



## Tsunamis Swim Team

### Supplemental Safety Protocols (in addition to current facility protocols)

#### PHASE 3

(Changes from Phase 2 can be found in bold with \* next to them)

#### Record Keeping:

- Every swimmer/parent guardian will be obligated to sign a the TST “WAIVER OF LIABILITY AND ASSUMPTION OF RISK RELATING TO CORONAVIRUS/COVID-19”. Swimmers will not be eligible to enter the water until all forms have been submitted.
- The Covid health check point\*\***Temperatures will be taken by a lifeguard as swimmers enter the facility**

#### Procedural Protocols:

- Swimmers are to be dropped off outside the facility. Parents will not be permitted to enter at any point. At the completion of practice swimmers will exit the facility to be picked up. **\*Pick up location will be at the end of the sidewalk on the parking lot side.**
- **\*\*Locker rooms will be back open in March. There will be a limit to the number of people in at once. Saunas will remain shut down.**
- **\*\*Certain team training equipment will be available for use during dry land. All equipment will be sanitized after each use.**
- There will be limit of **\*6 swimmers per lane (if 2 swimmers live in the same house, they can be on the same side. This increases lane numbers to 7). Each group of 3 swimmers will start and finish at opposite ends of their designated lanes.**
- Any swimmer with a temperature equal to or greater than 99.6 will be asked to sit in the shade for 10 minutes. After 10 minutes, if their temperature has not gone down, they will be denied access to the facility and will be unable to come back until the temperature has successfully gone below 99.5
- If at any point, a swimmer feels they have been exposed to Covid, they must contact the coaching staff immediately. Swimmers exposed will not be able to return to practice until can provide a negative Covid test.
- Swimmers will not be permitted into the facility without a proper face covering. Masks must remain on until a swimmer has entered the water and must be put back on once exiting the water. **\*Swimmers should have a zip lock bag with them to store their mask for it to stay in their equipment bag.**
- Masks are suggested for dry land workouts. Masks may be taken off only while the swimmer is actively working out and is at least 6 feet away from any other person(s).
- Swimmers are to be dropped off in the circle outside of the facility.



### **Cleaning/Sanitation Procedures**

- There is a full-time cleaning person on staff and sanitation will be done through the facility as guards rotate.

### **Capacity**

- Our max capacity for training is 30 (unless there are members from the same household in the water at the same time)

**These protocols are for training purposes only. No swim meets will be administered at this time. If/when swim meets become an option, we will resubmit a plan in advance.**