



## *Team YES Aquatics of Houston (TYES)* *RETURN TO PRACTICE and FACILITY USE PLAN*

The following RETURN TO PRACTICE and FACILITY USE PLAN was written and formatted based on USA Swimming recommended guidelines. The plan also follows the current Phase One and Phase Two federal government's criteria of the Phased Comeback. The following information has a lot of variables and uncertainties at this time. The plan can be modified to fit any current Phase or to adopt any new policies or procedures past along by Sub Division Facilities, Local, State or Federal requirements.

Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know, with collaboration between USA Swimming, public health officials, and facility operators we have created a safe plan for using the aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and or bromine) of these facilities should inactivate the virus in the water.

### **FACILITY, LOCAL, STATE, AND FEDERAL REQUIREMENTS**

- Team YES COVID-19 liaison responsible for staying up to date on community and state recommendations and any associated changes is: Dennis Gagne / Head Coach / [coachdennis@teamyas.net](mailto:coachdennis@teamyas.net)
- Access to the facility will be granted by Sub Division HOA. Communications about access to the facility will come from HOA board president.
- All swimmers will have to have a signed Pool Waiver provided by the HOA's prior to beginning practices. There will be no exceptions to this rule. No waiver, no practice. These will be their standard residential waiver that all residents must sign prior to using the sub division pools.
- As restrictions are eased when our state and local region moves from Phase One to Phase Two or Phase Three of the Phased Comeback, safety precautions will remain in place in accordance with state requirements.
- Swimmers and families who travel during phase one and two of the "Opening America Again" phased comeback will need to self-isolate for 14 days before returning to practice.
- All coaches, board members, athletes, parents and participants shall not swim if they or anyone with whom they reside: 1) Are exhibiting any symptoms of the coronavirus: 2) Mild to severe respiratory illness with fever; cough and difficulty breathing, or other symptoms identified by the CDC. Have been in contact with someone who has tested positive for COVID-19 in the past 14 days. 3) are a vulnerable individual and your state and region is in Phase One or Phase Two. 4) A vulnerable individual is a person with underlying conditions or considered to be at a higher risk demographic as outlined by jurisdictional, state or federal guidelines.

### **MITIGATING HAZARDS / SAFE PRACTICES / PPE**

- Team YES will eliminate use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms and showers.
- Team YES will work with the HOA to maintain or increase water sanitation level - As example keep chlorine closer to 2.0 PPM or per the HOA guidelines. Team YES coaches will check with site supervisor/lifeguard if applicable daily to make sure all levels are within guidelines.
- Team YES parents can drop off swimmers but will not be allowed in the facility/deck during this phase of re-opening.
- Team YES coaches will allow use of bathrooms only to swimmers and coaches. Each will be given a disinfecting wipe by his or her coach to wipe down handles, faucets, doors handles etc. touched while using the facilities. Used wipes will be collected in bags after each use and as verification the mentioned have been wiped down.
- Coaches will wipe down any items touched at the facility prior to leaving for the night and discard any used wipes in bags to be removed from premises.



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### **MITIGATING HAZARDS / SAFE PRACTICES / PPE - CONTINUED**

- Coaches will control access and egress of the facility. Swimmers will not be allowed to walk out together. Social distancing will be maintained.
- If at any time a swimmer or coach should become ill they will be separated from the group immediately. Parents of swimmers will be notified so swimmer can be picked up.
- Parents/Swimmers will answer the questions on the Pre Practice Safety Form prior to coming to practice. Coaches and or Board Members will ask swimmers as they come to practice, if they feel ill in any way. See specific listing of questions or symptoms on form. Swimmers and or coaches will be sent home that are reporting feeling ill or experiencing symptoms. Symptoms will include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- All members should take temperature prior to arriving at the pool. If temp is over 100 degrees stay home.
- Swimmers/Coaches who begin to cough/sneeze for any reason will be moved away from others until coughing/sneezing dissipates.
- All swimmers will change clothes and shower at home.
- All swimmers will show up to practice in their suites ready to swim.
- All coaches and or board members must be in masks at all times while on deck.
- Hand sanitizer will be provided to coaches.
- Practice times and pool layout to be determined by TYES coaches. See schedules and spacing layouts.
- Coaches performing dryland with swimmers will maintain social distancing. Coaches will abide by the spacing layout plan provide.
- Swimmers must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Swimmers will not be penalized for missing practices and if a swimmer or member of their family does not feel well, they should stay home.
- Coaches will emphasize movement quality, not the quantity of exercise; proper movement/technique is key.
- Group sizes and staggered sessions may be limited.
- Coaches will not rush deconditioning athletes back to full practice, or competition since injuries occur early in the season or in this case an extended absence of swimming.
- Coaches will increase activities by 10% each week. This is a rule of thumb and may vary depending on group and current conditioning.
- Focus will be on a healthy environment, quality experience, progressive training, and safety.
- Parents will be communicated to about any plan changes or updates needed. The plan will be communicated to parents prior to initial re-entry into the facility. This will include all schedules and spacing layouts. See schedules and spacing layouts.
- All policies will be strictly adhered to by all Team YES coaches, board members, parents and guests.
- Coaches will be utilized to help swimmers maintain social distancing while moving from one area of the facility to another.
- Parents will communicate to Coaches or board members in writing any risk factors swimmers may have prior to participation. This includes any autoimmune disease, diabetes, asthma, cardiovascular disease, etc.

### **SWIMMING SAFELY – OVERVIEW**

#### **PREPARING TO SWIM - Protect against infections:**

- Wash your 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, before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.



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## SWIMMING SAFELY – OVERVIEW - CONTINUED

- Avoid touching handles, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

### WHEN SWIMMING

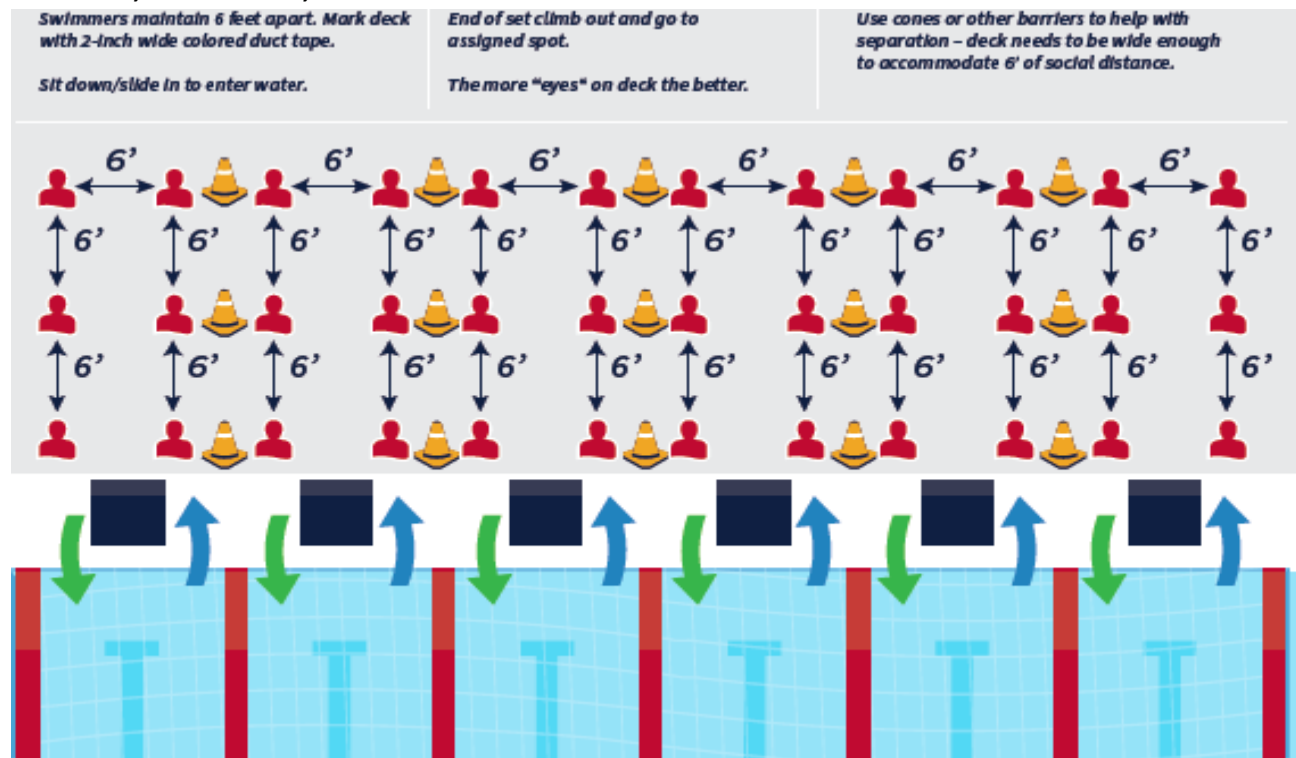
- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing equipment, food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice.

### AFTER SWIMMING

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area.
  - > Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place.
  - > No congregation after swimming.

## SOCIAL DISTANCING PRACTICE LAYOUT (6, 8 lane pools)

### ON-DECK, SIT DOWNS, SIT DOWN SLIDE INS & CIRCLE SWIMS



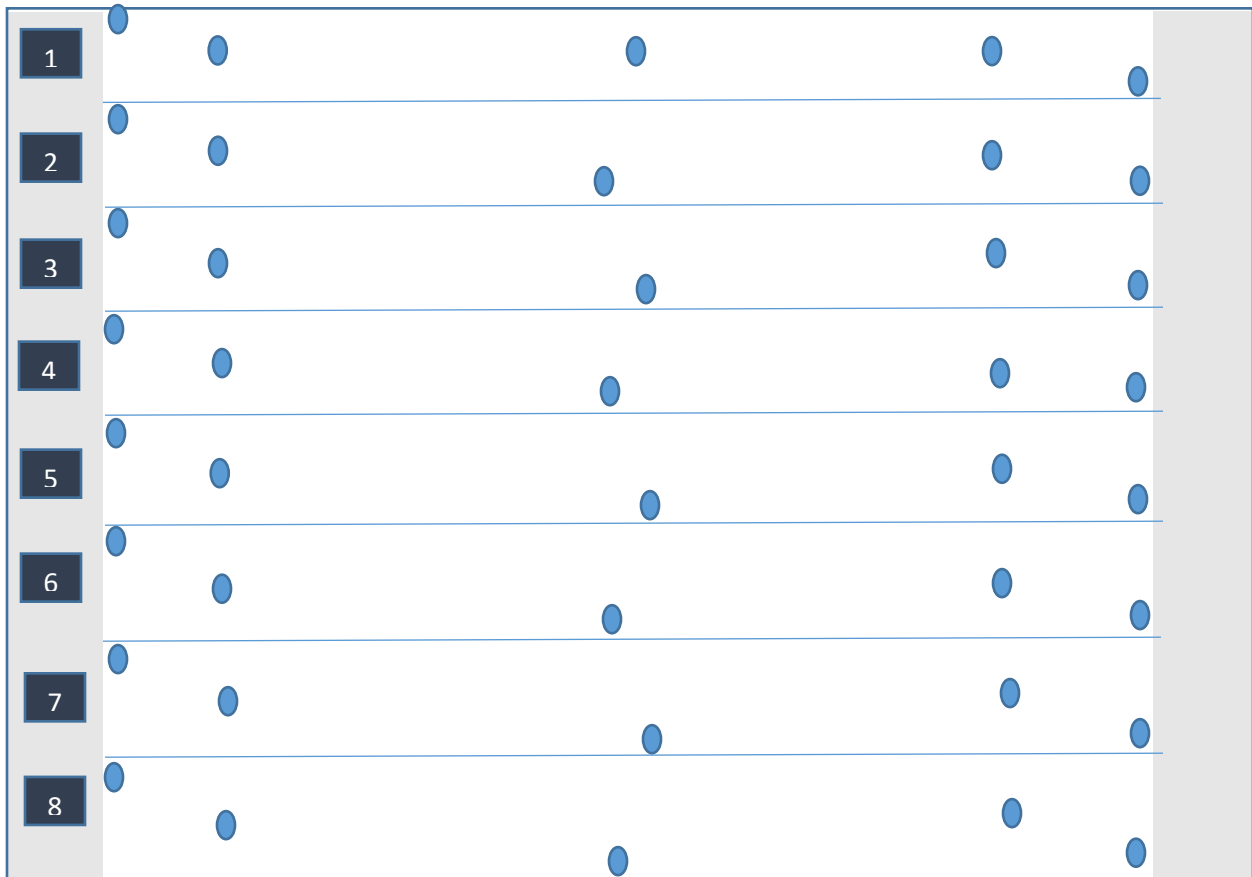
This layout can be adapted to any size pool, whether just discussing sets, doing slide-ins for circle swimming or staggered starts.



## Team YES Aquatics of Houston (TYES) RETURN TO PRACTICE and FACILITY USE PLAN

Team YES coaches feel we can safely coach swimmers using the 5 per lane layout. Swimmers would be assigned their starting and stopping points and maintain that throughout the practice. Entering and exiting the pool will be done one at a time. The on deck layout would be used if the whole group exited the pool per the coaches' instruction. Cones can be used on deck to designate their starting and stopping points if needed. See diagrams below for layout of 5, 4 and 3 swimmers per lane. Smaller groups or depending on how many show up to practice would also determine how many swimmers are in a lane. At no time during Phase One or Phase Two of the Phased Comeback no lanes will exceed 5 swimmers. Layouts are for 8 lane pools but the same swimmers per lane would also apply to 6 lane pools.

### SOCIAL DISTANCING PRACTICE LAYOUT 25 -YARD, 8-LANE POOL



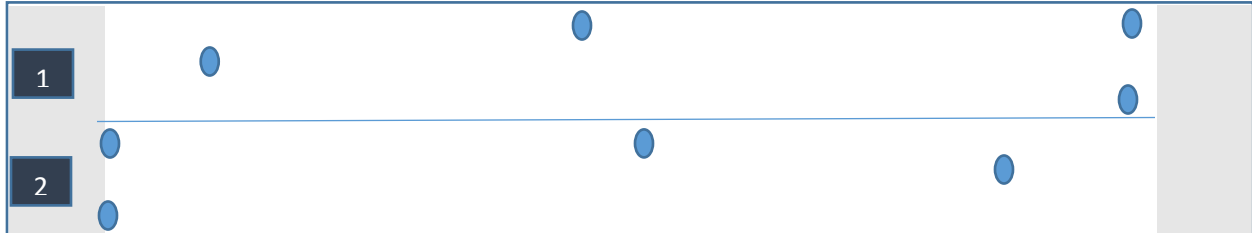
**40 Swimmers (5 Per Lane)** – Each would have an assigned start and stopping point.  
(Wall, Flags, Middle, Flags, Wall).



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**SOCIAL DISTANCING PRACTICE LAYOUT**

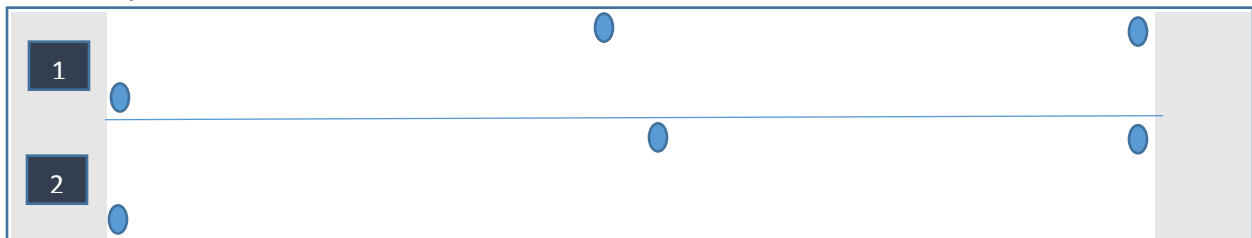
**25-YARD, 8-LANE POOL**



**32 Swimmers (4 Per Lane)** – Each would have an assigned start and stopping point. This pattern would continue as shown to lane 8.

**SOCIAL DISTANCING PRACTICE LAYOUT**

**25-YARD, 8-LANE POOL**



**24 Swimmers (3 Per Lane)** – Each would have an assigned start and stopping point. This pattern would continue as shown to lane 8.



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## TYES PRE PRACTICE SAFETY FORM

Please wait to answer these questions the day of your practice. REMEMBER, if you're feeling ill, STAY HOME.

1. What is your First and Last Name?  
First: \_\_\_\_\_ Last: \_\_\_\_\_
2. What group do you swim in?  
Jr/Sr:  Blue:  Green:  White:  Advanced:  Intermediate:  Beginner:
3. Who is your coach?  
Coach Dennis:  Coach Kody:  Coach Sarah:  Coach Jamie:   
Beginner Group Instructor Name: \_\_\_\_\_
4. Are you feeling ill? Do you have any of the following symptoms of COVID 19 : Cough, Shortness of breath or difficulty breathing, or any 2 of the following: Fever, Chills, Repeated shaking with chills, Muscle pain, Headache, Sore throat, New loss of taste or smell?  
YES   
NO
5. Did you have a fever over 100 degrees Fahrenheit within the past 3 days?  
YES   
NO
6. Have you or someone you have been in contact with experienced symptoms of COVID-19?  
YES   
NO
7. Have you or someone you have been in contact with tested positive for COVID-19?  
YES   
NO
8. Have you taken medication today that may mask symptoms of COVID 19 (ie: a medication that reduces fevers or suppresses coughs)?  
YES   
NO





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**TEAM YES AQUATICS of HOUSTON (TYES) PRACTICE SCHEDULE**

The following Practice Schedules are based on the use of one pool, Cypress Creek Lakes South. We are still working on acquiring another pool for the younger groups, more to follow in the coming week!

Cypress Creek Lakes pool will be unlocked at approximately 6:30AM but not before and will be close to Team YES at 10:00AM.

<b>CYPRESS CREEK LAKES SOUTH</b>			
<b>Day</b>	<b>Scheduled Time</b>	<b>Group</b>	<b>Coaches</b>
<b>MON</b>	6:40AM – 7:40AM 7:45AM – 8:45AM 8:50AM – 9:50AM	Jr/Sr/Blue Jr/Sr/Blue Green	Kody Ricky
<b>TUE</b>	<b>Cleaning Day</b>		
<b>WED</b>	6:40AM – 7:40AM 7:45AM – 8:45AM 8:50AM – 9:50AM	Jr/Sr/Blue Jr/Sr/Blue Green	Kody Ricky
<b>THURS</b>	6:40AM – 7:40AM 7:45AM – 8:45AM 8:50AM – 9:50AM	Jr/Sr/Blue Jr/Sr/Blue Green	Kody Ricky
<b>FRI</b>	6:40AM – 7:40AM 7:45AM – 8:45AM 8:50AM – 9:50AM	Jr/Sr/Blue Jr/Sr/Blue Green	Kody Ricky