



Education Seminar for
Covid-19 Guidelines/Regulations
during Maverick Swim Club practices/meets

****Updated 5/12/2021**

Reopening Plan

Maverick Swim Club is committed to providing a safe and secure environment for our swimmers and coaches. We will adhere to all guidelines set forth by federal, state and local governments as well as those from USA and Illinois Swimming with regards to conducting organized swimming activities. All safety protocols and policies described in this plan will be strictly enforced. A **zero-tolerance policy** will be in effect and any violators will be suspended from participating in Maverick programming.

ALL SWIMMERS AND GUARDIANS MUST SIGN WAIVER PRIOR TO FIRST PRACTICE.

General Info:

- Social distancing and masking will be utilized as mitigation strategies.
- Swimmers have been placed into static practice groups that meet IDPH, DCHD, and facility guidelines.
- Practices will be scheduled with a 10-15 minute gap between practices.
- Facilities will have a one-way entrance and exit plan, when possible. Specifics will be dependent on each facility's configuration.
- Coaches will be present to direct swimmers.

What if...

My swimmer has a Covid-19 symptom?

The swimmer may not attend practice.

The swimmer can attend practice again when one of the following is met:

- they have taken a PCR Covid test and received a negative result,
- they receive an alternative diagnosis as stated by a doctor in writing, or
- they wait 10 days from onset of symptoms AND 24 hours with no fever (unmedicated) AND improvement of symptoms.

*Siblings of symptomatic swimmers will also not be able to practice.

My swimmer was a close contact of someone who is positive for Covid-19?

That swimmer may not attend practice for two weeks as they should be in a 14-day quarantine.

>>If a county health department clears a swimmer after a 10 day quarantine, Maverick will allow a swimmer to return.

If a family member who lives in the same household has a positive Covid-19 result, then that swimmer is considered a close contact by Maverick Swim Club and should not attend practice for two weeks.

*A close contact is someone who was within 6 feet of someone for longer than 15 minutes cumulatively, masked or unmasked.

My swimmer is positive for Covid-19?

The swimmer may not attend practice for a minimum of 10 days from onset of symptoms.

See next slide for additional information.

Please forward written confirmation from IDPH as to when the swimmer may return to school/activities to lead coach.

What if there is a positive Covid-19 test?

- If a swimmer receives a positive Covid-19 test, we **expect** parents to share with Maverick Swim Club as we have a responsibility to inform the families within the group (without names attached)
 - Siblings of a Covid-positive swimmer will be unable to practice for 14 days (if the sick sibling is isolated from siblings who are swimmers; if unable to isolate, the break from practice will be longer)
 - 1 case in a single group → This information will be communicated to the training group(s)
 - 2 cases (from separate families) in a single group **within 14 days of one another** → The group will be taking two weeks off of practice, at minimum. This includes coaching staff.

Without names, we will need to report positive Covid-19 cases to Illinois Swimming, so that they can work with IDPH to continue to maintain a healthy aquatic environment at swim practices.

USA Swimming has asked clubs to file a Report of Occurrence (incident report) for COVID cases for tracking purposes.

Safety Precautions for Guardians:

- Guardians must monitor the health of their swimmers. It is mandatory to take the swimmer's temperature prior to coming to each practice. If a swimmer experiences a fever, shows any sign of illness or is a close contact of someone who has tested positive for Covid-19, the swimmer will not be allowed to attend practice. See "What if..." (Slide #4 for additional info).
- As swimmers enter the pool for practice, a coach will take temperatures and ask symptom-screening questions.
- Guardians must follow parking lot procedures that are in place at each facility.
- Should guardians need to approach a coach, both guardian and coach will do so with a mask on.
- Guardians will not be allowed into the pool facility.
- Guardians can drop off their swimmers 5-10 minutes prior to practice.
- Guardians must pick up swimmers no later than five minutes after practice concludes.
- Swimmers who carpool with one another will be considered close contacts, should one of the swimmers become positive for Covid-19.

Safety Precautions for Swimmers: (during entry and exit of facility)

- Swimmers will be permitted to enter the facilities no more than 5-10 minutes before the start of practice.
- Swimmers must answer health screening/symptom questions and have their temperature taken.
- Swimmers will be required to wear a face mask that covers the nose and mouth when entering and exiting each facility. Face masks will be removed right before the swimmer is to enter the water. Face masks must be put on immediately following the swimmer's exit from the pool.
- Swimmers must maintain social distance from others (minimum of six feet) at all times.
- If the practice facility allows, there will be one door for entry and a separate door for exit.
- Practice group assignments are to remain static throughout Illinois' Phases 3 and 4.

Safety Precautions for Swimmers: (while inside facility)

- Swimmers will put their belongings in designated areas that are specified for their individual lane assignment upon entering the facility. Swimmers will then report to their designated lanes/end of the pool.
- Swimmers must arrive and leave practice in their swimsuits as locker room access will be limited to restroom emergencies only. One swimmer at a time will be allowed access to the restroom.
- Water fountains will not be available for use.
- Swimmer may bring their regular swim bag and equipment bag **without a snorkel**. Water bottles must be marked with the swimmer's name.
- Swimmers are prohibited from sharing any equipment or water bottles.
- Amount of swimmers per lane is facility-dependent. Swimmers will remain socially distant from one another within the lanes. Please see the diagrams on slides 12-15.
- At specific facilities, we may have more than one group in attendance at the same time. Swimmers from each group need to maintain distance from the other group (further than typical social distance recommendations, per coach instructions).

Safety Precautions for Coaches:

- Coaches will wear face masks that cover the nose and mouth at all times, only when coaching inside.
- Fully vaccinated coaches can choose whether or not to wear a mask, when coaching outside.
- Coaches will maintain social distance (minimum six feet) from swimmers and other coaches at all times (barring emergency).
- Coaches will monitor their own health and follow the same guidelines as swimmers for exposure, symptoms, and a positive Covid-19 test result (See “What if...” [Slide 4]).
- Coaches will use sanitizer or wash hands if they touch a high-contact area.
- Coaches will take attendance and document lane assignments for each practice.

Vaccine Considerations

Symptoms after receiving the vaccine:

Swimmers/coaches who have side effects (that are the same as symptoms) for the two days following their vaccination **do not need to be** excluded.

Day 1 - Received vaccine

Days 2 and 3 - No exclusion needed

Day 4 - If side effects are persisting, now a swimmer/coach would need to be excluded from attending practice, per guidance on Slide 4.

If exposed to someone with Covid-19, fully vaccinated individuals do not need to quarantine.

All three of these stipulations must be true:

- It has been two weeks **after** the necessary doses of the vaccine you've received (if you receive a two-dose vaccine like Pfizer or Moderna, you must have both doses);
- It has been within three months of receiving your final dose; and
- You remain asymptomatic.

**Should you have symptoms, then a swimmer/coach should be excluded until a negative PCR test or an alternative diagnosis from a doctor is demonstrated, per Slide 4.*

Adherence to Restore Illinois:

Illinois Phase 3	MAVS Phase 1	10-person limit per practice: two coaches and eight swimmers. One coach outside facility to direct traffic and perform health screenings. No spectators will be permitted. LC Senior swimmers will be prioritized. The frequency and duration of practices will rely on available pool and lane space. No competitions will take place.
Illinois Phase 4	MAVS Phase 2	50-person maximum per practice. Spectators will be limited, with possibility of no spectators permitted given space at facility. The frequency and duration of practices will rely on available pool and lane space. Competitions will be limited to time-trial opportunities, intrasquad meets, and dual meets where the total number of attendees shall not exceed the maximum for the state in which the competition is held.
Illinois Phase 5	MAVS Phase 3	No limitations. Practice and competitions as normal.

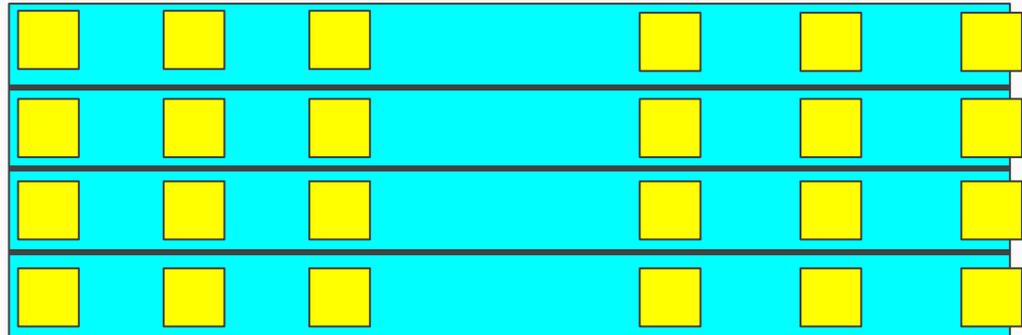
**Swimmer fees will be adjusted based on the operating costs of programming, the amount of pool time available and the number of participants serviced.*

Illinois Phase 4 / MAVS Phase 2:

Parking Lot:
Guardian
drop off

Entry/
Exit

Coach



Coach

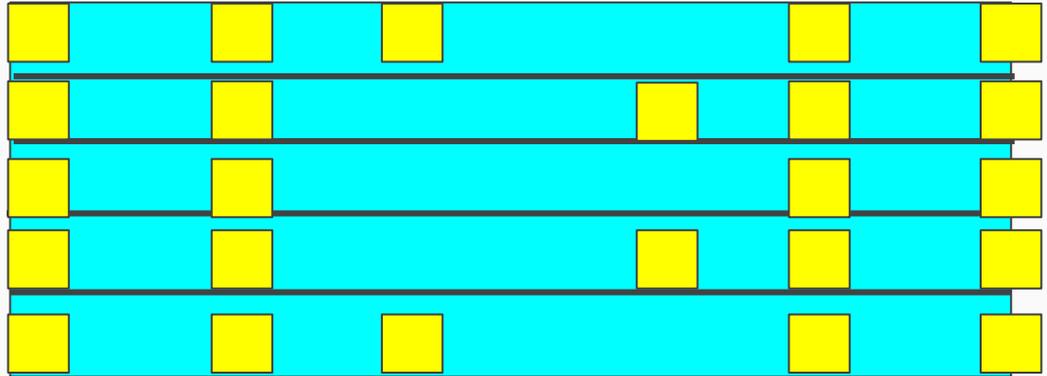
Drop Zone for things - Swimmers remain 6 feet apart

Illinois Phase 4 / MAVS Phase 2:

Parking Lot:
Guardian
drop off

Entry/
Exit

Coach



Coach

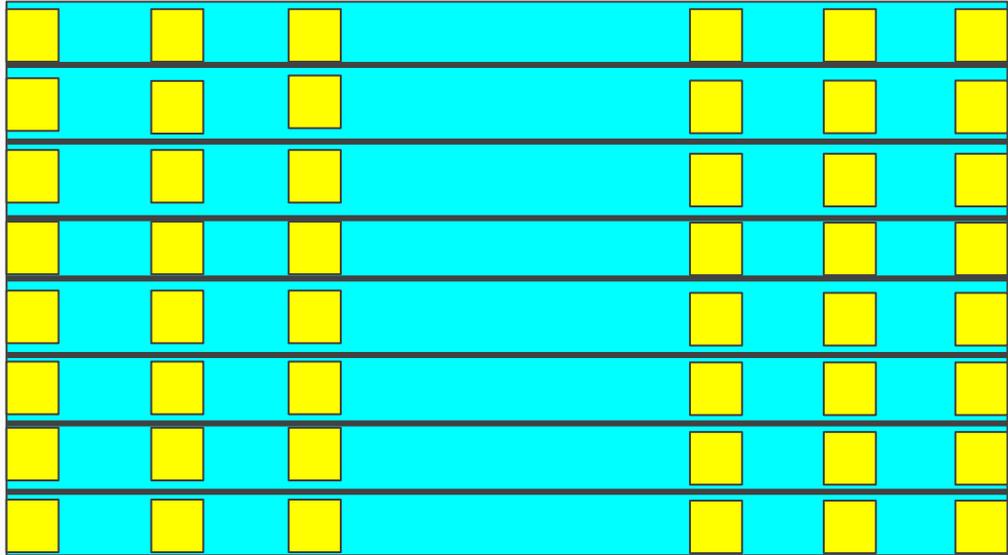
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