

We understand that you are faced with leading your club through an unprecedented and extremely challenging time. We are here to assist in any way we can as you return to the pool. This document is intended to help provide guidance and clarification to some of the rules outlined in the Governor's Local Pools, Public Pools, and Aquatic Centers Orders.

1. Keep in mind that you must adhere to all local and state mandates and you should assist those in charge of your facility in staying up to date with those mandates.
2. The ideal level for proper disinfecting is a pH level of 7.4-7.6 and chlorine level of 2.0 ppm. This level should also offer the most comfortable environment for your athletes.
3. The number of people allowed in the pool area is based on the square footage of your facility. The pool managers should be able to provide you that number.
4. Locker rooms will be closed. Athletes must arrive with their swimsuits on.
5. Athletes may not enter the facility early.
6. When entering and exiting, all individuals must maintain appropriate social distancing of at least six feet.
7. Athletes will enter and exit through designated areas.
8. Entries and exits will be marked with signs reminding all individuals to maintain appropriate safety protocols.
9. An assigned coach or staff member shall survey athletes and coaches entering the facility. If they are symptomatic in any way, the athlete or coach will not be permitted to enter the facility. Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC – see daily entry survey.
10. Athletes must leave with swimsuit on.
11. Athletes must shower at home.
12. Athletes may not congregate after practice.
13. A 15-minute block between sessions should be scheduled. The 15-minute block will be designated to disinfect the area before the next group of swimmers enters the facility.
14. Removal of starting blocks is suggested to reduce the surfaces being touched by athletes.
15. Recommended that only one parent per swim family may enter the facility if the space is large enough to maintain social distancing.
16. Parents must maintain proper social distancing protocol.
17. Parents may not use locker rooms or water fountains.
18. Parents who do not enter the building may not exit their cars and congregate in the parking lot.
19. Masks should be worn consistently and properly.
20. Masks should be regularly inspected, maintained, and replaced, as necessary.
21. Masks should be properly removed, cleaned, and stored or disposed of, as applicable, to avoid contamination of self, others, or the environment.
22. Swimmers and coaches must wash their hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, upon entering the facility.
23. Swimmers may not share equipment.
24. Swimmers should bring a full water bottle labeled with his/her name. Water fountains should not be accessible to anyone.
25. Swimmers must use their personal equipment only.
26. Avoid touching gates, fences, benches, etc. if possible. Any surfaces that are touched, should be disinfected.
27. Swimmers and coaches must follow directions for spacing and stay at least six feet apart. On-deck instruction and discussions are prohibited if appropriate distancing may not be maintained in doing so.
28. All parties on deck must not make physical contact with others, such as shaking hands or giving a high five.

29. Athletes must avoid sharing drinks or towels.
30. Athletes and coaches must maintain social distancing when taking a break.
31. Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/sneezing dissipates.
32. At the conclusion of each group, all common surfaces should be wiped down and disinfected.
33. A safe return to the pool would be 2 swimmers per lane, starting at opposite ends. A third swimmer could be added in the middle of the pool and still be well within the 6-foot social distancing guidelines. Your facility will most likely dictate how many swimmers you may start with.

MAAPP Guidelines

We do have MAAPP guidelines that do not require multiple coaches in group situations. Conversations with individual athletes must be observable and interruptible. Streaming of practices is certainly an option. If parents are permitted to observe practice in person, state and CDC guidelines of social distancing should be enforced. The deck should be marked (if possible) in some way that ensures distancing of parents who choose to observe practice.

The two-deep leadership does not apply to group practices - this is in place for one-on-one meetings (which are no longer one-on-one). Two-deep leadership applies particularly to team travel (travel in vehicles, room checks, outings and activities away from the pool). Remember that in Ohio we are required to have lifeguards present and lifeguards apply as another person who can observe/interrupt individual interactions.