



Sheridan Swim Team

Return to Swim Plan - June 2020



Back in the Water Safely

SST Families – Thank you all so much for your support of our team and our coaches through the COVID-19 pandemic. In unprecedented times, our team has shown tremendous team unity and support (Storm Pride!).

After much discussion and research into the different policies, we have developed a plan to return safely to the pool based on the recommendations and guidelines from the CDC, local health officials, and USA Swimming. We realize returning to practice is a very personal decision and that not everyone will feel comfortable returning to this level of activity. When you are ready, we more than welcome you back.

The success of our return-to-swim plan will require a team effort. That means swimmers, coaches and parents will need to follow the plan, and help others adhere to the plan. We expect everyone to adhere to these plans, practice social distancing and proper hygiene at all times. Should any member not adhere to these guidelines their participation in practices may be suspended. **Following these guidelines will help to protect everyone on the team.**



Before Leaving Home

Any swimmer experiencing any of these symptoms below **should remain at home** and seek medical treatment.

- A fever (100.4°F or higher)
- Recent cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain (unusual fatigue)
- Sore throat
- New loss of taste or smell

Swimmers must be fever-free for 24 hours before returning to practice.

Arriving at the Pool



Parking Lot

- Swimmers must not congregate in the parking lots.
- Swimmers will maintain social distancing (6 feet) if waiting in line.
- If parents are dropping off a swimmer, the parent must stay until their swimmer is admitted to the pool deck.



Entering the Facility

- Outdoor swimmers will enter through the west gate. Indoor swimmers will enter through main entrance.
- Swimmers will maintain social distancing if waiting in line.
- Swimmers will not enter the facility until previous group has exited the facility. The check-in coach at the gate will let groups know when swimmers may enter.
- Only one swimmer may enter at a time and may enter only after a health check.



Swimmer Health Checks

Only one swimmer may enter at a time following verbal confirmation of the swimmer's health status and a non-invasive temperature check. During the health check a coach or team rep will ask:

1. "Today are you experiencing any of the following symptoms?"
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell

2. "Have you or anyone you live with had a positive COVID-19 test in the past 14 days?"

While waiting to enter the pool, swimmers must stand in single file line 6 feet apart. Parents dropping swimmers off must remain in the parking lot until they see their swimmer enter.



Health Checks and COVID-19 Tests

Any swimmer who has a fever (100.4 F or higher), or who reports “yes” to any of the health check questions, will not be allowed to enter. Parents should discuss their swimmer’s symptoms with a medical professional. If the medical professional recommends a COVID-19 test, the swimmer should not return until COVID-19 testing returns negative. Returning to the pool will require a doctor's note confirming the swimmer is cleared to return.

Reporting a Positive COVID-19 Test

We ask parents report a positive test for their child to SST coaches. Parents should also report if any of their family’s close contacts test positive. In the case of a reported positive test, the coaching staff will alert the rest of the swimmers who are in the positive swimmer’s group, without naming the swimmer who tested positive. Families in that group will be encouraged to consult with a medical professional to determine if a COVID-19 test is needed. If any swimmer begins to experience any symptom of COVID-19, the swimmer should stay home from practice and seek advice from a medical professional.



Practice Observation

- Parents are welcome to observe outdoor practice, but must remain outside of the fence and maintain proper social distancing.
- We wish parents could observe indoor practice, but at this time the IDPH has required clubhouses, waiting areas, and viewing areas closed. We disagree with this glaring poor decision by them, but will comply. We are working to convince a change.
 - Parent observation is very important to us. Extra eyes on the pool is encouraged as a core part of our organization and safety of swimmers.



Exiting the Pool

- Swimmers must exit the facility per the coach's instructions.
- Swimmers must leave immediately at the conclusion of their practice.
- Swimmers must leave one at a time.
- Swimmers must go directly to their car or their parent's car.
- No congregating in the parking lot.
- All swimmers must be picked up/leave immediately at the conclusion of practice.



Social Distancing on the Deck and Pool

- Swim bags must be placed at least six feet apart and off the chairs.
- As best as possible, please remain 6 feet apart on deck
- Swimmers will try to maintain 6 feet apart in the pool whenever their heads are out of the water.
 - We have social distancing guidelines from USA Swimming that show 60 swimmers in the 50M pool and 27 swimmers in the 25 yard pool.
 - We are keeping them below 50 swimmers and 20-22 swimmers respectively to allow enough leeway.



Swimmer/Family Responsibilities

- If any swimmer experiences symptoms of COVID-19, they will not attend practice until cleared by a medical professional.
- Swimmers will come dressed to swim. Swimmers will be turned away if they are not in a swimsuit.
- Swimmers must have a water bottle already filled.
- No use of the water fountain is allowed.
- No sharing of equipment.
- **No changing at the pool.**



Storm Contingency Plans

- When there is a threat of storm, coaches monitor weather developments via weather apps.
- If severe weather is pending, thunder is heard, or if lightning is observed, coaches will tell the swimmers to exit the pool.
- Swimmers need to maintain social distancing policies as they proceed into the building.
- Coaches will ensure that the swimmers stay at least 6 ft apart while inside.
- Swimmers must stay in one spot while inside.
- Coaches will monitor the storm. If practice must be cancelled, parents will be notified.
- If it becomes safe to return to the pool, swimmers must go back to their assigned lanes/locations.



Locker Rooms & Restroom Access

Locker rooms will be except for use of the toilets and sinks. Clean up after yourselves.

No changing allowed at the pool. Swimmers will arrive and depart in swimsuits.

Restrooms

Restrooms will be for emergency use only. Please try to use the bathroom at home. Restrooms will be sanitized as needed per CDC guidelines.