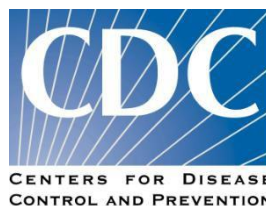


Covid-19 Swim Team Protocols

*Covid-19 Point of Contact:
Head Coach Alex Reed*



King Aquatic Club, partnering with USA Swimming, and following current protocol guidelines from the CDC and WA State, is implementing the following:

This is based upon our governor's current policy as referenced here: [Governor Inslee's Re-Opening Requirements](#) (note **highlighted** sections)

- Evaluating and partnering with current pools to determine the best course of action for athletes to return to training
- All coaches will have PPE when coaching (i.e. masks and gloves as needed)
- All swimmers must be in a swimsuit and have showered (prior) and/or refrained from using any oils, lotions, hair products, or sunscreen.

What to expect when prior to entering the facility?

- ✓ Swimmers checked at parking lot entrance (temperature). If higher than 99.9, 2 additional temperature checks will occur
- ✓ Five baseline questions are asked of each swimmer
 - *Have you come in contact with someone with Covid-19 symptoms?*
 - *Have you a recent fever?*
 - *Do you have any aches and pains?*
 - *Do you have a cough? (a doctor's note for allergies or asthma may be needed)*
 - *Are you able to taste/smell?*
- ✓ *A record is kept of answers and a log of all athletes entering*
- ✓ Social distancing markers for swimmers to stand (no parents unless assisting swimmers)
- ✓ Parents are to remain in the vehicles to minimize risk
- ✓ One swimmer enters facility at a time when prompted

What to expect upon entering facility?

- ✓ Swimmer places their bag in designated area (swimmer must be in swimsuit). All "X's" are marked off in 6-foot intervals
- ✓ Swimmer enters the water under the direction of coach and moves to designated lane and side
- ✓ Repeat steps until all swimmers for group are in the water not to exceed maximum amount
- ✓ When practice is over, one swimmer leaves at a time until all swimmers have exited. (equipment can be sanitized by pool on-deck monitor as needed)
- ✓ Gear is picked up at designated area

****Prior to swimming for the first time, all families must attend a mandatory Zoom meeting covering protocols and send in their "hold-harmless" waivers**

General Guidelines

- The bathrooms, doors, egress points, pool ladders are sanitized (see list)
- A **mandatory** temperature testing station for all athletes (and coaches) with no direct contact with individuals. Temperature checks will be taken at appointed entrance to facility. We shall take a side profile surface temperature of each individual.
- All swimmers will be dressed in appropriate attire to enter water without exception
- Equipment bags will have a designated placement area observing the social distance rules.
- Coaches will designate lanes for each athlete (shallow and deep lane sides - same will be used each time). This can include up to 4 swimmers per lane in 4 separate start points.
- Swimmers must bring a parka or towel to exit pool area
- One bathroom will be utilized for both genders (one swimmer at a time)
 - A gender-appropriate adult will enter after swimmer leaves to sanitize. (stall, urinal, and sinks are numbered so we don't over-sanitize) – Swimmer tells monitor which areas were used.
- Volunteers will be asked to assist each group practice as on-deck monitors
- Proper nutrition and fitness will greatly reduce risk to athletes
- Swimmers must enter and exit with a mask in place
- Swimmers are asked to have caps in place prior to exiting vehicle to minimize cross-contamination if a coach or team member needs to help. Athletes are asked to bring extra caps and goggles in case they break
- New practice groups cannot enter until given permission (*15-minute minimum intervals*)
- A sanitation checklist will be in effect **daily** using worksheet provided (this is filled out by the on-deck volunteer monitor)
- If **anyone** is showing signs of sickness, they are to remain home including the athletes from same household
- Coaches will carry pocket masks and gloves or readily available in team first aid kit should an emergency arise
- Sanitation Checklist to be filled out daily by on-deck monitor at each location
- If any concerns arise, please contact:
 - Head Coach Alex Reed
 - Phone: (253) 514-0379
 - Email: areed@kingaquaticclub.com

Sanitation Protocols

Use this sanitation checklist to ensure all areas are being cleaned in accordance with Covid-19 protocols. By being self-aware of areas where hands may touch multiple times and proper disposal of cleaning supplies when complete is vital for the safety of everyone. Thank you for your diligence.

Covid-19 Point of Contact: Alex Reed

Week of _____

Daily Sanitation Checklist

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Spray down bathroom sinks, toilets, and faucets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spray down all access doors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All garbage picked up in locker rooms with gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spray down skimmer net pole (if used)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spray down all ladder poles and any/all egress points	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ensure all plastic water bottles are picked up using gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ensure swimmers/coaches avoid direct contact	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No spectators on deck - Parents/Guardians to remain in parking lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If food is present, one person serves to all with gloves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*If anyone presents an illness, recommend (with coach) that they exit the area	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*Coaches/Parents: Ensure athletes are wearing appropriate clothing in accordance with weather conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swimmers are observing social distancing at all times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Additional Tasks</u>							
Maintain social distancing (6 feet and beyond). Parents cannot be directly present on deck at any time unless pre-approved.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash nitrile gloves (while wearing) with soap and water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All coaches and parents must wear an N95 mask or equivalent until otherwise indicated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other wellness tips

This is a group effort for each and every group that enters swim facility. Be mindful of all that we touch and minimize exposure by following basic sanitation protocols.

We have a bleach solution (5 parts water to 1 part bleach) to be changed daily in a pump sprayer to minimize wiping down areas. Nitrile gloves will be available along with paper towels to clean surfaces but only as needed. All cleaning supplies to be disposed in the "marked" bin in a plastic bag.

Remember an over-abundance of caution is better in these circumstances.

~ Thank You!

****Please keep this checklist for 90 days – Records to be kept by KING Head Coach***