

# **PATRIOT AQUATIC CLUB**

## **COVID-19 SAFETY GUIDELINES**

The goal of this communication is to share a plan for the PAC program to return to our or any facility in a safe and organized manner. As with all exercise and activity at this time, swimming, Water Polo and Diving must comply with standards for social distancing and safety within our facilities. We know, with collaboration between USA Swimming coaches, public health officials, Stevenson High School, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives.

**\*\*\*\* IF YOU ARE OR HAVE BEEN FEELING A LITTLE SICK, PLEASE STAY HOME \*\*\*\***

### **ARRIVAL:**

- Everyone must park in Lot B
- Athletes must enter the building through the circle drive/Main Entrance.
  - Athletes only! Parents are not permitted to enter the building.
- Everyone is required to wear a mask and exercise proper social distancing.

### **SCREENING:**

- Before your arrival you must fill out a quick screening questionnaire. This is required everyday that you come to the pool.
- All athletes must wear a mask inside the building at all times, except during actual training.
- After you enter the building, you will check in with a SHS Trainer or PAC coach in the glass commons where they will take your temperature.
- If you are cleared to enter the pool, you will wait in the glass commons area with mask on and proper social distancing until cleared to enter the pool deck.

### **ENTERING POOL DECK (Limit of 50 people on deck):**

- As you enter the pool deck you will be handed a Headset (if your group is using them) that is assigned to you and you are expected to return immediately after your session.
- Then you will continue to your designated location that is assigned to you for EVERY session.
  - If you are assigned a far end (N or S) you must put your equipment and swim bag behind your lane
  - If you are assigned a Bulkhead lane, you will have designated locations on the E & W benches to put your swim bags.
- Once at location the athletes will prepare to start practice as soon as possible.

### **DEPARTING POOL DECK:**

- Immediately after practice, athletes will pack up, and depart the pool.
- Masks and social distancing are still required as you leave the pool deck and the school.

### **OTHER INFORMATION:**

- Bring your own water bottle.
- There is NO LOCKER ROOM USAGE. Bathrooms outside 5044 will be open for bathroom emergencies ONLY.
- Must bring your own equipment. Water Polo balls will be the only equipment that will be accessible for the athletes.

### **POSITIVE OR CLOSE CONTACT GUIDELINES:**

- If positive case or close contact, communication is required to the lead coach of your group and the head coach. From there discussion will be about what are the next steps.
- We ask that anyone who suspects close contact to let us know right away and start the quarantine process.

- We also ask if anyone in the house has to quarantine because of close contact that all members of PAC in that household also follow the quarantine process. (EX: If a parent has to quarantine because of close contact at work then the athletes in that household have to also).
- If you don't know for sure then go over the health survey and if any question is not 100% NO then contact coaches immediately.
- In order to return to the pool you must have a negative test or have had quarantines for 10 days and haven't had any symptoms for the previous 24hrs.