

COVID19 Policies & Procedures (Effective July 13, 2020)

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.

Additionally, Nu Wave Swim Club is going to take extra measures to clean and sanitize bathrooms and potentially contacted surfaces throughout each water training session. 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

- Pickup and drop-off procedures will be monitored closely. Please drop off and pick up your athlete as close to the designated practice time slot as possible. No 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 are to proceed behind the bleachers near the outdoor pool to gain access to our swim area in the deep end.
 - Exit of the facility will be the double doors across from the main entrance.
- Arrive already dressed to swim so that **restrooms can remain for absolute necessity ONLY.**
 - This means swimsuits already on. Athletes must arrive and leave in the same attire. **Absolutely no changing at the facility.**
- Restroom use will be limited to 1 person per gender at a time. **Each user will be required to sanitize all surfaces touched before and after use (CDC approved disinfectant provided by coach).**
- Avoid touching doors, seats/bleachers, or other equipment when possible.
- Facility staff will sanitize door knobs, handles, and other contacted surfaces every 2 hours.
- No physical contact with others (shaking hands, high fives, hugs) unless you reside in the same household.

- No sharing of any equipment, unless residing in the same household. No exceptions!
- No use of facility equipment, including starting blocks.
- 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 for athletes must be taken home with the athlete at the end of each practice and brought back with them to practice. No equipment shall be left at the facility.
 - It is recommended that swimmers fully submerge their equipment bags in the pool for several seconds each day to sanitize the equipment.
- Groups will be assigned bag drop-off areas.
- No parents are allowed inside the facility during team practices. The facility will remain for coaches and athletes only to minimize exposure.

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 (under emergency needs only), the swimmer must put on their mask before proceeding.**
- All coaches, athletes, and members are asked to remain the required 6ft distance from each other at all times unless in an emergency situation.
 - The only exception would be those members residing within the same household.
- Coaches will conduct non-contact temperature scans of each athlete arriving at the facility. Any athlete with a temperature above 100.4 will not be permitted inside the facility.
- Practice groups will be staggered to allow one group to enter and exit the facility at a time, in order to avoid large groups at the entrance/exit. These groups will be sized according to the most up to date social distancing guidelines and recommendations set by governing bodies.
- Practice groups will be limited to groups of up to 3 swimmers per lane.
 - Swimmers will be assigned practice groups and lanes.
 - Group practice sessions will have up to 3 swimmers per lane.
 - If three swimmers are scheduled in any lane, we will have 2 swimmers on one side and 1 swimmer on the opposite side. When multiple lanes have 3 swimmers, we will alternate this pattern to maintain adequate spacing.
- Athletes, coaches, and members must see a physician and be cleared for recreational activity after being diagnosed or suspected to have COVID19.
- 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 for 14 days.
- If anyone has any exposure to COVID19, they are expected to report that exposure immediately to a coach, lifeguard, or the Aquatics Director and remain home, in quarantine, for the recommended 14-day period.
- Staff, athletes, or members should not attend if they or anyone with whom they reside are:
 - Exhibiting symptoms of COVID19: mild to severe respiratory illness with fever, cough, and difficulty breathing, or other symptoms identified by the CDC.

- Have been in contact with someone who has been tested positive for COVID19 in the last 14 days
- Are a vulnerable individual: a person with underlying conditions or considered to be at a higher risk demographic as outlined by jurisdictional, state, or federal guidelines.
- Swimmer who test positive for COVID19 are required to quarantine for at least 14 days, show no symptoms and have two negative test results in a span of no less than 24 hours.

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!

How COVID-19 Spreads https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Ftransmission.html