

CLUB WOLVERINE – COVID 19

CLUB WOLVERINE CW SWIMMING

Introduction:

The following material is critical for each family to understand as we resume training.

Club Wolverine's top priority is the health of its swimmers, staff, members, and families. The following guidelines have been put together using USA Swimming and the Center for Disease Control resources and recommendations.

COVID-19 Facts:

Please visit [CDC.org](https://www.cdc.org) website for more info or review [Considerations for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19](#)

- Symptoms in children can be extremely atypical. Unexplained rash, headache, diarrhea, vomiting, body aches, shortness of breath, cough, runny nose, sore throat, loss of taste or smell, and fever can all be manifestations of COVID-19.
- COVID-19 is **unlikely to be spread in chlorinated water**. The risk of spread is notably decreased in open-air environment. The highest risk of transmission is cough, sneezes, or direct aerosolizing face to face encounters.
- Frequent **handwashing** with lathered soap and water is recommended to reduce spread, but hand sanitizer can be used when soap and water is unavailable.
- The key to limiting spread in group settings is to identify and isolate individuals with early symptoms at the beginning of the disease process.
- If an athlete has symptoms **self-quarantine is needed until symptoms resolve**.
- While our athletes may feel invulnerable, their risk of COVID-19 remains low but not zero. Parents are strongly encouraged to remind athletes that precautions

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are there to protect the athlete, but also to limit spread to vulnerable individuals in our community.

Health Precautions

- All positive COVID-19 diagnosis should be reported to the coaches and staff to monitor contacts and early signs of transmission with the team or groups.
 - Athletes should seek testing for any of the symptoms before returning to practice
 - **Positive COVID-19 diagnosis** are required to sit out for 10 days if the athlete did not have symptoms. If the athlete has symptoms, they will need to stay home until 10 days have passed since symptoms appeared AND at least 24 have passed with no fever without fever-reducing medication AND symptoms are improving (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
- Contact Tracing:
 - CW will work with local public health officials in identifying close contacts of COVID-19 cases.
 - A swimmer has close contact of any diagnosed COVID-19 positive case should be removed from practice. (Close contact is defined as <6ft for >15 min). Following health department guidelines, people who have had close contact with a COVID-19 case need to stay home for 14 days (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>).
 - Any COVID-19 positive swimmer should report potential team contacts to coaches. Team contacts should include any teammate who has been within 6 feet of the infected athlete.
- Swimming Safely:
 - CW will follow all CDC recommendations and USA Swimming guidelines for staying safe inside and outside the pool.
 - The following are prohibited:
 - No person-to person contact
 - Social distancing
 - No splashing or spitting water at other swimmers and coaches
 - No horseplay

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Practice Walk Through

PARENTS – We cannot permit parents on deck. Please do not congregate in parking lot.

- Before arriving to the pool...
 - Complete Wellness Health Screen.
 - **You must complete all the questions on the app below, complete a temperature check, and show coaches the green box as you enter the facility.**
 - <https://misymptomapp.state.mi.us/login>
 - Change into swimsuit (swimmers will arrive and leave in their suit)
 - Use restroom at home to minimize locker room use at facility
 - Wash hands with soap and water for 20+ seconds
 - Bring full water bottle for hydration to avoid using facility tap
- Once you arrive at the pool...
 - Punctuality is very important. Please do not arrive early or late.
 - Put on mask before exiting car and wait in your car until 5 minutes before practice starts.
 - **Swimmers will enter through designated entrance. Show coaches their phone screen (confirming they did a self-check health screen). Swimmers should maintain 6 feet of distance at all times.**
 - Swimmers may place bags on chairs that are distanced 6'+ a part and marked. They may then remove their mask and make their way to their assigned lane.
- Practice
 - In the pool:
 - Coaches will wear masks until swimmers enter the water. Athletes are not required to use them during swim, dry land, and/or transition from swim to dry-land (vice versa)
 - We will have 3-4 swimmers per lane, distanced 6+ feet apart at all times. We will have one swimmer on the wall at both ends, as well as one to two swimmers stationed in the middle of the pool.
 - Swimmers will be asked to stop only at their station in the lane.
 - In the event that a swimmer misses their station, stay calm and swim to an area in the pool that is 6' from the nearest swimmer.
 - Restroom Procedures: We recommend that swimmers use the restroom before workout. But swimmers are permitted to use the restroom. Only one swimmer at a time.
 - When the portion of workout is complete. Swimmers at the wall will exit the pool first. Once those swimmers at those stations have cleared the pool, swimmers in the middle of the pool may exit the pool.

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- Transition from Pool to Dry-Land
 - Exit pool and proceed to designated area on deck. Change from pool to dry land clothes.
 - Each workout will have a 5-minute break between sessions. This will allow the group in the water to clear the area, and the next group to get organized.
 - Take all belongings with you and head out to grassy field or designated dry land area.
 - There will be cones set up 6'+ feet apart.
 - Set up station at your designed cone with all equipment.
- Dry-Land:
 - Swimmers will be responsible for their own equipment. Just like our zoom dry land, we will have scales for no equipment, med ball, and/or dumb bells. We also recommend bringing a spare towel or yoga mat for the ground.
 - **No sharing of equipment. We will have scales/options for different equipment.**

Practice Check List:

Equipment:

- Equipment
- Towel/yoga mat, designated mesh bag
- DBs and/or MB
- Water Bottle

Procedures:

- Waiver
- Complete <https://misymptomapp.state.mi.us/login>