

DASH COVID-19 Response Plan

Introduction

We believe swimming, like walking, hiking, running, and cycling, is a critical healthy activity within our communities. 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 coaches, public health officials, and facility operators we can create safe plans for using 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 bromine) of these facilities should inactivate the virus in the water. The CDC does not consider properly maintained pool water to allow the spread of Covid-19. They are more concerned about proximity to people in our building.

As we maneuver through this process it is our responsibility to make sure that our messaging to our families matches our actions. We need to make sure that these are actions we can do consistently and sustain for as long as needed. Also we must note that there will be phases and will require ongoing evaluation and adjustment to have the best procedure in place to maintain safety and in compliance with regulations.

DASH COVID-19 Operational Procedure and Policies

COVID Safety Goals

- educate DASH staff and swimmers regarding new policies and procedures
- occupancy numbers in place to decrease congestion and maintain appropriate social distancing
- procedures will address areas that are congested to minimize virus transmission and exposure
- reduce the amount of items having to be touched in the building

DASH COVID-19 Officer: Scott Koch, DASH Safe Sport Director

CAPACITY RESTRICTIONS

Per USA Swimming 1 person = 6ft radius circle has roughly 28 sq. ft. per person. This is one way to calculate how many people can be within the lobby and pool area. We need to calculate how many people we can have at a facility at a given time. Divide sq footage of the common area of the building by 28 sq ft.

- Lobby capacity: approx. 5

- Pool capacity: 42 athletes in the water
- On deck space: 232

DECREASES INTERACTION STRATEGY

Staggering Practice times with Group Size limits

- Swimmer may only sign up for either morning practice or evening practice and will not be allowed to attend both
- Time added for between group transition periods and for daily screening

Swimmer Procedure

**Swimmers and parents are required to watch the educational video about the following procedure; swimmers will not be allowed into the facility until the video has been viewed

Entering the Building

- Signs with screening questions will be posted outside the pool entrance; by allowing your swimmer to enter the building you are acknowledging that all screening questions are negative.
 - Any swimmer who answers yes to the screening questions or who has shown symptoms should not enter the building.
- Parents and swimmers will be encouraged to wait in their cars until a DASH coach opens the door.
 - Swimmers will have face masks on before exiting their car.
 - Face masks must be worn over the mouth and nose.
- White lines will be on the sidewalk a minimum of 6 ft apart
 - Swimmers who are waiting to enter the building will wait on the line - only one swimmer per line.
 - Parents should not get in line with their swimmer.
- A DASH coach will hold open the door to the pool lobby area allowing swimmers to enter, one at a time.
 - The DASH swim coach will wear appropriate PPE while allowing the swimmer to enter the facility
 - Athletes reporting feeling ill or experiencing symptoms such as mild to severe respiratory illness with fever 100.4 degrees or greater, cough and difficulty breathing, or other symptoms identified by the CDC should not attend practice and will be sent home immediately
 - The DASH swim coach will hold open the entrance door for the swimmer to enter through

- Swimmers will wear their face masks at all times when they are in the facility with the exception of being in the pool.
 - Face masks must be worn over the mouth and nose.
- Swimmers will clean hands with hand sanitizer before entering the building
- The swimmers will proceed to the pool, avoiding use of the handrail if possible
- If a swimmer needs to use the elevator, only one swimmer will be allowed in the elevator at a time
- Before the doorway into the pool the swimmers will stop behind the BLUE line on the floor which is the designated “dirty floor/ clean floor” line and remove their shoes
 - swimmers are encouraged to wear shoes that are easily taken on and off; there will be no dryland so gym shoes are not required
 - The swimmer will stand on the dirty floor to remove their shoes, as they step out of their shoes they will step onto the floor across the line (clean floor) with bare or socked feet
- The swimmer will then pick up their shoes and carry them to the stack of clean laundry baskets, place their shoes into the laundry basket and carry the laundry basket to the furthest unoccupied blue line on the wall.
- The swimmer will place the laundry basket on the floor below the BLUE line and place their remaining personal items in the baskets.
 - No personal items should be placed on the floor
 - Gold group equipment bags should be brought poolside by the swimmer
- Swimmers will wait by their basket until the coach directs them to a lane
- Swimmers will shower at home prior to practice and arrive with their swimsuits on
- DASH staff will wipe down handrails in stairway before the first swimmer enters and after the last swimmer has entered the building

During Practice

Best practice to protect against infections:

- Do not share equipment - swimmers should use their own suit, goggles
 - Gold swimmers will bring their own kickboards; other swimmers will use facility kick boards
 - Equipment bags will be taken home and brought back each day
 - Coaches will sanitize kickboards between group use
- Bring a full water bottle, labeled with the swimmer’s name on it, to avoid touching a tap or water fountain handle.
- **Bathrooms should only be used if absolutely necessary.**
 - Bathroom doors will be propped open to decrease the need to touch the door or handle
 - Signs will be posted in the bathrooms with education regarding proper hand washing techniques
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to the designated practice time

- Avoid touching your face especially your eyes, nose and mouth
- Do not attend practice if you, or a member of your household does not feel well.
- 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 sharing food, drinks, or towels

After Practice

- Once practice is concluded, swimmers will return to their designated area to gather their personal belongings
 - Swimmer's will wait to put their shoes at the "clean/dirty" designated line
 - Swimmers will not be allowed to change in the bathrooms
- Per USA Swimming, deck changes will not be allowed
- Swimmers will be dismissed by a DASH staff member one at a time
- Laundry baskets will be brought to a designated area to be sanitized
- Swimmers will leave the building immediately
- No extra-curricular or social activity should take place. > No congregation after swimming.
- If the swimmer's ride home is not present at the conclusion or practice, swimmers will wait on the designated Xs outside the building unless the weather does not permit then they will be allowed to wait just inside the entrance doors 6 ft away from any other swimmers who maybe waiting
- It is imperative parents are ontime to pick up your swimmer
- Wash your hands thoroughly or use a hand sanitizer after leaving the building

Parents

Registration and Parent Meetings

DASH will not hold in-person registration assistance or parent meetings.

- Questions regarding registration can be directed to a board member via email or phone call (contact information will be provided on the DASH website).
- DASH parent meetings will be conducted as a virtual meeting - watch for the dates and times

During Practice

- Parents are encouraged to remain in their cars during drop off and pick up.
- Practices will be live streamed via a secure link for parents to view
- Spectator stands will not be open.
- All parents are cautioned about the risk of congregating in the parking lot while waiting for their swimmer
- Please be on time to pick up your swimmer after practice

Failure to comply with this policy include, but are not limited to, the following;

- 1)Added exercise and / or workout
- 2)Suspension from practice(s)
- 3)Suspension from the team, without refund
- 4)Permanent expulsion from the team, without refund

Go to DASH Policy and Procedure Covid 19 for information on signs and symptoms of illness, when to stay home and good hand washing techniques