

## **MAGNOLIA AQUATIC CLUB SELF-ADMINISTERED HEALTH SCREEN**

As we continue to check athlete temperatures when they arrive, we do ask that you do a self-administered health screen before attending practice. Please answer the following questions each day before you come to MAC. 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 you had any of the **following symptoms in the past 24 hours**, please remain at home and do not return to practice until you 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

Assuming you have a personal thermometer at home, please **conduct a temperature check each day before coming to practice**. If your temperature exceeds 100.4 degrees, please remain at home, and do not attend class until your temperature is normal. If practical, go to a testing facility to be assessed.

**Have you tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days? If you answer yes**, all three of the following are required before return to practice:

1. A minimum of 14 days of self-quarantine from the positive viral test
2. 72 hours with no symptoms
3. A subsequent negative viral test

Testing and results must be reported to the coaching staff to monitor contacts and early signs of transmission within the team or groups.

**Have you had close contact within the last 14-days with someone who has COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 minutes per CDC Guidelines.) If you answer yes**, to return to practice the swimmer should have

1. No symptoms for 72 hours
2. A negative Viral Test
3. No additional close contact with the infected individual

## **ADDITIONAL SAFETY EXPECTATIONS**

- All athletes must return a signed copy of the attached waiver to be permitted to attend practice.
- When arriving at MAC, be sure to practice social distancing when parking and walking into the building.

- Athletes will only be permitted to enter the building 15 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 MAC immediately at the completion of any practice. There should be no socializing in the parking lot before or after 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 swimmers. We understand this may bring Safe Sport concerns. We will have multiple coaches, lifeguards, and staff on-site always. This will allow us to exceed “two-deep leadership” and operate well within the requirements of Safe Sport.
- Athletes will be guided to a specific entrance to enter/exit each facility.
- All doors to the building will be propped open to limit athletes from touching any surfaces.
- Athletes should be prepared to arrive and depart in their suits.
- Restroom breaks will be limited to one person at a time for each locker room. Please follow each facility’s guidelines on restroom use. Locker rooms should not be used for changing or showering. **A reminder that Safe Sport policy strictly prohibits deck changing.**
- There will be a plan for athletes to leave their personal belongings in an assigned space to ensure social distancing on the pool deck. We ask that you only bring what is necessary for practice and limit the items that come into the facility. 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). The use of the water fountains at the facility will be prohibited.
- Athletes will not be permitted to store their equipment bags at MAC. They must take them home after each practice.
- Staff are required to wear PPE masks while on duty.
- Athletes will swim with a maximum of four (4) athletes per lane, staggering their start positions within lanes to ensure social distancing.
- 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.
- MISD staff will be disinfecting the bathrooms throughout the day and we will provide disinfecting wipes inside the restrooms as well.

Best Regards,  
*Magnolia Aquatic Club*

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

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