



The following is a proposed plan from the Columbus Aquatic Club in order to return to practice at the Columbus Aquatic Center. This plan was composed using guidance, recommendations and procedures from the CDC, the Georgia Department of Health, and USA Swimming.

Resources referenced can be found on page 6.

Overview:

All swimmers must undergo a daily self-administered health screening **before** attending practice.

At any time, if a swimmer, staff member or family member has a suspected or confirmed case of COVID-19, multiple precautions, including mandatory quarantine, will be taken.

Additionally, if a swimmer or staff member tests positive after attending practice, multiple precautions, including mandatory quarantine for all coaches and staff at that practice, will be taken. Columbus Aquatic Center Staff will be notified.

Swimmers and staff will wear a mask at all times when not in the water.

Social distancing will be maintained at all times.

Swimmers must come to practice dressed for the water - no use of locker rooms will be allowed.

Water fountains at the facility will not be used.

Only swimmers and coaches will be allowed inside the Columbus Aquatic Center.

TABLE OF CONTENTS

- 1 Letter to Parents (Draft)
- 2 Team Practice Schedule (TBD upon approval to resume practices at the Columbus Aquatic Center)
- 3 Columbus Aquatic Club Self-Administered Health Screening
- 4 Safety Expectations
- 5 Positive Test Procedure
- 6 Resources – Links
- 7 Resources - Graphics



Columbus Aquatic Club Families:

We hope that your family has been safe and healthy. This communication is to update you on our plans for the start of the 2020 Fall Season. In working with Columbus Parks and Recreation Department to start practice this fall, we have created a reopening plan. Although we hope that all of our families will wish to come to practice when we begin the plan, we understand that some families will not feel comfortable returning to swim practice. The Hurricane family believes that each individual family should do what they feel is in their best interest. We support our families and swimmers on whichever decision you decide to make.

We are putting the finishing touches on Phase 1 of our reopening plan. There are two important pieces of information below:

We require athletes who attend practice wear a mask as they enter and exit the facility throughout Phase 1. Once we have taken an athlete's temperature, they will be guided to their assigned space inside the building. They will remain masked as they prepare for practice and until the coach guides them out to the pool to begin their workout. Thanks in advance for your cooperation.

In addition, we ask that swimmers bring a signed copy of the attached waiver/release to their first practice. Without the signed waiver, we will not be able to allow that swimmer to begin practices with the team. Again, thank you in advance for your cooperation.

Our plan to reintroduce athletes to the water depends on everyone's (athletes, parents, and staff) cooperation and adherence to safety protocols. We expect everyone in the Columbus Aquatic Club family to practice social distancing both at and away from the pool. By doing this, it shows you respect your teammates, their families, and Hurricanes staff. Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in Columbus Aquatic Club activities may be suspended. Our staff also reserves the right to discontinue practices at any time should they feel safety expectations are not being met.

Athletes will remain in the training group they were in prior to suspension of practices in March. The coaches will address group promotion at the appropriate time. In our professional opinion, we feel it is currently most important for the athletes to have familiarity with their group and surroundings. Introductions to new groups will only create unneeded stress and we will deal with group promotions in time.

Please see below for our modified schedule for our Senior Team, as well as the safety precautions we will be taking.

Nothing in this plan, guidelines or policies should replace advice from healthcare providers or public health agencies. If you have any questions about COVID-19, symptoms, diagnosis, testing or treatment, please reach out to your healthcare provider or local public health agency.

TEAM SCHEDULE

[Will provide practice schedule upon reopening]

While we understand that families may have multiple swimmers and that the current schedule may be difficult, it must be emphasized that there will be no exceptions on practice times. Thank you in advance for your understanding and cooperation.

COLUMBUS AQUATIC CLUB SELF-ADMINSTERED HEALTH SCREEN

While we will continue to check temperatures at the entrances, please answer the following Health Screen questions **each day** before you come to the facility. The most concerning threat to an organized sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from practice (isolation), and strict guidelines regarding return to practice. This form is for personal or family use and you do not need to bring it to practice.

If at any time you suspect your swimmer or anyone in your household has COVID-19, please stay home and reach out to your healthcare provider.

Step 1: If you or anyone in your household had any of the following symptoms in the past 14 days, please remain at home and do not return to practice until you and/or members of your household are symptom free for 72 hours. If practical, go to a testing facility to be assessed.

- Unexplained rash
- Diarrhea
- Vomiting
- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches
- Sore throat
- New loss of taste or smell

Step 2: If you have a personal thermometer at home, please **conduct a temperature check each day before coming to practice.** If your temperature is at or above 100.4 degrees, please remain at home, and do not practice, for 14 days. You must also be fever-free for 72 hours without the use of fever-reducing medication. If practical, go to a testing facility to be assessed.

Step 3: Have you tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days? Testing and results must be reported to the coaching staff to monitor contacts and early signs of transmission within the team. **If you answer yes,** all of the following are required before return to practice:

1. A minimum of 14 days of self-quarantine from the positive test AND
2. 72 hours with no symptoms AND
3. See a physician to be cleared for training

Both CDC and DPH **DO NOT** recommend using a test-based strategy for children or adults returning after COVID-19 infection. A negative test result will have **no effect** on the required 14-day quarantine.

Step 4. Have you had close contact within the last 14-days with someone who has a known or suspected case of COVID-19? Note: per the Georgia Department of Health, “close contact” includes:

- Living in the same household as a sick person with COVID-19;
- Caring for a sick person with COVID-19;
- Being within 6 feet of a sick person with COVID-19 for about 15 minutes; OR,
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

If you answer yes, to return to practice the swimmer must:

1. Quarantine for 14-days from the date of exposure AND
2. Be symptom free for 72 hours AND
3. Have no additional close contact with the infected individual.

SAFETY EXPECTATIONS

- When parking at the Columbus Aquatic Center, cars must leave a minimum of one space between each other.
- Athletes will only be permitted to enter the building 5 minutes before their scheduled practice. If they arrive early, they must wait in their car until the appropriate time to enter the building.
- Athletes must leave the Aquatic Center immediately at the completion of any practice.
- Parents/spectators will not be allowed in the building at any time and are expected to practice social distancing when waiting for their swimmer.
- All doors to the facility will be propped open to limit contact with surfaces.
- Athletes should be prepared to arrive and depart in their suits.
- Athletes will have their temperature checked upon arrival (outside at the gate) and will not be permitted to enter should they show signs of a fever of 100.4F or higher.
- Restroom breaks will be limited to the single use restrooms located in the hallway. Athletes will not be allowed in the locker room areas.
- There will be assigned areas for athletes to leave their personal belongings to ensure social distancing on the deck. Once athletes enter the building, they will go immediately to their assigned spot and await instructions from their coach.
- Athletes should bring their own water bottles (already filled). Use of the water fountains at the facility will be prohibited.
- Athletes will not be permitted to store their equipment bags at the Aquatic Center. They must take them home after each practice. Columbus Aquatic Club staff will be wearing face masks throughout Phase 1. All athletes must wear their mask upon entering the facility and on the pool deck waiting for their practice to begin. They will also wear their mask once they have finished practice until they have exited the facility.
- Athletes will swim with a maximum of two (2) athletes per lane, starting from opposite ends of the pool. We will use guidelines from USA Swimming on placing swimmers in the water.
- All athletes and staff are required to follow the guidelines regarding symptoms, exposure, quarantine and positive testing procedures outlined throughout this document. For specific questions about personal health, athletes and staff should seek out their healthcare provider.
- For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are away from the pool as well.
- Athletes and families who travel by air, or to an area deemed high risk by the staff, will need to self-isolate for 14 days before returning to practice.



POSITIVE TEST PROCEDURE – Updated July 30, 2020

1. Should anyone in our membership test positive or is otherwise diagnosed with COVID-19, Columbus Aquatic Club will require the following measures:
 - a. The individual must notify the Columbus Aquatic Club Staff immediately
 - b. The swimmer should do the following:
 - i. Self-quarantine a minimum of 14 days from the positive test AND be symptom free for 72 hours prior to return
 - c. Practices will be cancelled for a minimum of 24 hours
 - d. Aquatic Center staff will be notified
 - e. All swimmers and coaches who attended practice with the swimmer will be required to quarantine for 14 days.
 - f. The swimmer's name will remain confidential per legal requirements
 - g. Link for differences in COVID-19 testing: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>
 - h. Reminder:
 - i. A viral test tells you if you have a current infection
 - ii. An antibody test tells you if you had a previous infection or may still be infected

2. If a swimmer has close contact with someone who has a known or suspected case of COVID-19, the following measures will be required:
 - a. The swimmer should:
 1. Quarantine for 14-days from the date of exposure AND
 2. Be symptom-free for 72 hours AND
 3. Have no additional close contact with the infected individual

Note: per the Georgia Department of Health, “close contact” includes:

- Living in the same household as a sick person with COVID-19;
- Caring for a sick person with COVID-19;
- Being within 6 feet of a sick person with COVID-19 for about 15 minutes; OR,
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

Best Regards,

Columbus Aquatic Club Staff

PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES BELOW REGARDING COVID-19 VIRUS:

USA Swimming: <https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/facility-reopening-plan-guidelines.pdf>

USA Swimming: <https://www.usaswimming.org/home/covid-news>

CDC COVID-19: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

CDC Guidance for Community-Related Exposure:

<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>

CDC COVID-19 Symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

CDC When to Quarantine: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

CDC Isolation: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

GA DPH: Quarantine Guidance <https://dph.georgia.gov/contact>



INFECTION PREVENTION RECOMMENDATIONS



Stay more than 6 feet away from people who appear sick

Avoid touching your face



Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren't soiled



Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing



Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser



Wear a facemask when you are outside of your home or if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath



Stay home if you are sick and call your healthcare provider for further recommendations



Signs and Symptoms of COVID-19

Most Common Symptoms



Fever
(> 100.4)



Cough



Shortness
of breath

Less Common Symptoms



Sore throat
Congestion



Headache
Chills



Muscle and
Joint Pain



Nausea or
Vomiting



Loss of sense
of Smell



Diarrhea



SELF-MONITORING INSTRUCTIONS

Twice daily, check for the following signs or symptoms of respiratory infection:



Fever
(> 100.4)



Cough



Shortness of
breath

Other symptoms to pay attention to include:

Sore throat

Congestion

Headache

Muscle and Joint Pain

Chills

Nausea or Vomiting

Diarrhea

Loss of Sense of Smell



If you develop any of these symptoms, please contact your healthcare provider to discuss how to proceed.