



Fox Valley Swim Team (FOX-IL)

Return to Pool Operations

As of August 31, 2021

Overview



- Fox Valley Swim Team's (FOX) *Return to Pool Operations* defines processes and safety procedures to return swimmers to the pool during the COVID-19 pandemic in line with federal, state, local and facility guidelines.
 - **Given the Covid-19 situation quickly evolves, this is a dynamic document and can be modified as the situation continues to develop.**
- FOX creates this *Return to Pool Operations* with guidance from publicly available resources from federal, state, and local agencies, as well as USA Swimming and Illinois Swimming.
 - The Centers for Disease Control states there is no evidence that COVID-19 spreads through chlorinated water and provides considerations for re-opening of water venues.
 - USA Swimming, the governing body for FOX, also provides general guidelines to return competitive swimmers to the pool, which focuses on social distancing and other related measures to maintain safety in and outside of the water.
- FOX members (swimmers, parents and coaches) are expected to adhere to the guidelines included herein and as further developed as the COVID-19 situation evolves.

Overview



- FOX's *Return to Pool Operations* focuses on process and procedure to create routines and relationships that create consistency for swimmers and coaches to minimize COVID-19 risk.

- *Return to Pool Operations* will evolve as Illinois and our area move into different phases of the *Restore Illinois* plan. In our Opening Phase , we will conduct a safe return to the pool by focusing on the following areas:
 - Return to Water - Practice Procedures

 - Swimmer Phase-In and Limitation of Programming

 - Formation of a COVID-19 Team

 - Education of Swimmers and Families

Return to Water | Before Practice



- The key to limiting spread in group settings is to identify and isolate individuals with early symptoms at the beginning of the disease process. See Exhibit 1 for COVID-19 Test procedure.

- Athletes and coaches **MUST** remain home and seek medical treatment/testing when experiencing any of the following and immediately notify head coach or COVID-19 Team:
 - Fever (100.4°F or higher)
 - Cough or sore throat
 - Shortness of breath
 - Unusual fatigue
 - Headache
 - Chills/shakes with chills
 - Muscle aches
 - Nausea, vomiting, diarrhea
 - Loss of smell or taste change in taste
 - See CDC website for most up-to-date symptoms list and self-checker - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Return to Water | Before Practice



- All families must sign the FOX Covid-19 Waiver before their swimmer(s) are allowed back to the pool for training.
 - Swimmers and families acknowledge the risk of participation, agree to follow all safety processes and procedures in order to participate, and understand that FOX discourages families in high risk categories from participation.
- Swimmers shall conduct a self-check and review COVID-19 symptoms and ensure they are not experiencing any symptoms or have been in close contact with anyone diagnosed with COVID-19 prior to attending practice.
 - There are no penalties for missing practice.
- Swimmers should use restroom at home prior to arrival and wash hands with soap and water for at least 20 seconds.
- Swimmers shall bring own full water bottle and own equipment.

Return to Water | Arrival



- Practices will be scheduled to create routine allowing adequate time for safe preparation of the facility; minimize athlete contact during entrance, practice, and exit; and safe entrance of the next athlete group.
- Athletes should not arrive more than 10 minutes before practice start time.
- Athletes' will enter the building for practice in masks and maintain social distance as outlined in the IPSD building-rental-specific strategies.
- Athletes and coaches shall wear masks except when in the water.
- No parents in facility. Parents must remain in local area (10 minute response time) in case of emergency.
- Athletes will arrive with suits on. No changing or showering is permitted. Restrooms for emergency use only and will be one swimmer at a time. Locker room use as outlined in the IPDS building-rental-specific strategies.

Return to Water | Home Base Positions



- Athletes will social distance during dryland, on deck and in the water.
- Coaches will direct swimmer flow of traffic to ensure social distancing when transitioning from the deck to the water.
- Athlete and coaches spacing will be established in compliance with current requirements for gatherings at aquatic settings.
- ***On deck and in water home base positions*** will be consistent to ensure routine and relationship.
 - **Routine** – the athletes will learn where they go every time and it will allow for very basic and known ways of where they go and how they get there. (consistency in routine cuts down questions, confusion and time).
 - **Relationship** – the athletes with their home base will establish a known relationship with their lane mates and their groups – spacing and training routines. This also allows for us to limit exposure if there is a potential outbreak.
- Lane placement will be set per current governing requirements for occupancy and lane spacing.
 - COVID-19 Team will create specific layouts for each utilized facility.

Return to Water | During Practice



- **Dryland** - Athletes will enter the building masked and spread out in the pool hallway or balcony maintaining social distancing. Alternatively, they will remain outside, weather permitting, for swimming talks and/or strength training.
- **On Deck** - Athletes will transition to the pool deck after the preceding group has exited the deck and maintain social distancing at their home base, spaced around the pool deck.
- **In the Pool** - Athletes will be spaced 7' apart from each other within the lanes: one at the wall, one halfway to the flags, one at the flags, one beyond the flags, at both ends of the pool. The lanes are 7' wide.
- **Summation** - In an 8 lane pool this would allow for up to 7 athletes per lane, up to 56 in the competition pool and 21 in the teaching pool. With up to 5 coaches on deck, the capacity would be limited to 82 bodies on deck. If the balcony is a separate space we would use this area for dryland on some days to stage athletes participating in the second practice.
- Coaches will remove any swimmers from practice that fail to comply with safety measures and/or will discontinue practice if unsafe.

Return to Water | During Practice



- Athletes must bring own equipment (list defined by coaches).
 - No sharing of equipment by athletes.
- Athletes will supply own water. Use of the water fountains at the facility will be prohibited.
- Minimum of 2 certified USA Swimming coaches/USA Swimming approved adults on the pool deck.
 - Comply with SAFE SPORT Minor Athlete Abuse Prevention Policy (MAAPP).
- Coaches will observe specific safety procedures as currently dictated by state and local agencies.
- Coaches will take practice attendance, including monitoring lane assignments of each swimmer at each practice.
 - To track who was at practice and where located, in the event of positive or suspected case of COVID-19.

Return to Water | During Practice



- No person-to-person contact.
- No horseplay, splashing or spitting water at other swimmers or coaches.
- Exceptions to the social distancing guidance isolated to emergencies including:
 - Anyone rescuing a distressed swimmer, providing first aid, or performing cardiopulmonary resuscitation, with or without an automated external defibrillator.
 - Individuals in the process of evacuating an aquatic venue or entire facility due to an emergency.

Return to Water | After Practice



- At the command of their coach, athletes walk immediately to their on deck home base and begin packing up while awaiting further instructions.
 - Athletes will not be permitted to store their equipment and/or bags at facilities. They **MUST** be taken home after every practice.
- Athletes will leave with suits on. No showering or locker room use is permitted.
- Coaches will dismiss each swimmer in a staggered approach with athletes and coaches maintaining proper social distancing.
- Athletes must leave the facility immediately.
 - No loitering, congregating or other extra-curricular or social activity should take place.
 - This includes hallways, outside pool area or parking lot.
- Parents must remain in cars and cannot come into the facility.

COVID-19 Team



- FOX has formed a COVID-19 Team to ensure a thorough club response to the virus and to track and implement community and state recommendations in the Club, along with developing and implementing any adjustments or changes needed.

- Responsibilities of FOX COVID-19 Team include:
 - Develop and implement *Return to Pool Operations* plan to prevent the spread of COVID-19 during FOX-sponsored activities in any and all facilities;
 - Stay engaged and educated with updates from governmental and regulatory agencies;
 - Remain in contact with facility representative to discuss any updates;
 - Modify *Return to Pool Operations* as needed;
 - Notify affected athletes, parents, coaches, facility and local health authorities (as needed) in the event of confirmed or suspected cases of COVID-19;
 - Track any COVID-19 cases within the Club (dates, number of affected athletes and coaches, return to swim status, etc.) or incidences of policy violations;
 - Serve as liaisons with Illinois Swimming and other organizations; and
 - Educate the Board and Club membership.

Education of Swimmers and Families



- FOX will conduct informational sessions with parents, athletes and coaches about *Return to Pool Operations* and related COVID-19.
- Focus of informational sessions:
 - Explain the restructure of pool areas/practices, i.e. *Return to Pool Operations* plan
 - Educate on personal responsibility
 - Send reminders about personal responsibility
 - Retrain on any *Return to Pool Operations* plan changes
- Note: Should Coaches or the Board feel anyone is not adhering to social distancing or other guidelines – including those of the facility – FOX reserves the right to suspend them or their family's participation in pool activities.

Exhibit 1: COVID-19 Test Procedure



- Any cases of Covid-19 will be managed by the FOX COVID-19 Team in accordance with current guidance from state and local officials.
- If an athlete or coach is diagnosed with COVID-19, the individual must do all of the three items below before returning to practice:
 - i. A minimum of 14 days of self-quarantine from the positive test;
 - ii. No symptoms for 72 hours; and
 - iii. A subsequent negative test.
- FOX will follow guidance of the State of Illinois on close contact.
- FOX will consult with any facilities as to CDC recommended cleaning in the event of a positive COVID-19 case.

Exhibit 2: Sample Practice Timeline



- Sample Practice Timeline, Description:
 - Two practices are scheduled back to back each evening in the competition pool. Three practices are scheduled back to back to back in the training pool.
 - The first practice in the competition pool will begin with dryland in the hallway. Upon the high school athletes exiting the pool, these athletes will enter. In addition the athletes in the training pool will enter maintaining social distancing on deck and in the water.
 - The second practice in the training pool will begin one hour after the first. Athletes will transition maintaining social distancing.
 - The second practice in the competition pool will begin with dryland in the hallway, balcony or outside. They will transition to the pool deck after the preceding practice exits maintaining social distancing.
 - The third practice in the training pool will begin one hour after the second. Athletes will transition maintaining social distancing.
 - Upon completion of practices athletes will leave the pool maintaining social distancing.

Exhibit 3: Sample Practice Timeline

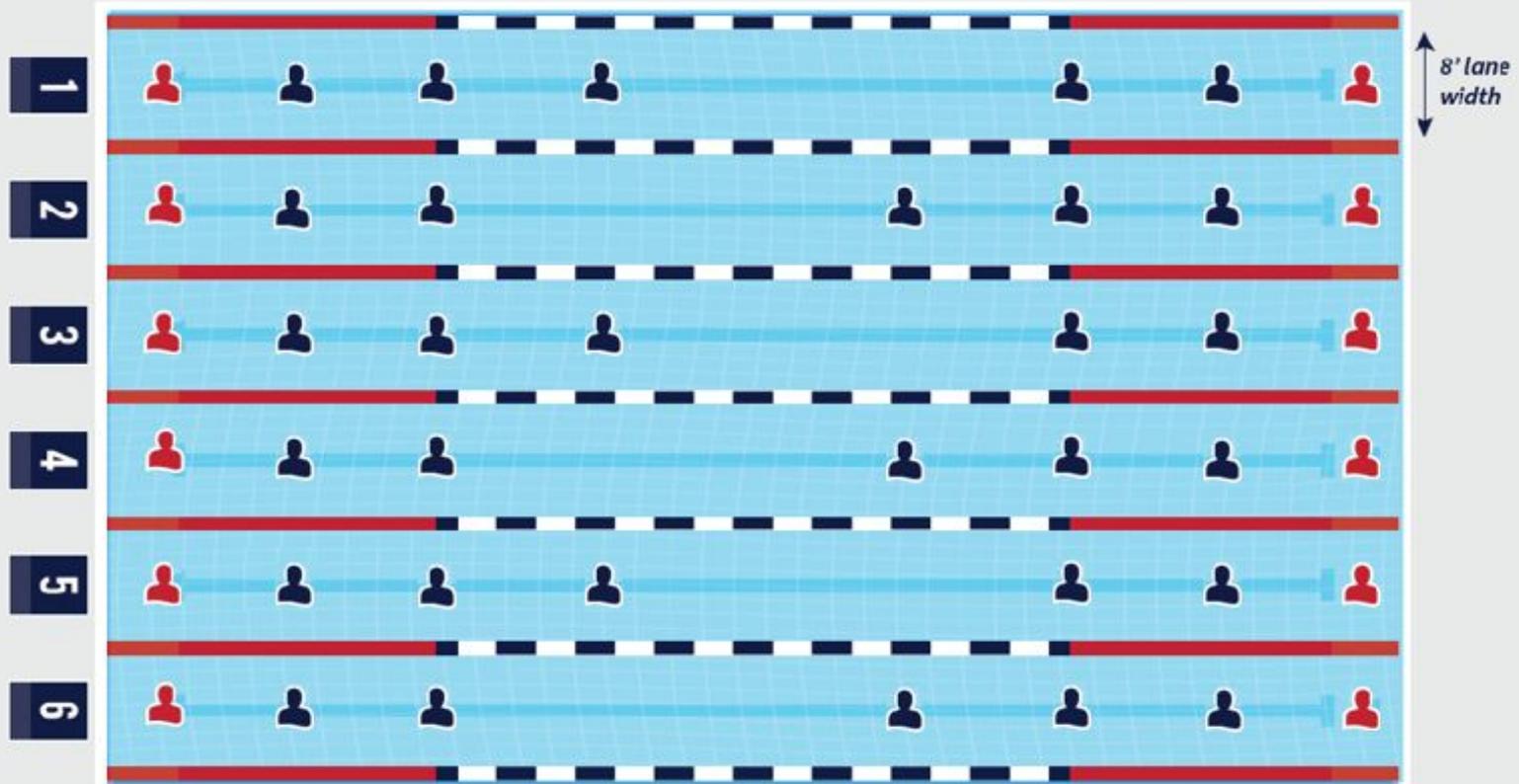


- Sample Practice Timeline - Monday @ Waubonsie:
 - 4:45p: 13-14 Athletes enter the building for dryland
 - 4:55-5:45p: 13-14 athletes conduct dryland in the hallway
 - 5:40p: 9-10 Team Development Group (TDG) athletes access the pool deck
 - 5:45p: 13-14 athletes access the pool deck
 - 5:50-6:40p: 9-10 TDG athletes in the training pool
 - 5:50-7:30p: 13-14 athletes in the competition pool
 - 6:45p: 11-12 TDG athletes enter the building and access the pool deck
 - 6:50-7:40p: 11-12 TDG athletes in the training pool
 - 6:55p: 11-12 athletes enter the building
 - 7:05-7:35p: 11-12 athletes conduct dryland in the hallway
 - 7:35p: 13-14 athletes exit the pool deck
 - 7:40p: 11-12 athletes access the pool deck
 - 7:40-9:15p: 11-12 athletes in the competition pool
 - 7:45p: 11-12 TDG athletes exit the pool deck
 - 7:50p: 13&O TDG athletes enter the building and access the pool deck
 - 7:55-8:50p: 13&O TDG athletes in the training pool
 - 8:55p: 13&O exit the building
 - 9:15p: 11-12 athletes exit the building

Exhibit 4: Pool layout | 7 per lane



SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL



**56 swimmers in 8 lane pool*

Sources



- USA Swimming → [COMMUNITY QUARANTINE RESOURCES](#)
- USA Swimming → [FACILITY RE-OPENING MESSAGING AND PLANNING](#)
- USA Swimming → [SAFE SPORT MAAPP \(FOX-IL Version 06/23/19\)](#)
- *USOPC Guidance: Return to Training and Sport Event Planning - Last Updated May 7*
→ [Return to Training Considerations](#)
- [CDC Considerations for Public Pools, Hot Tubs, and Water Playgrounds During COVID-19](#)
- [CDC Guidance Documents Coronavirus Disease 2019 \(COVID-19\)](#)
- [OSHA 3990 Guidelines for COVID-19](#)
- [White House Guidelines for Reopening Economy](#)
- [Restore Illinois - Plan](#)
- [Restore Illinois – Plan Illinois Department of Public Health \(IDPH\) page](#)