



VELOCITY SWIMMING RETURN TO PRACTICE PROTOCOLS

The following material and protocols, including self-administered health screenings, safety precautions and practice guidelines, are critical for All Velocity Swimming members (athletes, coaches, staff and family members) to understand and adhere to, in order for us to safely and responsibly train. The following information is informed by the Washington State Dept of Health, the Center for Disease Control, the Chelan Douglas County Dept of Health Guidelines and resources available from USA Swimming.

COVID-19 FACTS

- **Symptoms** in children and teenagers can be extremely atypical. Unexplained rash, headache, sore throat, diarrhea, vomiting, body aches, shortness of breath, cough, and fever can all be manifestations of COVID-19.
- According to CDC, COVID-19 **transmission is not likely through contact with properly disinfected/chlorinated water**. The risk of spread is notably decreased in an open-air environment. The highest risk of transmission is cough, sneezes, or direct aerosolizing face to face encounters.
- **Clean hands often** with lathered soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Avoid touching your face, eyes and mouth with unwashed hands.
- The key to **limiting spread** in group settings is to identify and isolate individuals with early symptoms at the beginning of the disease process.
- If an athlete has symptoms **self-quarantine is needed until symptoms resolve** per Washington State Dept of Health, CDC and Chelan Douglas County Dept of Health control recommendations.
- Athletes may feel they are invincible. **Their risk of COVID-19 remains low** though not zero. They are however vectors of transmission. Parents are encouraged to remind athletes that precautions are to protect the athlete but also to limit spread to vulnerable individuals.

HEALTH PRECAUTIONS

- All Velocity Swimming families are required to sign the Velocity Swimming Covid-19 Assumption of Risk Waiver.
- All Velocity Swimming families are required to follow the self-evaluation procedures detailed in the "Velocity Swimming Self-Administered Health Screening Protocol" document daily to determine if they are eligible to attend practice each day. **By sending an athlete to practice, parents are confirming that they have provided the necessary health assessments and have cleared their child to swim.**

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- Athletes who have been exposed to COVID-19, are displaying symptoms, or who have tested positive, **MUST follow the return to practice protocols detailed in the "Velocity Swimming Self-Administered Health Screening Protocol"** in order to return to practice.

COVID-19 SITE SUPERVISOR

The coach leading practice shall serve as the COVID-19 Site Supervisor. Velocity Swimming will have a COVID Site Supervisor or designee on premise at all times.

SANITATION AND PPE

- PPE equipment (mask) for swimmers must be provided by the swimmer.
- Hand sanitizer will be provided throughout the practice area.
- All Velocity members are expected to follow sanitation and PPE regulations of the facility that they are using.

SWIMMING SAFETY

Velocity Swimming will endeavor to follow Washington State Dept of Health, CDC, Chelan Douglas County Dept of Health and USA Swimming guidelines for staying safe and healthy **inside and outside** the pool.

- Swimming capacity will be determined by the facility director.
- No observers are allowed on the pool deck (except parents who need to interrupt practice to remove their athlete) including siblings waiting for practice or siblings who have already practiced.
- Water fountains are not available. Swimmers should bring their own water bottles and/or pre filled. (We will not let your child dehydrate.)
- If a swimmer complains or shows signs of COVID-like symptoms during practice, the parents will be notified to come and pick up their athlete.

SWIMMER CONDUCT: To minimize the risk of transmission and help promote safety, the following personal swimmer conduct is expected. Athletes and adults who fail to adhere to these principles will be asked to leave training for the day.

- No splashing, spitting water at other swimmers and coaches
- Sneeze or cough into a tissue or upper sleeve/arm area
- No horseplay
- No person to person contact

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BEFORE PRACTICE AND ARRIVAL: DRY-LAND/SWIM FACILITIES

- Complete Self-Check Health Screen at home
- Swimmers should arrive no earlier than 5 minutes before the scheduled start of practice. If an athlete arrives early, they must remain in their car or otherwise social distance with other athletes/staff until 5 minutes prior to practice.
- Everyone must wear masks upon arrival to the facility and at all times inside the facility and on the pool deck.
- EVERYONE will be screened for signs/symptoms of COVID-19 during check in prior to workout. Temperatures will be taken and you must be able to answer “NO” to all health assessment screening questions as found in the self-screening protocol.
- Full use of locker rooms is prohibited. Daily access and availability is determined by the facility director. For planning purposes, efficiency and safety, please arrive in your swimsuit ready for practice.
- One single use restroom is available in the lobby.
- Demonstrate social distancing by remaining 6 feet apart at all times.
- Swimmers must place their individual equipment in the designated area- socially distanced. For dry-land, that will most likely be near their mat. At Open Water and pool venues, it will be in a predetermined area by the coach or facility director.
- All swimmers must bring and use their own personal training equipment. No sharing of equipment is allowed.

DURING PRACTICE : DRY-LAND/SWIM FACILITIES

- After screened check-in at the facility, athletes will be directed to their assigned pool deck space with their personal items to prepare for training.
- Observers are not permitted within the dry-land area.
- We will follow USA Swimming recommendations for lane spacing to maintain social distancing.
- Athletes will be assigned to a swim Lane.
- Each athlete should bring a towel or yoga mat to dry-land. The yoga mat is the athlete’s safe zone, so any athlete without a mat will not be able to practice that day or until one is acquired.
- Physical Distancing: Mats will be placed 6-8 ft. apart so masks can be lowered/removed while on the mat. Athletes who violate another athlete’s space, will be removed from training for the day.
- If an athlete leaves the mat, they must be masked. The exception will be running, and athletes will be 6 ft apart at all times. Running will be in a designated space where the coach can supervise all athletes at all times.
- Leave promptly when practices finish; showering at the pool will not be permitted until approved by the facility.

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AFTER PRACTICE

- Swimmers will exit the practice area immediately, following the route outlined by the coach or an assistant.
- While exiting, swimmers must maintain at least 6 ft of social distancing and wear a mask.

Once again, it is critical that ALL Velocity Swimming members (athletes, coaches, and family members) understand and adhere to these protocols, including the self-administered health screenings, safety precautions, practice guidelines and training schedules, in order for us to effectively and safely train responsibly. Thank you.

Please direct all questions and concerns to the Velocity COVID Coordinator and Executive Board Vice President, Mr. Travis Willms at: VicePresident@velocity-swimming.com