

Dynamo Families:

After thorough and thoughtful consideration, we are planning to resume modified programming on Thursday, May 14<sup>th</sup> for our Senior Group swimmers only. In accordance with current state/local requirements, USA Swimming guidelines, and with the help of numerous healthcare professionals, our staff has established an initial schedule and safety expectations for our return to the pool. We have been encouraged by epidemiologists to take a conservative approach to resuming swimming activities.

We also understand that not all families currently feel comfortable returning to swim practice. While your participation is welcome, we understand and support any decisions to postpone your return to the water. Each family should do what they feel in their best interest.

We envision this to be a multi-phase process as we introduce our members back to the pool. The plan we are sharing today will be Phase 1 of our reentry procedures. We will not put a timeline on when we will proceed to Phase 2. Instead, we will evaluate the safety and effectiveness of Phase 1 accordingly and use this information to develop Phase 2.

As mentioned, our initial plans will include our senior groups only. We have chosen this strategy for multiple reasons. First, Senior level swimmers are capable of socially distancing better than our Age Group athletes and safety is our primary goal. Second, we would like to keep total facility usage low as we all learn how best to manage operations where social distancing is key. Finally, the Age Group athlete(s) can return to peak training faster than their Senior teammates. Simply put, there is no need to rush introducing the Age Group team and they will be included in future phases of reentry. It must be emphasized that there will be no exceptions made during Phase 1. Thank you in advance for your understanding and cooperation.

Phase 1 of our reentry plan will only include the use of the dome at Chamblee, set up for short course yards. The dome will be fully open (regardless of temperature or weather), allowing for maximum air circulation. No other pools within Dynamo facilities will be used during Phase 1.

Our plan to reintroduce athletes to the water depends on everyone's (athletes, parents, and staff) cooperation and adherence to safety protocols. We expect everyone in the Dynamo family to practice social distancing both at and away from the pool. By doing this, it shows you respect your teammates, their families, and Dynamo staff. Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in Dynamo activities may be suspended. Our staff also reserves the right to discontinue practices at any time should they feel safety expectations are not being met.

Athletes will remain in the training group they were in prior to suspension of practices in March. The coaches will address group promotion at the appropriate time. In our professional opinion, we feel it is currently most important for the athletes to have familiarity with their group and surroundings. Introductions to new groups will only create unneeded stress and we will deal with group promotions in time.

Please see below for our modified schedule for our Senior Team, as well as the safety precautions we will be taking.

**SENIOR TEAM SCHEDULE – ALL PRACTICES TO BE HELD IN CHAMBLEE DOME**

**May 14<sup>th</sup> – May 24<sup>th</sup>**

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SR1 ALPHARETTA	2:00-3:00 pm		2:00-3:00 pm		2:00-3:00 pm	
SR1 CHAMBLEE	3:30-4:30 pm		3:30-4:30 pm		3:30-4:30 pm	
SR2 ALPHARETTA		2:00-3:00 pm		2:00-3:00 pm		7:00-8:00 am
SR2 CHAMBLEE		3:30-4:30 pm		3:30-4:30 pm		8:30-9:30 am
SR3 GOLD ALPHARETTA	5:00-6:00 pm		5:00-6:00 pm		5:00-6:00 pm	
SR3 GOLD CHAMBLEE	6:30-7:30 pm		6:30-7:30 pm		6:30-7:30 pm	
SR3 GREEN ALPHARETTA		5:00-6:00 pm		5:00-6:00 pm		10:00-11:00 am
SR3 GREEN CHAMBLEE		6:30-7:30 pm		6:30-7:30 pm		11:30-12:30 pm

**\*\*There will be no practice on Saturday, May 16<sup>th</sup>\*\***

**Beginning May 25<sup>th</sup>**

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SR1 ALPHARETTA	7:00-8:30 am		7:00-8:30 am		7:00-8:30 am	
SR1 CHAMBLEE	9:00-10:30 am		9:00-10:30 am		9:00-10:30 am	
SR2 ALPHARETTA		7:00-8:30 am		7:00-8:30 am		7:00-8:30 am
SR2 CHAMBLEE		9:00-10:30 am		9:00-10:30 am		9:00-10:30 am
SR3 GOLD ALPHARETTA	1:00-2:30 pm		1:00-2:30 pm		1:00-2:30 pm	
SR3 GOLD CHAMBLEE	3:00-4:30 pm		3:00-4:30 pm		3:00-4:30 pm	
SR3 GREEN ALPHARETTA		1:00-2:30 pm		1:00-2:30 pm		11:00-12:30 pm
SR3 GREEN CHAMBLEE		3:00-4:30 pm		3:00-4:30 pm		1:00-2:30 pm

**SAFETY EXPECTATIONS**

- When parking at Dynamo, cars must leave a minimum of one space between each other. Cones will be used to mark spaces where vehicles MAY NOT park.
- Athletes will only be permitted to enter the building 5 minutes before their scheduled practice. If they arrive early, they must wait in their car until the appropriate time to enter the building.
- Athletes must leave Dynamo immediately at the completion of any practice.
- Parents/spectators will not be allowed in the building at any time and are expected to practice social distancing when waiting for their swimmer. We understand this may bring Safe Sport concerns. With the dome being completely open and our fence being transparent, we feel these practices are open and observable to meet Safe Sport standards. We will re-evaluate our procedures when the indoor pools are introduced.
- Please use the back gate for entrance. All doors/gates to the facility will be propped open to limit contact with surfaces.
- Athletes should be prepared to arrive and depart in their suits.
- Athletes will have their temperature checked upon arrival (outside at the gate) and will not be permitted to enter should they show signs of a fever of 100.4F or higher.

- Restroom breaks will be limited to the single use restrooms located in the balcony of the competition pool.
- There will be a grid area for athletes to leave their personal belongings to ensure social distancing on the deck. Once athletes enter the building, they will go immediately to their grid spot and await instructions from their coach.
- Athletes should bring their own water bottles (already filled). Use of the water fountains at the facility will be prohibited.
- Athletes will not be permitted to store their equipment bags at Dynamo. They must take them home after each practice. We will announce times where athletes can visit the facility to pick-up their equipment bags.
- Dynamo staff will be wearing PPE masks throughout Phase 1. We encourage anyone entering the building at Dynamo to do the same.
- Athletes will swim with a maximum of two (2) athletes per lane, starting from opposite ends of the pool. Please note that in most cases, we will be able to swim one (1) athlete per lane, also starting from opposite ends of the pool (please see the attached diagram)
- Any athlete or staff experiencing any symptoms of a fever (100.4°F or higher), recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment. If any athlete or staff does have a fever or symptoms of illnesses, they may not attend a practice until 14 days after the fever or symptoms has ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are away from the pool as well.
- Athletes and families who travel by air, or to an area deemed high risk by the staff, will need to self-isolate for 14 days before returning to practice.
- Dynamo staff will be disinfecting the bathrooms throughout the day and we will provide disinfecting wipes inside the restrooms as well. Additionally, we will be fogging the high use areas nightly at closing with an approved disinfectant.

### **POSITIVE TEST PROCEDURE**

Should someone test positive in our membership the following measures will take place:

1. The individual should let the staff know immediately.
2. The individual or individuals swimming on either side of that athlete will be expected to self-quarantine for 14 day and/or receive a negative COVID-19 Test [we will be assigning lanes for all practices so we are clear what athletes may be impacted by this].
3. The facility will be shut down for no less than 24 hours to deep clean.

Best Regards,

*Dynamo Swim Club Board of Directors*

**PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES BELOW REGARDING COVID-19 VIRUS:**

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



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# INFECTION PREVENTION RECOMMENDATIONS



Stay more than 6 feet away from people who appear sick



Avoid touching your face

Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren't soiled



Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing



Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser



Wear a facemask when you are outside of your home or if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath



Stay home if you are sick and call your healthcare provider for further recommendations



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# Signs and Symptoms of COVID-19

## Most Common Symptoms



Fever  
( $> 100.4$ )



Cough



Shortness  
of breath

## Less Common Symptoms



Sore throat  
Congestion



Headache  
Chills



Muscle and  
Joint Pain



Nausea or  
Vomiting



Loss of sense  
of Smell



Diarrhea



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# SELF-MONITORING INSTRUCTIONS

**Twice daily, check for the following signs or symptoms of respiratory infection:**



Fever  
( $> 100.4$ )



Cough



Shortness of  
breath

**Other symptoms to pay attention to include:**

Sore throat

Congestion

Headache

Muscle and Joint Pain

Chills

Nausea or Vomiting

Diarrhea

Loss of Sense of Smell



**If you develop any of these symptoms, please contact your healthcare provider to discuss how to proceed.**