



## **Mission Statement**

Hudson Explorers Aquatic Team is a USA Swimming affiliated year-round competitive swimming program. HEAT's mission is to develop highly motivated and successful individuals to maximize their potential in and out of the pool



# Safe return to the pool

## ATHLETES ARE NOT PERMITTED TO PRACTICE IF.....

- They have a fever (over 100.4F), cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC.
- Anyone in the household with these symptoms or have tested positive for COVID-19
- Has been exposed to any with who has these symptoms or have tested positive for COVID-19

## ATHLETES MUST COME TO PRACTICE.....

- Wearing their swimsuit
- Pre-showered at home
- With a FULL, clearly marked water bottle
  - Drinking fountains will not be available during Phase 1 of reopening.
- Prepared to follow the social distancing requirements



## Why return to the pool?

- Chlorine is a disinfectant
- New practice procedures have been put into place to ensure the safety of all athletes and staff
- Physical distancing of 6' can be maintained both in and out of the pool
- Minimal touchable surfaces

***Returning to the pool is everyone's choice, if you feel that your swimmers are not safe, we respect your decision to not have them practice.***



# Chlorine and COVID-19

From the CDC...

## **Can the virus that causes COVID-19 spread through pools?**

Proper operations, maintenance, and disinfectants (1-10ppm free chlorine and pH 7.2-8.0) of pools should kill the virus that causes COVID-19/

From the WHO...

## **Virus type that causes COVID-19 is killed easily.**

Enveloped viruses are easier to kill than non-enveloped viruses: “SARS-CoV-2 the virus responsible for the COVID-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses.

## **Additional Resources**

CDC - <https://www.cdc.gov/healthywater/swimming/residential/disinfection-testing.html>

WHO - [https://www.who.int/water\\_sanitation\\_health/en/](https://www.who.int/water_sanitation_health/en/)

USA Swimming - <https://www.usaswimming.org/utility/community-quarantine-resources>



# ROAD MAP

## BEFORE PRACTICE

- Park in the gravel lot at Evamere (behind the school). Follow the marked path across the grass to the pool.
- **Swimmers are not permitted into the building more than 5 minutes prior to their schedule practice time. (Entrance Doors will be propped open, if they are not Do NOT ENTER)**
- Temperature check as you enter the main pool doors
- Sanitize hands
- Enter pool doors
- Once entered proceed directly to your assigned lane/end of the pool.
- Set all belongings in bin in your lane at your end of the pool



# ROAD MAP

## AFTER PRACTICE

- Dry off and retrieve belongings from their bin
  - Coaches will spray bins with disinfectant, swimmer will be responsible for wiping them down.
- Exit building using the new entrance doors next to the bleachers
- Swimmers must exit immediately following their practice completion and no congregating of swimmers in the parking lot
- Doors will be propped open to limit contact to surfaces



# Practice FAQ's

## **What is my athlete has symptoms or suspected exposure?**

Athletes who are ill are not able to attend practice. Swimmers who have any members in their household that are ill are not able to attend practice for 14 days. Report any illness to Matt Davis ([davism@Hudson.edu](mailto:davism@Hudson.edu)) so staff can trace and ensure safety of all athletes.

## **What protective equipment is required?**

Athletes should wear masks as they enter the natatorium.

## **What precautions are coaches and staff taking to keep the athletes safe?**

The coaching staff will wear masks during all transitions periods and stay 6' apart from all other staff members and athletes.

## **Can my athletes borrow equipment?**

As we try and make a safe return to practice we will not allow any equipment to be shared or used that is not their own.

## **Can my swimmers leave equipment at the pool?**

All personal items/equipment must be taken home at the end of each practice. We ask that the swimmers bring as little as possible onto the pool deck with them.

## **Are parents/spectators allowed on deck during practice?**

Only swimmers and staff on going to be permitted on deck and in the stands as we begin our reopening process to reduce the number of individuals in the space.



# Practice FAQ's

## **Are the locker rooms available for use?**

No. We are using caution and cannot guarantee safe physical distancing and will not allow swimmers to use the locker room.

## **What if my athlete needs to use the bathroom?**

In an emergency, the 2 single stall bathrooms will be only be available, but we urge athletes to use the bathroom prior to coming.

## **Will the bathrooms be cleaned?**

Pool Staff will be cleaning and sanitizing bathrooms every 2 hours.

## **How many swimmers will be in the water at one time?**

Per USA swimming guidelines, we can safely have up to 27 swimmers in the water per practice. We anticipate approval from Summit County Health Dept to allow 24 swimmers per practice. Some practice groups, due to the age of the swimmers, may have less.

## **What if a swimmer does not comply with the social distancing guidelines?**

We hope that all swimmers and staff will take these safety measures seriously. Anyone not following these protocols will not be allowed back into the facility or to practice with HEAT. NO EXCEPTIONS!!!



