cleaned after each practice group.

○ The locker room portion will remain closed.
ONE person allowed in the restroom at a time.

Coaches and athlete use ONLY.

NO parents/guardians or non-swimming siblings allowed in the restroom.

Restrooms are part of what needs to be sanitized every hour and after each team's practice.

○ If someone gets sick in the restroom, it MUST be cleaned immediately according to the Lowry Sanitation Procedures.

Procedures: COVID-19 Positive Individual

If a member of any team practicing at Lowry tests positive for COVID-19, teams will follow these procedures:

1. The individual must let their Head Coach know immediately that they are self-reporting symptoms of COVID-19, have had a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
2. If the individual does not swim for ACES, the team's Head Coach must let Tom Byorick know immediately.
3. Coordinate with ACES to notify the local health authorities of the COVID-19 case.
4. Staff, swimmers, and renters (as feasible) will be notified of potential COVID-19 exposures while maintaining confidentiality in accordance with the Americans with Disabilities Act.
5. Lowry facility will be closed for a minimum of 24 hours for deep cleaning.
6. Individuals are expected to self-quarantine and/or seek medical attention if they are exposed to someone who is COVID-19 positive.

Swim Dogs Summer Swim:

Protocols & Regulations for Returning to Lowry

Sanitation Procedures:

After COVID-19 suspected/confirmed

Close off areas used by the person who is sick.

Clean and disinfect all areas used by the person who is sick, with same procedure as Routine Cleaning & Disinfection.

If a swimmer/coach gets sick in the locker room or bathroom, close it off to others and immediately disinfect.

If there is a confirmed case, Lowry will be closed for at least 24 hours for deep cleaning.

Return to swimming/coaching

Any athlete or staff experiencing any symptoms of a fever (100.4F or higher), recent cough, shortness of breath or chest tightness, chills, repeated shaking with chills, muscle pain, sore throat, new loss of taste/smell, diarrhea, headache, or has had any exposure to someone who has had any symptoms (which includes family and friends) should remain at home, following CDC and local guidelines for quarantining at home for 14 days after the symptoms and fever have ceased and/or seek medical attention.

○ Athlete and staff must not return until the criteria to discontinue home isolation are met, in consultation with healthcare providers.

○ Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.