

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 w/barriers: 294 athletes in the water, however, we will limit to 94
- On deck space: 232

DECREASES INTERACTION STRATEGY

Staggering Practice times with Group Size limits

- Swimmer group start times and end times will be staggered to prevent increased congestion in entrances and exits
- Time added for between group transition periods and for daily screening

Procedure

**Swimmers and parents are required to review the COVID policy prior to the start of the season

All Persons Entering the Building

- Signs with screening questions will be posted outside the pool entrance; by allowing you or your swimmer to enter the building you are acknowledging that all screening questions are negative.
 - Any person who answers yes to the screening questions or who has shown symptoms should not enter the building.
 - Any person 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
 - By entering the building, you are agreeing that you do not present any of the above mentioned symptoms of COVID-19.

Swimmers

Entering the building

- Swimmers will have face masks on before exiting their car.
 - Face masks must be worn over the mouth and nose.
 - Swimmers will wear their face masks at all times when they are in the facility with the exception of being in the pool.
- 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.

- Swimmers will clean hands with hand sanitizer upon entering the building (hand sanitizer will be provided inside the doors)
 - 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
 - The swimmer will take a clean laundry basket and carry it 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

During Practice

Best practice to protect against infections:

- Do not share equipment - swimmers should use their own suit, goggles
 - Gold & Silver swimmers will bring their own kickboards; other swimmers will use facility kick boards
 - Equipment bags may be kept at the pool
 - 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.**
 - 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
 - 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
- 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 of 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 hold in-person registration assistance and parent meetings - masks must be worn at all times
- Parents will have face masks on before exiting their car.
 - Face masks must be worn over the mouth and nose.
 - Parents will wear their face masks at all times when they are in the facility
 - Parents who are waiting to enter the building will wait on the line marked on the sidewalk
 - Parents will sanitize hands with hand sanitizer upon entering the building (hand sanitizer will be provided inside the doors)

During Practice

- Parents will be allowed to observe practice from the lobby area Monday - Friday and from the lobby and stands on Sundays.
 - **Face masks must be worn at all times; failure to do so will result in loss of lobby/stand access for the season**
- All parents are directed to maintain a 6ft distance from each other while observing 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