

Nu Wave Swim Club - Lakeside Families,

After thorough and thoughtful consideration, Nu Wave Swim Club is planning to resume modified programming on Monday, May 18th for our UNO and Lakeside location swimmers!

In accordance with current state/local requirements, USA Swimming guidelines, and with the help of numerous healthcare professionals, our staff has established an initial schedule and safety expectations for our return to the pool. We have been encouraged to take a conservative approach to resuming swimming activities. We also understand that not all families currently feel comfortable returning to swim practice. While your participation is welcome, we understand and support any decisions to postpone your return to the water. Each family should do what they feel in their best interest.

We envision this to be a multi-phase process as we introduce our members back to the pool. The plan we are sharing today will be Phase 1 of our re-entry procedures. We will not put a timeline on when we will proceed to Phase 2. Instead, we will evaluate the safety and effectiveness of Phase 1 accordingly and use this information to develop Phase 2. It must be emphasized that there will be no exceptions to any rules, policies, procedures, or practice groups made during Phase 1. Thank you in advance for your understanding and cooperation.

Phase 1 of our reentry plan will only include the use of the UNO Lakefront Arena Aquatic Center, set up for short course yards, and Lakeside Swim Club at this time. At Lakeside, the doors to the entrance, exits, office, and bathrooms will be fully open (regardless of temperature or weather), allowing for maximum air circulation. UNO is taking the same approach.

Our plan to reintroduce athletes to the water depends on everyone's (athletes, parents, and staff) cooperation and adherence to safety protocols. We expect everyone in the Nu Wave family to practice social distancing both at and away from the pool. By doing this, it shows you respect your teammates, their families, and Nu Wave staff. Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in Nu Wave activities may be suspended. Our staff also reserves the right to discontinue practices at any time should they feel safety expectations are not being met.

Athletes will be placed in training groups with siblings attending at the same time whenever possible. We will make every effort to keep normal training groups aligned. Our initial phase will include 8-9 swimmers per session with a maximum of 2 swimmers in each lane, starting from opposite ends. Most circumstances will allow single person lane usage. Siblings will be scheduled to share a lane during any practice session. A schedule will be sent that includes water sessions and continued online dry-land sessions to be attended on each group's off day. Please see the attached group schedule and COVID policy sheet for further details.

We are working hard to get everyone back in the water as soon and as safely as we can. Thank you for your patience, support, and cooperation as we transition back to training in the pool.

Lakeside Swim Club: COVID19 Policies & Procedures (Phase I)

Re: Nu Wave Swim Club & Coral Reef Dive Shop

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, Lakeside Swim Club will be testing its chlorination levels multiple times a day as well as increasing the water sanitization levels.

Additionally, Lakeside Swim Club and Nu Wave Swim Club are going to take extra measures to clean and sanitize the bathrooms and doorknobs throughout each water training session (a coach or lifeguard will sanitize every 2 hours or between swimming time slots). In addition to the extra precautions we will be taking as a facility, we are going to ask these measures be taken on behalf of swim team members:

Policies & Procedures for Nu Wave Swim Club/Coral Reef Dive Shop usage during Phase I:

- Practice groups or activity blocks must be staggered, to allow one group to enter and exit the facility at a time, to avoid large groups at the entrances and exits. These groups will be sized according to the most up to date social distancing guidelines and recommendations set by governing bodies.
 - The entrance will be designated as the back gate, located by the pump room/deep end of the pool
 - The exit will be designated as the front gate, located by the baby pool/shallow end.
- 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.
- Participants must wash their hands with disinfectant soap and water (for 20 seconds) or use a hand sanitizer before entering into the facility.
- Pickup and dropoff procedures will be monitored closely. Please drop off and pick-up your athlete as close to the designated practice time slot as possible. There will be no socializing before or after workout activities.
 - Athletes will only be permitted to enter the facility 5 minutes before their scheduled practice. If they arrive early, they must wait in their car until the appropriate time to enter the building and the coach has opened the entrance gate.
 - Athletes must leave Lakeside immediately at the completion of any practice.
 - Parents/guardians dropping off athletes are to remain nearby in their cars to ensure their athlete is permitted inside the facility before leaving.
- There will be a designated area for athletes to leave their personal belongings to ensure social distancing on the deck. Once athletes enter the facility, they will go immediately to their spot and await instructions from their coach.
- Members are to arrive already dressed in activity attire so that restrooms can remain for absolute necessity ONLY.

- This means swimsuits already on and dryland clothing over suits when your coach has dryland activities planned. Athletes must arrive and leave in the same attire. Absolutely no changing at the facility.
- Avoid touching gates, fences, benches, or other equipment when possible.
- No physical contact with others (shaking hands, high fives) unless you reside in the same household.
- All coaches & participants are required 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.
- No sharing of any equipment, unless residing in the same household. No exceptions. Please pack extra equipment (suits, caps, goggles).
- No use of facility equipment, including starting blocks.
- 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 personal equipment shall be left at the facility.
 - Each athlete will be encouraged to submerge their gear underwater for at least 5 seconds every day to sanitize their 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.
- Practice groups will be limited to groups of up to 10 athletes and 2 coaches per workout group. Practice groups will be condensed as much as possible under these maximums.
 - Athletes who reside in the same household will be placed in the same practice blocks and same lanes when possible.
 - Coaches will provide lane assignments for the duration of Phase I scheduling.
- Bathroom use will be limited and only used in absolute necessity. No congregating, changing, or showering in the restrooms.
- Restroom use will be limited to 1 person per gender at a time, and each user will be required to sanitize all surfaces touched before and after use (sanitization provided by coach/leader via approved CDC disinfectant).
- Coaches and Dive Shop leaders must sanitize door knobs, handles, & restrooms every 2 hours during active use, before the start of activities, and at the end of each training session.
- No athletes or members are allowed in the office. Office use is reserved for coaches & lifeguards only, and coaches & lifeguards will be asked to minimize use & interaction within the office and required to open all doors to allow for maximum airflow.
- No parents are allowed inside the facility during team practices. The facility will remain for coaches, athletes & members only to minimize exposure.
 - Parents/spectators will not be allowed in the facility at any time and are expected to practice social distancing when waiting for their swimmer. We understand this may bring Safe Sport concerns. With the facility being completely open and our fence being transparent, we feel these practices are open and observable to meet Safe Sport standards.
- Coaches and participants are encouraged to wear face coverings during all activities unless they are actively in the water.
- Athletes, coaches, members & participants 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, fever, or anything else 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, parents or members should not swim 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.

POSITIVE TEST PROCEDURE Should someone test positive in our membership the following measures will take place:

1. The individual should let the staff know immediately.
2. The individual or individuals swimming on either side of that athlete will be expected to self-quarantine for 14 day and/or receive a negative COVID-19 Test [we will be assigning lanes for all practices so we are clear what athletes may be impacted by this].
3. The facility will be shut down for no less than 24 hours to deep clean.

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

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



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INFECTION PREVENTION RECOMMENDATIONS



Stay more than 6 feet away from people who appear sick



Avoid touching your face

Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren't soiled



Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing



Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser



Wear a facemask when you are outside of your home or if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath



Stay home if you are sick and call your healthcare provider for further recommendations



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Signs and Symptoms of COVID-19

Most Common Symptoms



Fever
(> 100.4)



Cough



Shortness
of breath

Less Common Symptoms



Sore throat
Congestion



Headache
Chills



Muscle and
Joint Pain



Nausea or
Vomiting



Loss of sense
of Smell



Diarrhea



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SELF-MONITORING INSTRUCTIONS

Twice daily, check for the following signs or symptoms of respiratory infection:



Fever
(> 100.4)



Cough



Shortness of
breath

Other symptoms to pay attention to include:

Sore throat

Congestion

Headache

Muscle and Joint Pain

Chills

Nausea or Vomiting

Diarrhea

Loss of Sense of Smell



If you develop any of these symptoms, please contact your healthcare provider to discuss how to proceed.