



## Rainbow Aquatics Swim Team, Inc.

P.O. BOX 11161, Honolulu HI 96828

Head Coach: Merri Wada-Tanji

### COVID-19 BOWS Practice Plan & Protocol

In this time of COVID-19, we still believe swimming is important exercise for people of all ages. It is great exercise and can be done safely with minimal risk. In order to return to the pool, we must adjust how we practice in order to maintain safe social distancing and minimize exposure to potentially contaminated surfaces, etc. USA Swimming has published guidelines that we have adapted for the Rainbow Aquatics Swim Team. We must also comply with guidelines established by the State of Hawai'i, City & County of Honolulu, and Hawaiian Swimming.

USA Swimming guidelines address the whole country, and have information on indoor pools, how pool managers should keep surfaces sanitized, what level pool chemicals should be maintained at (i.e., they suggest 2.0 or more, but the county normally keeps levels at 3.0-5.0ppm), and others. There are currently no specific guidelines from USA Swimming for how to run Learn to Swim (i.e., Novice group), which is more hands-on and close quarters with a coach. Our coaches have devised a plan to have the Novice group in the pool at a safe distance--see the graphic and note under "Pool Swimmer Distancing" below.

#### Practice Protocol:

**DO NOT swim if sick** - If a swimmer is **not feeling well, do NOT come to practice**. On arrival, coaches will ask swimmers and/or parents if they have been exhibiting any symptoms of illness (e.g., cough, fever, sneezing, etc.). Any swimmers who report or exhibit symptoms at practice **will be sent home**.

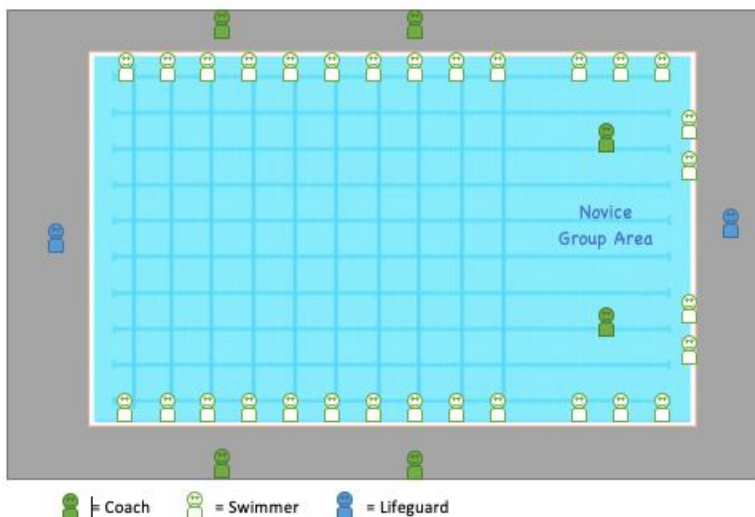
**Staggered start/stop times** - We will adjust start/stop times (see draft schedule below) for different groups so swimmers don't arrive/depart, use the bathroom, etc. all at the same time.

**Arrive/depart on time** - Due to staggered group start/stop times, swimmers **must arrive early/on time** to avoid walking

through another group and/or requiring swimmers to shift positions while trying to maintain social distancing. Parents must **pick up swimmers on time** to prevent congregating in the parking lot.

**Change at home** - Swimmers should wear suits to/from the pool and shower or hose-off before entering the pool. After practice, leave immediately in suits. **Shower and get dressed at home**.

**Pool Swimmer Distancing** - Here is a sample graphic of how we can share the pool. Two swimmers per lane, starting at opposite ends. Novice group coaches will wear PPE in the pool and ensure that swimmers are at least 6 feet apart and swim out from the wall at staggered intervals.



**Parents Remain Outside** - With the exception of on-deck parent lifeguards, parents must remain in their cars or outside the fence in order to maintain social distancing and so we do not exceed the state and county facility capacity limits. Non-swimming children must remain outside the fence.

**Deck Control and PPE** - Coaches, board members, and staff and parent lifeguards must wear PPE (face mask) at all times while coaching, and maintain social distancing (6 feet apart). Swimmers must wear PPE on arrival and departure. \*Note: Due to staffing limitations at Palolo Pool, we still need to provide two parent on-deck lifeguards for each practice. Sign-ups are forthcoming. Parent lifeguards must wear a mask at all times while on deck.

**Bathroom Use** - Use only in emergencies, one person at a time in each bathroom. Others must wait their turn outside.

**Swimmer Equipment** - As it is not yet known if COVID-19 can be transferred via fins, kickboards, or other equipment, swimmers must bring their own. Most swim workouts will not use equipment until/unless it can be used safely.

**Here are a few links with more information on guidelines:**

- [USA-Swimming Reopening](#) (click link)
- [COVID-19 and Water FAQS](#) (click link)
- [Hawaiian Swimming Facility Plan Reopening Guidelines](#) (click link)
- [Hawaiian Swimming Letter to Governor Ige](#) (click link)
- [USA Swimming Additional Resources](#) (click link)

## COVID-19 BOWS Practice Schedule

**July 6 - 31 , 2020\***

*Returning Swimmers Only*

<b>Group</b>	<b>Max # Swimmers</b>	<b>Assigned Lanes</b>	<b>In the water</b>	<b>Practice Over</b>
<b>Novice</b> (Diana/Trisha/Alika)	10 - 3 each end, 4 along width	Shallow End	M-Th 5:00 p.m.	M-Th 5:30 p.m.
<b>Beginner</b> (Jack)	10 - 1 each end at wall	Middle of Pool	M-F 5:00 p.m.	M-F 6:00 p.m.
<b>Intermediate</b> (Merri)	10 - 1 each end at wall	Deep End (Lanes 1-5)	M-Th 5:30 p.m. F 5:00 p.m.	M-Th 7:00 p.m. F 6:30 p.m.
<b>Senior</b> (Jimbo)	10 - 1 each end at wall	Deep End (Lanes 6-10)	M-F 5:00 p.m.	M-F 7:00 p.m.

*\*Schedule subject to change*