FREEPORT AQUATIC SWIM TEAM (FAST)

Return to Operations Plan:

**FACILITY:**

1. Determine when pool can be accessed according to State Phased openings of public buildings. We cannot access our pool until the middle school it is housed in is able to be opened for practice. Communication is ongoing with local school district Building & Grounds department.
2. Locker rooms/change rooms will be closed other than for approved single-use bathroom trips.
   1. No changing into or out of swim attire will be allowed. Swimmers must come to practice session in swim attire and leave the same way.
3. Drop off/Pick up procedures:
   1. Swimmers will be dropped off and picked up at separate entrance and exit locations.
   2. Swimmers shall enter pool, using designated entrance area, as close to start time as possible to avoid lingering, maintaining appropriate social distancing until in the water.
   3. Swimmers shall exit the pool immediately and wait for parent pick-up in designated exit area, maintaining appropriate social distancing measures.
4. Possible marking appropriate floor spaces off with tape to enforce social distancing.
5. Parents/Guardians will not be granted access to pool area unless permission is approved by the Coach ahead of time.
6. Lane plans and spacing requirements/guidelines will be posted at pool facility in multiple places.

**PRACTICE PROTOCOLS:**

1. Set up a “roving” practice schedule to maintain social distancing requirements. This would keep group numbers under 10 for Phase 3 requirements.
   1. Practice times may need to be shortened to move smaller number of groups through the day.
   2. Possibility of individual lanes per swimmer (6-8 lanes per session) at said roving scheduled times.
   3. Possibility of alternate practice days for certain groups instead of a daily practice schedule to adhere to Phase 3 guidelines of keeping groups small.
2. Absolutely NO shared equipment: including, but not limited to, kickboards, fins, paddles, water bottles, pull buoys, among any swimmers during practice times. Each swimmer is responsible for retrieving and putting said equipment away, following social distancing guidelines.
3. Swimmers must access pool maintaining social distancing protocols, submit to temperature checks and answer questions regarding current health, then enter assigned lane to commence practice.
4. At practice conclusion, swimmers will exit lane and immediately gather belongings, following social distancing guidelines, and exit pool area for pick up.

**CLEANING/SANITATION PROTOCOLS:**

1. Appropriate sanitation and cleaning procedures will be enforced and carried out by Coaches, Safe Sport Volunteers and/or age-appropriate swimmers to ensure that pool area is sanitary and ready for next use.
   1. Bathroom will be sanitized following each participant usage.
   2. Local school district in charge of maintaining appropriate pool chemicals will be briefed on appropriate chlorine levels (closer to 2.0 ppm) and will ensure safe levels are always maintained.
   3. Gloves and sanitizing cleaning supplies will be on hand and use strictly enforced.
2. Doors will be propped open at appropriate locations to minimize touch points and allow for greater air flow.

**COACHING PROTOCOLS:**

1. Coaches and Safe Sport Volunteer on deck will adhere to requirements of wearing face mask while on deck and submit to daily temperature checks.
2. Limit number of adults on deck to Coach, possible Assistant Coach and Safe Sport Volunteer to maintain social distancing requirements. Absolutely no parent/guardian deck access allowed unless approved in advance.

**COMMUNICATIONS:**

1. Approved access to pool dates and return to practice plan(s) will be communicated with Parents/Guardians and Athletes through email blast and social media updates.
   1. Any questions or concerns will be encouraged to be brought to either Coach or Board Member for immediate remedy.
2. Packet of information regarding safety protocols for facility and swimmers will be distributed in paper form, by email blast, and social media updates to all parents/guardians/athletes; also posted at pool facility.
3. Pool access drop off and pick up procedures will be distributed in paper form, by email blast, social media updates to all parents/guardians/athletes; also posted at pool facility.
4. Practice schedules will be distributed in paper form, by email blast, social media updates, to all parents/guardians/athletes; also posted at pool facility.
5. COVID-19 CDC recognized symptoms information and health care guidelines will be posted at pool facility and sent via email blast and social media to all parents/guardians/athletes regularly to allow distribution of current information.
6. Waivers signed by parents/guardians/swimmers acknowledging COVID-19 risks with return to sport; diligence in reporting any illness to Coach to determine if proper quarantine is required.
7. Lane plans and spacing requirements and guidelines posted at pool facility in multiple places.

**FEE STRUCTURE:**

1. Board of Directors meeting to determine if fee structure should be updated due to shortened season, lack of swim meets and associated fees, and/or decreased practice times if needed to keep numbers per practice session lower. All changes communicated with parents/guardians as soon as any changes have been made.

**PLAN FOR ILLNESS:**

1. If Coach or Athlete becomes ill, immediate communication made with all parents/guardians/athletes.
2. All ill participants will quarantine for two weeks and will not be allowed to return to practice for facility until cleared by physician.
3. Potential facility closure for up to two weeks to allow complete disinfection.