

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

Re: Nu Wave Swim Club

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 usage during Phase II:

- 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 but early enough to allow them time to get ready. There will be no socializing before or after workout activities.
 - Athletes will only be permitted to enter the facility 10 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 18 athletes and 2 coaches per workout group.
 - 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 II 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 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



UNITED STATES
OLYMPIC & PARALYMPIC
COMMITTEE

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



UNITED STATES
OLYMPIC & PARALYMPIC
COMMITTEE

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



UNITED STATES
OLYMPIC & PARALYMPIC
COMMITTEE

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.