



## **Return to Practice Plan**

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This document contains the plans that Kraken Swimming will follow to return to practice. This plan has been created in accordance with the guidelines set forth by the Hubbard Community Pool, the Hubbard Exempted Village School District, the State of Ohio, and the CDC.

Any member of Kraken Swimming who wishes to return to practice must follow the guidelines outlined in this plan.

It is our goal at Kraken Swimming to return as many swimmers as possible back to practice in a safe and responsible manner.

### **Hubbard Community Pool**

Information regarding the Hubbard Community Pool's reopening plan can be found on their website at [hubbardpool.com](http://hubbardpool.com).

### **Standard Operating Procedures - Parents/Guardians**

Swimmers should stay home if any member of the household has a fever, cough, shortness of breath, or other symptom(s) of illness.

Swimmers are not to arrive at the pool earlier than 5 minutes before the start of practice.

Lane and pool position will be assigned and communicated to the parents/guardians prior to the start of practice. Swimmers are to know their lane and pool positions before entering the facility.

Parents/guardians will not be allowed on the pool deck during practice unless their swimmer(s) has medical needs. Parents/guardians are to remain in their vehicles and may monitor practice via our Facebook livestream.

## **Standard Operating Procedures - Swimmers**

Swimmers should stay home if any member of the household has a fever, cough, shortness of breath, or other symptom(s) of illness.

Swimmers should arrive knowing their assigned lane and pool position.

Attendance will be taken at the front door to ensure that we are monitoring which children have been in contact with each other on a given day.

Swimmers must arrive no earlier than 5 minutes before the start of practice and proceed directly to their assigned position.

Swimmers will maintain appropriate social distancing. There will be no high fives, hand shakes, hugs, or physical contact of any kind. Swimmers must maintain a minimum 6ft apart from one another at all times including when in the water.

Swimmers must arrive in their suits, capped, and ready for practice. The locker rooms will not be available. No deck changing is allowed.

Only the swimmer's bag, water bottle, and towel may be brought to practice. Bags will be placed along the wall, in front of their assigned lane.

Swimmers are not to grab any equipment until directed to by the coach. Any used equipment must be returned to the designated spot on the deck for sanitization.

There is to be no sharing of caps, goggles, or equipment of any kind.

All water fountains in the facility have been closed. Swimmers must bring sufficient water for the entire practice as they will not be able to refill their bottle.

Restroom access will be limited to one person per restroom at a time.

Swimmers must enter and exit the pool deck through the door next to the front office. Swimmers are not to pass through the locker rooms.

At the end of practice, swimmers are to promptly leave the facility in their swimsuit and proceed directly to their ride. There will be no locker room access to change and/or shower. No loitering in the facility or parking lot.

## **Standard Operating Procedures - Coaches**

Coaches should stay home if any member of the household has a fever, cough, shortness of breath, or other symptom(s) of illness.

Attendance will be taken at the front door to ensure that we are monitoring which children have been in contact with each other on a given day.

Coaches must follow the physical distancing and guidelines set forth by the current phase of this plan.

The coaches will be in regular contact with families to ensure understanding of the various phases to this plan.

Coaches will enforce all social distancing guidelines.

## **Plan for Illness**

Anyone with direct exposure to a confirmed case of COVID-19 must not come to practice and may not return until cleared by the current isolation recommendations.

Anyone with any type of illness must not come to practice.

## **Return Phases**

### Phase 1 - Beginning June 15, 2020:

- 2 swimmers per lane per practice (See phase 1 diagram on page 5)
- Swimmers age 11 or older only
- Only returning members from the 2019-2020 winter season may return
- No use of snorkels
- No use of starting blocks
- No use of locker rooms
- Coaches wear masks when within 6 feet of swimmers

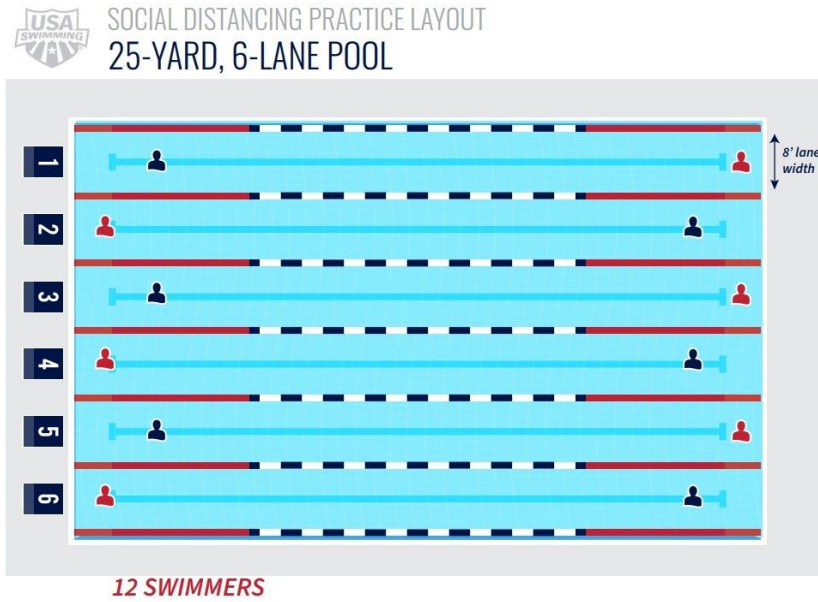
### Phase 2 - Beginning July 6, 2020:

- 3 Swimmers per lane per practice (See phase 2 diagram on page 5)
- Swimmers age 10 or younger may begin
- Only returning members from the 2019-2020 winter season may return
- No use of snorkels
- No use of starting blocks
- No use of locker rooms
- Coaches wear masks when within 6 feet of swimmers

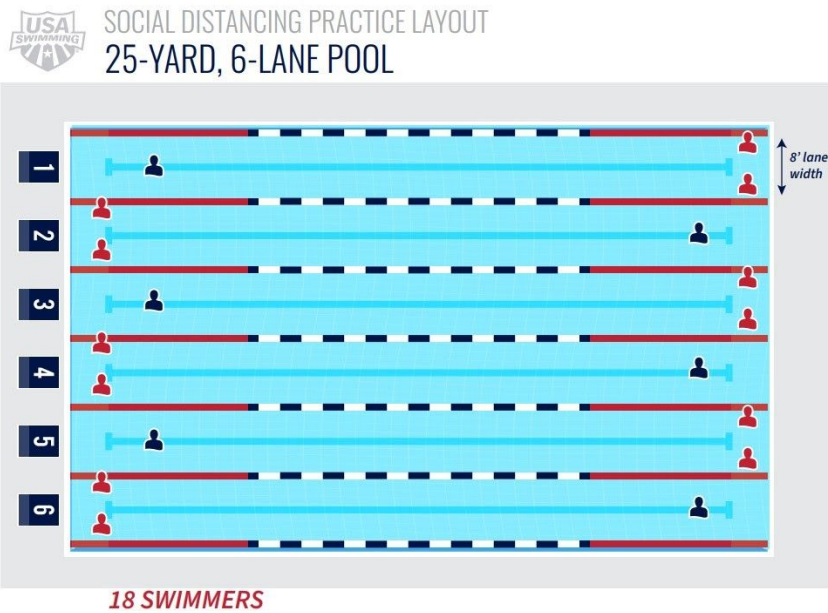
### Phase 3 - Beginning August 3, 2020:

- 4-5 swimmers per lane per practice (See phase 3 diagram on page 6)
- Returning Summer Swim League members and new members may return
- No use of snorkels
- May begin using starting blocks
- No use of locker rooms
- Coaches wear masks when within 6 feet of swimmers

## Phase 1 Diagram



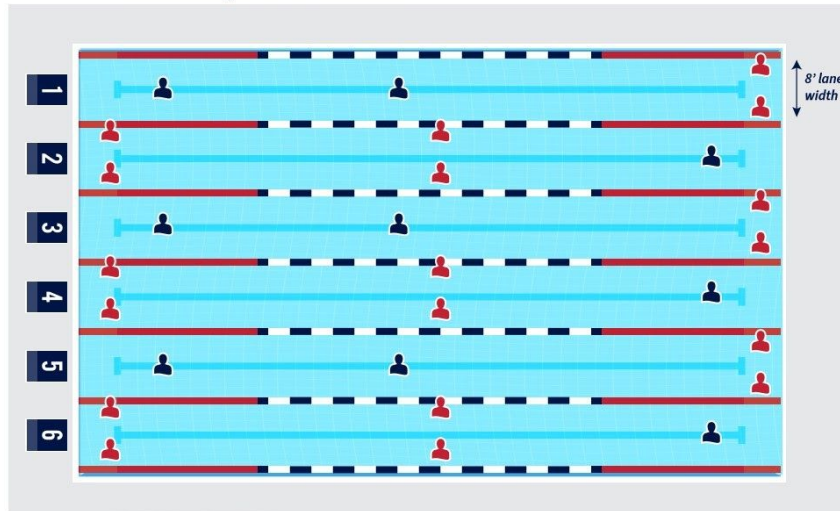
## Phase 2 Diagram



## Phase 3 Diagram



SOCIAL DISTANCING PRACTICE LAYOUT  
25-YARD, 6-LANE POOL





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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.





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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

\*These policies and procedures are subject to change.\*