

## **COVID19 Policies & Procedures (Effective August 16, 2021)**

### **Nu Wave Swim Club: UNO Lakefront Arena Aquatic Center**

It has been determined by the [CDC](#) that COVID-19 is not transmissible through properly treated water. “There is no evidence that COVID-19 can be spread to humans through the use of pools and hot tubs. Proper operation, maintenance, and disinfection (e.g., with chlorine and bromine) of pools and hot tubs should remove or inactivate the virus that causes COVID-19.” ([CDC SOURCE](#)) In an effort to ensure safety, SELA will be testing its chlorination levels multiple times a day to maintain proper sanitization levels. Should levels ever fall outside recommended levels, Nu Wave Swim Club will cancel all practices until those levels are brought back within recommended levels.

In addition to the extra precautions expected to be taken by both the swim team and facility, we are going to ask these measures be taken on behalf of swim team members:

### **Policies for Nu Wave Swim Club at the UNO Lakefront Arena Aquatic Center Facility:**

#### **High Performance Groups**

- Please drop off and pick up your athlete as close to the designated practice time slot as possible. Limit and socially-distance socializing before or after workout activities.
  - Entrance and check-in will be at the lifeguard desk.
  - Each swimmer will be issued a key fob for touchless entry. Failure to have your issue scan tag may result in the swimmer being denied access to the facility. Swimmers may use a student I.D. as verification if the key fob is forgotten.
  - Families dropping off swimmers should ensure that the swimmer is admitted to the facility before departing.
- Swimmers may use the locker rooms for changing into or out of swimming/dry-land attire. Limit and socially-distance socializing in the locker rooms.
- No sharing of any equipment, unless residing in the same household.
- No use of facility equipment.
- No sharing of food or drink. Each athlete is expected to provide their own hydration/nutrition during workouts. Please be prepared and pack extra in case of emergencies.
- Gear bags will be stored at the facility. Nu Wave Swim Club has use of an extra storage room near the facility pump room.
  - Swimmers should be prepared to retrieve their equipment bag upon arrival to avoid over-crowding the small storage room space.
  - Swimmers will be asked to drop-off their equipment bags in a designated space after practice to avoid over-crowding the small storage room space.
- Training groups will be assigned seating/bag drop-off areas.
- Swimmers will be assigned practice groups and lanes.
  - Lane assignments will be created to split the swimmers equally on both sides of the pool within each lane.

- No parents are allowed inside the facility during team practices. The facility will remain for coaches and athletes only to minimize exposure.

### **Stroke School**

- Please drop off and pick up your athlete as close to the designated practice time slot as possible. Limit and socially-distance socializing before or after workout activities.
  - Entrance and check-in will be at the lifeguard desk.
  - Each swimmer will be issued a key fob for touchless entry. Failure to have your issue scan tag may result in the swimmer being denied access to the facility. Swimmers may use a student I.D. as verification if the key fob is forgotten.
  - Families dropping off swimmers should ensure that the swimmer is admitted to the facility before departing.
- Nu Wave's Stroke School Instructor will meet the class at the front desk and walk them out to the assigned lanes as a group.
- No parents are allowed inside the facility during team practices. The facility will remain for coaches and athletes only to minimize exposure.
- Swimmers may use the locker rooms for changing into or out of swimming/dry-land attire. Limit and socially-distance socializing in the locker rooms.

### **HEALTH & SAFETY**

- Masks, or face coverings, are required for everyone entering the facility and when not in the water.
- Swimmers must wear a mask at any time that is not a direct path from their bag drop-off to their designated lane. For any other time on the pool deck, or in the bathroom, the swimmer must put on their mask before proceeding.
- Athletes, coaches, and members must see a physician and be cleared for recreational activity after being diagnosed or suspected to have COVID-19.
- If you are feeling ill, have a cough or fever, and have not been seen by a medical professional, you are asked to stay home until you have either been seen & tested, or quarantined.
- If anyone has any exposure to COVID-19, they are expected to report that exposure immediately to a Nu Wave Swim Club coach.
- Staff, athletes, or members should not attend if they or anyone with whom they reside are:
  - Exhibiting symptoms of COVID-19 as identified by the CDC.
  - Have been in contact with someone who has tested positive for COVID-19.
- Quarantine if you have been in [close contact](#) (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been [fully vaccinated](#). People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#). However, fully vaccinated people should get tested 3-5 days after their exposure, even they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

### **TESTING AND QUARANTINE GUIDANCE (Governor Statewide Mask Mandate Memo 8-2-21)**

- Under guidance issued by LDH two weeks ago, all businesses should review their operations to accommodate employees in a way that reduces unnecessary contact to avoid the spread of COVID in the workplace.
- In addition, all people should take a COVID test immediately after a known or suspected exposure to COVID-19 and take the following actions:
  - If positive, they should isolate immediately.
  - If negative, they should retest again between five and seven days post-exposure.
  - If they develop symptoms of COVID-19 at any point they should test and immediately isolate pending the results.
  - This guidance will remain in place at least until Louisiana is safely out of its fourth COVID-19 surge, with additional guidance and mitigation measures put in place if and when necessary to slow the spread of the more contagious and virulent Delta variant and preserve hospital capacity.
  - At this time, the CDC advises that fully vaccinated individuals who are not experiencing COVID symptoms do not need to quarantine following an exposure to COVID-19, and LDH is not yet altering this guidance.
  - Anyone with symptoms of COVID-19, even those who are fully vaccinated or without a known exposure, should get tested.
  - Anyone who tests positive should immediately isolate. Isolation (for those who test positive for COVID-19) typically consists of:
    - If symptomatic, at least 10 days since symptoms first appeared, symptoms are improving, and at least 24 hours with no fever without fever-reducing medication
    - If asymptomatic but with a positive test, 10 days from the time the test sample was collected.

***ANY ATHLETE, COACH, or MEMBER who does not follow these policies & procedures will be given 1 warning before being banned from the facility.***

We look forward to providing a safe and happy environment through all of this within government restrictions, and in the event anything changes, we will let you know as quickly as possible!