

Situation Report #7

Good afternoon RAC Families,

Here are some updates regarding practice schedule changes and the recent COVID-19 exposures amongst our community.

At this time, 7 of our swimmers have been asked to quarantine by the school system. We are aware that 3 of those swimmers attended the meet this weekend and that information was presented to us after the meet. Coaches who attended the meet were very strict about our swimmers mask wearing and keeping to our assigned spots to ensure proper distancing. We have asked those swimmers to get tested at the earliest convenience. At this time, none of the swimmers have experienced Covid like symptoms. We currently do not know if anyone who might test positive has been in close contact with any of our swimmers. Out of an abundance of caution, we will contact the swimmers families that were exposed to those swimmers asked to quarantine by the school system (Cohorts and swimmers that have interacted with the “exposed” swimmers in close contact).

“Close contact” is defined as “spending at least 15 minutes within 6 feet of a person with confirmed COVID-19, or direct exposure to possibly infected droplets of saliva or nasal mucus (e.g., having one’s face sneezed on or coughed on - see CDC web page at

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>).

Ridgefield School Updates:

Starting tomorrow, Tuesday, October 27th, Ridgefield Public Schools will be moving into a Medium Risk model. In this model at RHS, all students will be remote Monday through Friday until Tuesday, November 10th...

Training Updates:

In preparing for this season, we were ready to make the change if needed and we are temporarily moving back to our [Phase 3 Reopening Plan](#). In case you have forgotten, this requires you to sign up for your swimmer each week for the practices they plan to attend.

[**HOW TO SIGNUP BY COACH EMMANUEL \(MIN 2:02\)**](#)

[**HOW TO SIGNUP VIA ONDECK APP**](#)

For this week, the Coaching Staff has decided to cap our practices to 18 swimmers per session. During this time our Cohorts will not be together at the wall during practice or outside of the pool area at any time unless they live in the same household or are direct family members (Sibling / Cousins / Etc)

We will have 6 people in the deep end at the wall, 6 in the middle, and 6 at the shallow end during these sessions. Deep end swimmers will keep their stuff on that end, shallow on that end and middle will be on the sides of the pool.

We added Virtual Dryland Sessions starting tomorrow for those who have been asked to quarantine and for those who decided to stay out of the pool for a while. These Virtual Drylands are now open to ALL GROUPS!

Only swimmers homeschooling will be allowed in the 6:30 am session on Tuesday and Thursday.

Practice Schedule Updates

You might notice there have been **a lot of changes to the schedule**. In doing this, our attempt is to make sure everyone is still getting the practice opportunities. TeamUnify & Google Calendar have been updated accordingly. PLEASE DOUBLE CHECK YOUR SWIMMERS PRACTICE TIMES!

If you have any questions, please contact your swimmer's coach. Coach Emmanuel, Thammara & Ronnie are happy to assist our RAC Families.

RAC STAFF