



WESTON SWIMMING

Covid plan

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DAILY SCHEDULE

All coaches, swimmers and lifeguards are required to wear face masks to enter and exit the building. Coaches, volunteers and swimmers will wear face masks at all times on deck and when using the bathroom. Coaches & lifeguards will have their temperature checked followed by hand sanitizer before practice starts.

Facility ventilation/exhaust fan to be on - entrance and exit doors to the pool will be kept open whilst weather permits.

Assigned practice groups will be spaced 15 minutes apart. Athletes are asked to wait in their car before practice until all athletes from the previous practice group have left the courtyard at which point a coach will call them to the pool.

Athletes will get out of the cars in the order they are waiting and stand at least 6ft apart while they approach the courtyard.

Either a Coach or lifeguard will be taking each swimmer's temperature at the door. They will confirm that they have signed the waiver and health form attesting that they and their family members do not have any symptoms of Covid 19.

After their check-in athletes will get an assigned number. The assigned number will have a place to put their clothes & bag and an assigned location in the pool. Athletes will enter through the "side doors" from the courtyard. Entrance to the pool will be through the shallow end doors and Exit will be either through the deep end doors or through the locker rooms. All Coaches, volunteers and swimmers must use hand sanitizer before entering the facility.

Athletes cannot share equipment and need to come with whatever equipment is assigned to their group; i.e. water bottle, goggles, cap (for longer hair), fins, etc. We will not have spare caps or goggles at the pool. Practice gear for each group can be found on our [website](#). Athletes must take their swim bag home with them after practice.

The locker rooms will be used only as a one way exit. All locker room facilities are off limits other than the toilets and sinks. Athletes need to come to the pool in their suit with clothes over it and then dry off/redress over their suits on the pool deck. When locker rooms are permitted to be used, areas will be marked with tape and athletes are encouraged to change as quickly as possible and exit through the side door. Athletes must wear a mask when in the locker room and entering and exiting the pool facility.

At practice athletes must maintain at least 6ft of distance between themselves. This includes on the pool deck, in the water, and in the bathrooms. Other than in absolute emergencies only one athlete will be allowed to use the bathroom at a time. Coaches, volunteers and swimmers must wear a face mask when using the bathroom.

After practice athletes need to gather their things and exit the premises as quickly as possible so that the next group can begin their session.
The spectator balcony is closed until further notice.

CLEANING PROCEDURE

Weston Swimming staff will make sure the following areas are regularly disinfected; doors (to and from the locker room and courtyard), bathrooms sinks, dispensers, toilets, toilet stalls, pool ladder handrails, side benches and bag storage areas, starting blocks.

After each use, a lifeguard or coach will wipe down the bathroom stalls, dispensers, sink, and doors. Because of this we ask that athletes use the bathroom when it is absolutely necessary so that Weston Swimming staff can remain on the pool deck as much as possible. All Coaches or and lifeguards must thoroughly wash hands after cleaning. Hand sanitizer will be readily available throughout the facility for both athletes and coaches to use as needed

Disinfecting cleaning products include Clorox/Lysol disinfecting wipes, Lysol hydrogen peroxide cleaning spray for the bathroom, Clorox commercial solution cleaning spray for hard surfaces.

There will be a 15 minute break for adequate cleaning between each practice group. All cleaning equipment, masks and gloves will be provided by Weston Swimming.

POSITIVE TEST PROCEDURE

In the event that a swimmer, coach or volunteer tests positive, the following steps will be taken.

1. The person must let the coaches know immediately.
2. Team/Individual squad practice will be postponed to follow 14 day quarantine protocol - facility will be closed and cleaned.
3. Contact tracing will be done and any swimmers, staff, or volunteers determined to be at high risk will be notified.
4. If a non-symptomatic swimmer has been in close contact* with a person who later is known to have COVID-19, we respectfully ask that swimmer to remain away from the pool after possible exposure for a period of 14 days.
5. If someone in a swimmer's household has symptoms or tests positive for COVID-19, we respectfully ask that swimmer to remain away from the pool after possible exposure for a period of 14 days.
6. If a positive case is identified in your school district which results in district closure - please let the coaches know immediately and we respectfully ask that swimmer to remain away from the pool until contract tracing has been completed.

*close contact - A person exposed to a positive case. Has spent more than 15 minutes, within 6ft of a positive case, regardless of mask wearing.

ADDITIONAL INFORMATION

If a swimmer can't get to their assigned practice on a certain day, they will NOT be allowed to come to a different practice, no exceptions. We understand some athletes may not be able to attend all practices or feel comfortable attending practices right away. There is no penalty for missing practice at any time.

Any swimmer with a temperature of 100F degrees or higher will be sent home immediately. PLEASE NOTE: Parents who are dropping off their swimmer will need to wait in the parking lot for their swimmer to be admitted before leaving.

Any athlete, coach or volunteer experiencing any symptoms of a fever, recent cough, unusual fatigue, headache, or who has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment.

Any athlete or coach with a fever or symptoms of illnesses may not attend a practice until 14 days after the fever or symptoms has ceased.

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

Any athlete who is planning to travel/has travelled out of the USA or to any state on the CT.gov travel advisory list must inform the Coach.

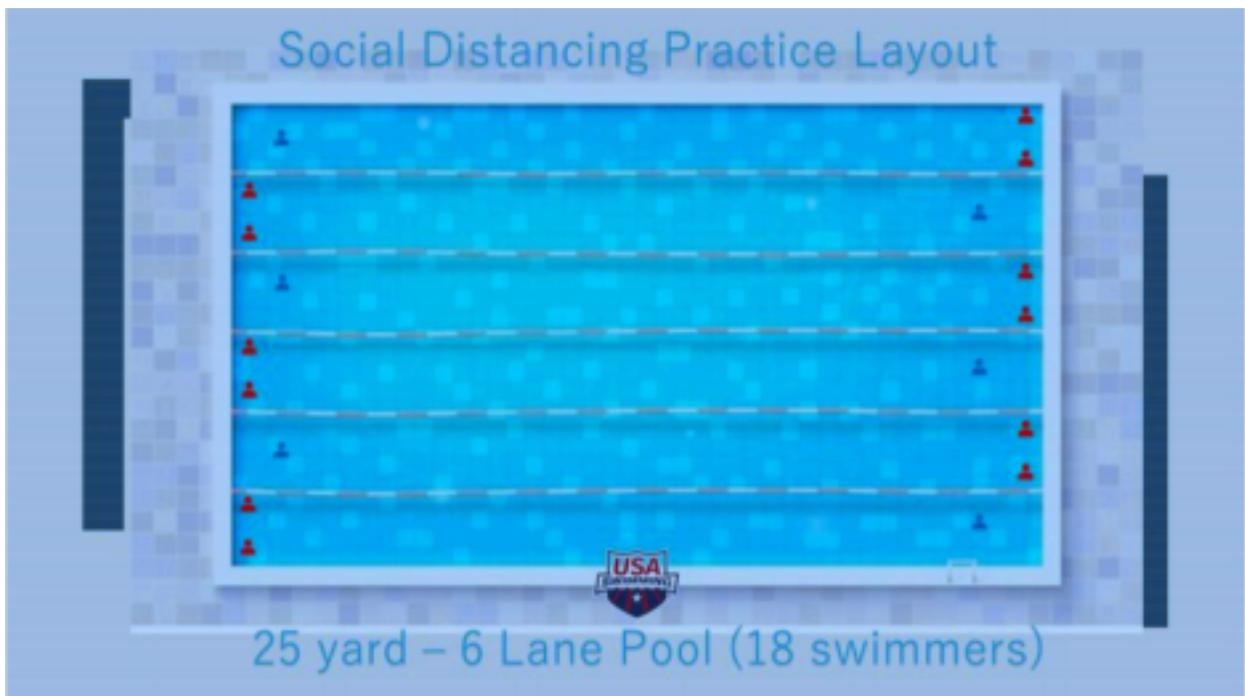
Click [here](#) for the latest information on travel.

If we feel anyone is consistently not adhering to social distancing guidelines, that swimmer may be temporarily suspended from Weston swimming practices. The Weston swimming coaching staff and the Board also reserves the right to discontinue practices at any time should we feel safety expectations are not being met.

Weston Swimming - reopening Phase 1 and Phase 2 visual guide

Image 1 - 25 yrd, 6 lane pool max 18 swimmers

Image 2 - 25 yrd, 6 lane pool max 24 swimmers





SOCIAL DISTANCING PRACTICE LAYOUT BLANK
25-YARD, 6-LANE POOL

