



Sheridan Swim Team

Return to Swim Plan - June 2020
(revisions effective 6/26/2020)
(2nd revisions effective 9/21/2020)

If you See Me on Dryland



Please Return to the Water

SHERIDAN
STORM



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!).

As the guidances change with new learnings, we have made additional changes. The recommendations and guidelines are from the CDC, local health officials, and USA Swimming.

The success of our return-to-swim plan will require a team effort. That means swimmers 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. Do not do it for yourself. Do it for each other.**



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 lot.
- Swimmers will maintain social distancing (6 feet) and wear a mask.
- If parents are dropping off a swimmer, the parent must stay until their swimmer is admitted to the pool deck to ensure they passed the health screen.



Entering the Facility

- Indoor swimmers will enter through main entrance and wait in the lobby for your health screen. We ask that a parent volunteer to do the screen to help the coaches. The coaches will do it if no parent is available.
- Swimmers will maintain social distancing while waiting in line in the lobby and wear a mask.
- Only one swimmer may enter the pool deck at a time and may enter only after a health check.
- Those doing health checks, please wear a mask.



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

- We are pleased to share that parents can observe practice.
 - 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.
 - One parent per family and no extra children.
 - Maintain social distancing or wear a mask. Please clean anywhere you touch. Space is limited, so take turns. **Lobby limit is 15.**



Exiting the Pool

- Swimmers must exit the facility per the coach's instructions.
- Please be quick in departing. We want to avoid congestion from congregating in lobby.
- 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.
- As best as possible, please remain 6 feet apart on deck.
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- Swimmers will try to maintain apart in the pool whenever their heads are out of the water.
 - We have social distancing guidelines from USA Swimming that show 24 swimmers in the 25 yard pool. 4 per lane.
 - Groups of 50 are allowed according to IDPH which allows some transition of groups between the deck and the pool. Do not cross over each other as much as possible by entering and exiting clockwise.



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 sharing of equipment.
- **No changing at the pool before practice.**
- **As the winter months are approaching, we are now allowing locker room changing after practice. Please see those instructions.**



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

1. Swimmers will arrive at the pool with their suit on to avoid groups crossing over in the locker room.
2. Swimmers are encouraged to leave without the use of locker room changing after practice, but we realize the cold months will warrant changing for health reasons.
3. Each locker room is limited to 10 people. A mask must be worn and 6 feet must be maintained at all times.
4. If you do not follow, you will lose Locker Room privilege. This is our highest risk area, so we need to take it serious.
5. Parents, we are a parent run team and ask that you re-enforce so as not to put the coaches, board, or staff at Sheridan in a bad situation.

Restrooms are available. However, please try to use the bathroom at home. Restrooms will be sanitized as needed per CDC guidelines. Locker rooms will be allowed for use of the toilets and sinks. Clean up after yourselves.