

CWAC Safety & Entry Protocols

-updated September 1, 2021

Big Pool Entrance and Exit

If your practice is in the big pool please enter the main entrance for screening and then go up the stairs and into the stands. You will spread out in the stands (6 feet apart). When instructed you will come on to the deck using either the northeast or southeast stairwell. When departing practice you will leave through the door on the pool deck by the UIC coaching office (northwest corner). Parents may walk with their swimmers to the door, but will not be allowed to enter.

Small Pool Entrance and Exit

If your practice is in the small pool then swimmers must enter the property through the back gate off of Morgan Street (the back driveway) and walk north through the grass to the small pool entrance – see map below. Parents may walk with their swimmers to the door, but will not be allowed to enter. Swimmers will be assigned a chair around the pool deck that is spaced out. Swimmers will exit this same door and out the gate for departure.



IF YOUR PRACTICE IS IN THE BIG POOL DO NOT COME INTO THE SMALL POOL!

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Practice Pre-Screening

We ask that parents please pre-screen their athletes before coming to practice. If they have had any of the following symptoms in the past 24 hours, please remain at home and do not return to practice until they are symptom free for 48 hours. If practical, go to a testing facility to be assessed.

- Unexplained rash
- Diarrhea
- Vomiting
- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches
- Sore throat
- New loss of taste or smell

Please conduct a temperature check each day before coming to practice. If your child's temperature exceeds 100 degrees, please remain at home, and do not practice until your temperature is normal. If practical, go to a testing facility to be assessed.

Entry Requirements & Screening Protocol

Athletes will only be permitted to enter the building 10 minutes before their scheduled practice. If they arrive early, they must wait in their car until the appropriate time to enter the building. Athletes should be prepared to arrive and depart in their suits. Bathrooms are available, but no locker rooms

Required Use of Masks / Face Coverings

Each swimmer is required to wear a face covering at all times on UIC property, especially when entering and leaving the facility and while sitting on the pool deck. Once inside the pool, the coaches will instruct athletes on when they may remove their mask for practice. Upon completion of practice athletes should put their mask back on. We have extra masks in case one breaks or becomes soiled.

Practice Protocols

There will be no locker room access so swimmers should arrive and depart in their suit and should be appropriately dressed. Deck changing is not allowed. Please plan and dress accordingly for the weather. Swimmers should have appropriate clothing and should not be running out in their suits. Restroom breaks will be limited to one person at a time.

Athletes should bring their own water bottles (already filled) and should not share water bottles.

Once athletes enter the building, they will go immediately to their assigned spot and await instructions from their coach. Athletes should leave their personal belongings in their assigned space to ensure social distancing.

Additional Safety Protocols

Parents will not be allowed in the building at any time and are expected to practice social distancing when waiting for their swimmer. Athletes must leave at the conclusion of practice and be picked up promptly so we do not have swimmers hanging around.

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.

For more information on COVID please visit the CDC website at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Positive COVID Case or Close Contact

Has your swimmer tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days? If you answer yes, all three of the following are required before return to practice: a minimum of 14 days of self-quarantine from the positive test, 72 hours with no symptoms, and a subsequent negative test. Testing and results must be reported to the coaching staff to monitor contacts and early signs of transmission within the team or groups.

Has your swimmer had close contact with someone who has COVID-19? Close contact is defined as within 6 feet for more than 15 minutes. If you answer yes, to return to practice the swimmer should have no symptoms (listed below) for 72 hours and have no additional close contact with the infected individual.

- Unexplained rash
- Diarrhea
- Vomiting
- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches
- Sore throat
- New loss of taste or smell

UIC Outdoor Space

CWAC swimmers are not allowed to use any part of UIC complex other than the pools and the green area next to the small pool along Morgan. We have been granted indoor access exclusively to the small and big pool areas only. Swimmers should be entering and leaving through either through the back gate or the main entrance. Swimmers should NOT be roaming the building or in the locker rooms.

We are not allowed to be on their fields, the running path around the fields or in the back driveway area. Parents may walk their child to the door for practice and pick them up after, but are not allowed in the building.

If you see someone please let them know or if you are uncomfortable doing that please let a coach know. Masks should be worn at all times while on UIC property. UIC is trying to protect their athletes and coaches and keep them separate from us and appreciate everyone's cooperation in this matter. We do not want to jeopardize our pool space.

Your support is greatly appreciated.

Go Wolfpack!
Coach Dave