



Strong Clubs

Successful Athletes

Life-changing experiences

www.gaswim.org

The Honorable Brian P. Kemp
The Office of the Governor
206 Washington Street
Suite 203, State Capital
Atlanta, Georgia 30334

Re: Executive Order on Swimming Pools

Dear Governor Kemp,

I represent Georgia Swimming Inc., the governing body for competitive swimming in our state, as the president and general chairman. Our organization falls under the under the direction of USA Swimming, which is itself an extension of the United States Olympic Committee, as established by the Amateur Sports Act of 1978. Georgia Swimming is responsible for the support and governance of seventy-four member clubs, and over eight thousand registered athletes (see Attachment 1), including dozens of Olympic hopefuls and current USA National Team members. On behalf of our club and individual members, I am writing to request that you issue an executive order to allow the opening of pools that meet specific criteria for the purpose of competitive swimming. I do so because my fellow board members and I believe that organized swimming is essential to the physical, emotional, and economic well-being of a large number of citizens in our state, and that USA-Swimming member clubs can play a key role in reopening this area of Georgia's economy in a safe and responsible fashion.

According to the Center for Disease Control, there is "no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, spas or water play areas," and that "proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water." The CDC goes on to recommend that patrons of recreational water venues protect themselves "by practicing social distancing and good hand hygiene" (see Attachment 2). Such statements are in line with the information we have received from USA Swimming, whose leaders have been working with experts across the country to provide guidance to member clubs about how to return to the water safely (see Attachment 3). Based on the information we now have, we at Georgia Swimming believe that a return to the water can be done safely, and are prepared to implement strict guidelines in order to allow our athletes the opportunity to swim.

One might ask, why the urgency? The answer is twofold. First, we seek to meet the needs of our individual members. Georgia Swimming's athletes make our state one of the fastest in the country for competitive swimming, as illustrated by the fact that we have over one hundred athletes qualified to compete at Olympic Trials in 2021. Unlike other sports, where cross training enables athletes to maintain a competitive level of fitness, competition readiness in swimming is not possible with prolonged periods out of the water. Continued restrictions on opening pools for training will be detrimental to the ability of these athletes to perform at an elite level. But it is not just the Olympic hopefuls who are affected. High school juniors and seniors in our state who have the goal of swimming in college need the opportunity to train for the meets that are scheduled to begin later this fall. Keeping them out of the water impedes their progress and puts them at a disadvantage in relation to swimmers in other states, where restrictions on pools have been less stringent (it is, perhaps, worth noting here that our neighbors to the south have had access to the water for several weeks, as Governor DeSantis of Florida designated



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swimming as an essential activity last month in Executive Order 20-91). And finally, there are thousands of younger swimmers who have been out of school and had little opportunity to engage in structured physical activity. These young athletes need a constructive outlet as they continue to shelter-in-place, for as the CDC has noted, “staying physically active is one of the best ways to keep [the] mind and body healthy” in circumstances such as these. In short, we want to ensure that all our members have the opportunity reengage with the sport they love and are not unduly hindered in pursuit of their goals or the maintenance of their physical and mental health.

Our athletes, however, are just the first part of the equation. All of our member clubs are small businesses which contribute to the economic well-being of the communities in which they are based. Some of them own their own pools; others rent space in private or government-owned facilities. Since the shutdown began, most have had employees file for unemployment, or have applied for support from the Federal Paycheck Protection Program. While these clubs are financially solvent for the moment, this will not be the case if they are prevented from operation for much longer. Their owners will have to shut down operations and release staff, who in seeking employment, will likely take their skills and expertise to states where competitive swimming continues to function. If Georgia swim clubs go out of business entirely, aquatics facilities, whether private or government-owned, will experience further budget shortfalls as the revenue stream from renting lanes to USA-Swimming registered teams dries up. Needless to say, if clubs go out of business the negative economic impact on Georgia communities will be significant, but the fact that many of them also offer learn-to-swim programs suggests that the long-term outcome could be tragic. Drowning is entirely preventable, but it becomes a much greater future risk if we lose the people and organizations most invested in teaching swimming. Simply put, our state needs functioning swim clubs for the safety and well-being of our citizens.

In making these requests, let me emphasize that I am not advocating for a wholesale opening of pools; rather I am asking you to allow a systematized return to the water by a select set of businesses and individuals. To that end, I propose that you allow pools that can be used for competitive training purposes to open when the current shelter-in-place order expires. The Georgia Swimming Board of Directors and I recommend the following criteria be used to determine what constitutes a competitive training pool:

- 1) That facility operators are taking all precautions that apply to the reopening of gyms, and following pool-specific protocols in line with those recommended by USA-Swimming (see Attachment 4)
- 2) That the pool be set up in such a way as to allow for proper distancing by using lane ropes and other dividers, and teams follow the best practices recommended by USA and Georgia Swimming (as outlined in Attachment 3 and Attachment 5)
- 3) That the teams conducting practice in these pools be members in good standing of Georgia Swimming (see list in Attachment 1);
- 4) That the coaches and athletes participating in practices be current individual members of USA Swimming and therefore both subject to and covered by the provisions of our group insurance;
- 5) That practice sessions not exceed the numbers outlined in the bans on large-gatherings imposed by state or local officials;
- 6) That before returning to practice, teams provide their members with written guidelines specific to their club and facility (see Attachment 6).



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As you consider this request, rest assured that the safety and well-being of our members will be at the forefront of our efforts. The Georgia Swimming Board of Directors and I believe that we in the competitive swimming community can help our state by being a model for responsible return to business. I invite you to reach out to me with any questions you might have. I would be happy to provide you with further information about Georgia Swimming, USA Swimming, and the resources we have available related to aquatics. Thank you for your time and consideration.

Sincerely,

Georgia Swimming, Inc.

Steve Potter

Stephen Potter

President and General Chairman

678-518-2173

cc: Georgia Department of Health
Kathleen E. Toomey, M.D., M.P.H.
Commissioner
2 Peachtree Street, NW 15th Floor
Atlanta, Georgia 30303-3186

Email: DPH-ConstituentServices@dph.ga.gov

Attachment 1

Georgia Swimming, Inc. member clubs and locations

Georgia Swimming Club List

Code	Club Name	City, State Zip	Reg Tran Type
ABSC	Athens Bulldog Swim Club	Athens, GA 30606-4629	Renewal
ACE	ACE Aquatic Club	Powder Springs, GA 30127-1383	Renewal
ASL	Aiken-Augusta Swim League	Augusta, GA 30914-2896	Renewal
ATAQ	Advanced Technical Aquatics	Lawrenceville, GA 30046-0091	Renewal
BA	Buckhead Aquatics	Atlanta, GA 30318-2792	Renewal
BAR	YMCA Barracudas	Columbus, GA 31909-5481	Renewal
BAY	Brad Akins YMCA Barracudas	Winder, GA 30680-8347	Renewal
BLAZ	BlazeSports America	Norcross, GA 30093-1803	Renewal
BOOM	Camden County Boomers Swim Club	Yulee, FL 32097-1917	Renewal
BT	Blue Tide Swim Team	Albany, GA 31707-1264	Renewal
BUZZ	Yellow Jacket	Atlanta, GA 30341-4612	Renewal
CAD	City Of Atlanta Dolphins	Atlanta, GA 30349-3402	Renewal
CAST	Camden PSA Stingrays	Kingsland, GA 31548-6100	New
CBF	Carrollton Swimming Assoc	Carrollton, GA 30112-0010	Renewal
CCAC	Carpet Capital Aquatics Club	Dalton, GA 30722-6369	Renewal
CPAC	Chastain Park Athletic Club	Atlanta, GA 30342-4102	Renewal
CW	Cumming Waves	Clarkesville, GA 30523-1444	Renewal
DAQ	Dekalb Aquatics	Decatur, GA 30031-2926	Renewal
DCS	Douglas County Stingrays	Douglasville, GA 30134-1734	Renewal
DYNA	Dynamo Swim Club	Atlanta, GA 30341-3630	Renewal
EAT	EXEL Aquatic Team	Grayson, GA 30017-4264	Renewal
ESC	Eagle Swim Club	Atlanta, GA 30306-3595	Renewal
FPY	Fowler Family YMCA	Norcross, GA 30092-1415	Renewal
GA	Gwinnett Aquatics	Atlanta, GA 30307-1624	Renewal
GCAT	Georgia Coastal Aquatic Team	Savannah, GA 31406-5047	Renewal
GDHF	Georgia Dolphins of Henry County	Decatur, GA 30034-4965	Renewal
GOLD	Chattahoochee Gold Swim Club	Woodstock, GA 30188-0387	Renewal
GST	Griffin Swim Team	Experiment, GA 30212-0664	Renewal
GTCH	Georgia Tech Swimming	Atlanta, GA 30332-2500	Renewal
HCTS	Harris County Tiger Sharks	Hamilton, GA 31811-6088	Renewal
HLHK	HLHK Seals	Decatur, GA 30034-5053	Renewal
HRST	Habersham Rapids Swim Team	Clarkesville, GA 30523-2130	Renewal
HURR	Columbus Aquatic Club	Columbus, GA 31901-2026	Renewal
LA	Lanier Aquatics	Gainesville, GA 30501-3324	Renewal
LCAC	Low Country Aquatic Club	Savannah, GA 31410-3848	Renewal
LIFE	Life Time Georgia Swim Team	Cumming, GA 30040-6736	Renewal
LINS	Marietta Marlins, Inc	Woodstock, GA 30188-5388	Renewal
MAAC	Metro Atlanta Aquatic Club	Decatur, GA 30033-6005	Renewal

Georgia Swimming Club List

Code	Club Name	City, State Zip	Reg Tran Type
MORG	Morgan County Marlins	Madison, GA 30650-1462	Renewal
NAUT	Nautical Milers Special Needs Team	Marietta, GA 30062-6801	Renewal
NGR	North GA Rapids Swim Team	Blairsville, GA 30514-1117	Renewal
NJBD	Norcross Junior Blue Devils Swim Club	Lawrenceville, GA 30045-9103	Renewal
NWGA	Northwest Georgia Aquatics	Calhoun, GA 30701-2158	Renewal
OAC	Okefenokee Aquatics Club	Waycross, GA 31501-5247	Renewal
PSC	Pelican Swim Club	Canton, GA 30114-8912	Renewal
RAYS	Stingrays	Woodstock, GA 30189-8154	Renewal
ROCK	Rockdale County Riptides	Conyers, GA 30094-8017	Renewal
RRT	Rountree Recreation Torpedoes	Hiram, GA 30141-4655	Renewal
SA	SwimAtlanta	Lawrenceville, GA 30044-2867	Renewal
SCAT	Southern Crescent Aquatic Team	Peachtree City, GA 30269-0243	Renewal
SEA	Pickens Sea Dragons	Talking Rock, GA 30175-3548	Renewal
SEGA	Southern Eagle Aquatics	Statesboro, GA 30458-8788	Renewal
SFS	City of South Fulton Swordfish	Riverdale, GA 30296-1971	Renewal
SFY	Summit Family YMCA Titans	Newnan, GA 30265-6411	Renewal
SHOC	Summer Hill Orcas	Athens, GA 30606-6244	Renewal
SMAC	Swim Macon	Macon, GA 31204-1045	Renewal
SPAC	Spartan Aquatic Club	Norcross, GA 30093-2614	Renewal
SST	Savannah Swim Team	Savannah, GA 31419-2377	Renewal
SUMM	Summit Swimming	Snellville, GA 30078-3527	Renewal
SWAG	SouthWest Aquatics of Georgia	Hamilton, GA 31811-5231	Renewal
TARA	Tara Tarpons Swim & Dive Team	Fayetteville, GA 30214-3670	Renewal
TCS	Troup County Sharks	Lagrange, GA 30240-9564	Renewal
TRSC	Three Rivers Swim Club, Inc	Cave Spring, GA 30124-2137	Renewal
TTW	Tiftarea Tidal Wave	Ocilla, GA 31774-9662	Renewal
TWS	Tidal Wave Swimming	Marietta, GA 30068-3280	Renewal
USAC	US-Aquatics Club	Atlanta, GA 30350-2091	Renewal
VAST	Valdosta Aquatics	Valdosta, GA 31602-0816	Renewal
VRST	Valley Rams Swim Team	Valley, AL 36854-8615	New
VYST	Valdosta YMCA Piranha Swim Team	Valdosta, GA 31602-2222	Renewal
WCY	Northwest YMCA Wahoos	Kennesaw, GA 30152-3938	Renewal
WOLF	Seawolves Swim Team	Concord, GA 30206-3263	Renewal
WRA	Warner Robins Aquanauts	Kathleen, GA 31047-2284	Renewal
WW	Walton Waves	Loganville, GA 30052-9241	Renewal
ZBN	Zaban Sharks	Atlanta, GA 30338-4426	Renewal

Total Count For Report: 74

Attachment 2

CDC Statement on COVID-19 transmission and pools



Coronavirus Disease 2019

Water and COVID-19 FAQs

Information about Drinking Water, Treated Recreational Water, and Wastewater

Updated April 23, 2020

Summary of Changes

- Updated guidance based on recent research findings for the following questions:
 - Is the virus that causes COVID-19 found in feces (stool)?
 - Can the virus that causes COVID-19 spread through sewerage systems?
 - Should wastewater workers take extra precautions to protect themselves from the virus that causes COVID-19?

Can the virus that causes COVID-19 spread through drinking water? +

The virus that causes COVID-19 has not been detected in drinking water. Conventional water treatment methods that use filtration and disinfection, such as those in most municipal drinking water systems, should remove or inactivate the virus that causes COVID-19.

Is the virus that causes COVID-19 found in feces (stool)? +

The virus that causes COVID-19 has been found in the feces of some patients diagnosed with COVID-19. However, it is unclear whether the virus found in feces may be capable of causing COVID-19. There has not been any confirmed report of the virus spreading from feces to a person. Scientists also do not know how much risk there is that the virus could be spread from the feces of an infected person to another person. However, they think this risk is low based on data from previous outbreaks of diseases caused by related coronaviruses, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

Can the virus that causes COVID-19 spread through pools, hot tubs, spas, and water play areas? -

There is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, spas, or water play areas. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.

While there is [ongoing community spread](#) of COVID-19 of the virus that causes COVID-19, it is important for individuals as well as owners and operators of these facilities to take steps to ensure health and safety:

- Everyone should follow local and state guidance that may determine when and how recreational water facilities may operate.
- Individuals should continue to [protect themselves and others](#) at recreational water venues both in and out of the water – for example, by practicing social distancing and good hand hygiene.
- In addition to ensuring water safety and quality, owners and operators of community pools, hot tubs, spas, and water play areas should follow the [interim guidance for businesses and employers](#) for cleaning and disinfecting their community facilities.

Can the COVID-19 virus spread through sewerage systems? +

The virus that causes COVID-19 has been found in untreated wastewater. Researchers do not know whether this

virus can cause disease if a person is exposed to untreated wastewater or sewerage systems. There is no evidence to date that this has occurred. At this time, the risk of transmission of the virus that causes COVID-19 through properly designed and maintained sewerage systems is thought to be low.

Researchers have analyzed the available information which suggest that standard municipal and [individual septic system](#) wastewater treatment practices should inactivate the virus that causes COVID-19. CDC is reviewing information on COVID-19 transmission as it becomes available. Guidance will be updated as new evidence is assessed.

Should wastewater workers take extra precautions to protect themselves from the virus that causes COVID-19? +

Recently, the virus that causes COVID-19 has been found in untreated wastewater. While data are limited, there is no information to date that anyone has become sick with COVID-19 because of exposure to wastewater.

Standard practices associated with wastewater treatment plant operations should be sufficient to protect wastewater workers from the virus that causes COVID-19. These standard practices can include engineering and administrative controls, hygiene precautions, specific safe work practices, and personal protective equipment (PPE) normally required when handling untreated wastewater. No additional COVID-19-specific protections are recommended for workers involved in wastewater management, including those at wastewater treatment facilities.

If my utility has issued a Boil Water Advisory, can I still use tap water to wash my hands? +

In most cases, it is safe to [wash your hands](#) with soap and tap water during a [Boil Water Advisory](#). Follow the guidance from your local public health officials. If soap and water are not available, use an alcohol-based hand sanitizer containing at least 60% alcohol.

For additional information:

[CDC: Guidance for reducing health risks to workers handling human waste or sewage](#)

[CDC: Healthcare professionals: Frequently asked questions and answers](#)

[CDC: Healthy Water](#)

[Occupational Safety and Health Administration: COVID-19 Control and Prevention: Solid waste and wastewater management workers and employers](#)

[World Health Organization: Water, sanitation, hygiene and waste management for COVID-19](#)

Page last reviewed: April 3, 2020

Attachment 3

USA Swimming return to practice guidelines



FACILITY RE-OPENING MESSAGING AND PLANNING

The following is being provided to assist in the development of your 'Facility Use Plan', to be shared with local public health officials and facility operators. It is important to remember that all plans must comply with local, state and federal public health guidelines.

MESSAGING

We believe swimming, like walking, hiking, running, and cycling, is a critical healthy activity within our communities. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know, with collaboration between USA Swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.

FACILITY, LOCAL, STATE, AND FEDERAL REQUIREMENTS

Recommendations:

- Each team/club should have a COVID-19 liaison responsible for staying up to date on community and state recommendations and any associated changes.

Plan building considerations:

1. What limits and phases has your state/municipality outlined for gatherings in the coming weeks/months?
 - a. Is the transmission rate in your region low to zero?

- b. Does your local health care system have capacity, or is it over-extended due to COVID-19 cases?
2. Who will make the decision about access to your facility?
 3. For a facility of your size, what is the capacity for that space within those guidelines?
 4. Have you reviewed/complied with the OSHA COVID-19 return to work guidelines? (attached)
 5. Have you reviewed/complied with the White House guidelines? (attached)

MITIGATING HAZARDS

Recommendations:

- Eliminate use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms and small dryland rooms.
- Increase water sanitation level - As example keep chlorine closer to 2.0 PPM
- Create visible markers on the floor to indicate appropriate spacing on the pool deck, entrances, etc.

Plan building considerations:

1. How will you manage/sanitize bathroom use?
2. What is your plan/checklist for cleaning and disinfecting surfaces?
3. How will you control access/egress of the facility?
4. How will you limit contact points in the facility (e.g., open doors, water bottles, equipment, etc.)?
5. What is your plan should a coach, athlete, etc. become sick?

SAFE PRACTICES/ PPE

Recommendations:

- A coach or staff member should ask athletes, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes reporting feeling ill or experiencing symptoms.
 - o Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/sneezing dissipates.
- Athletes should change clothes and shower at home.

Plan building considerations:

1. What is your staffing plan: coaching, lifeguards, a person to control flow of athletes in and out of the facility, and other programmatic considerations?
2. What will be the structure of your practice time, time between sessions, numbers of workouts per week for each group, dryland, etc.?
3. How will you maintain spacing in the pool during workouts?
 - a. Examples: staggered starts, opposite ends, numbers per lane, communication with athletes, stations, markers visible to athletes for start and stop points, (e.g., visible spacing marks on pool deck, on lane lines, etc.) coaches on both end of the pool?
4. What is your plan for staff/coaches protective measures?



FACILITY RE-OPENING MESSAGING AND PLANNING

- a. Personal Protective Equipment (PPE) such as masks
- b. Spacing
- c. Equipment to wear during cleaning
5. What is your plan for ensuring all standards for Safe Sport are maintained?
6. What is your plan for increasing air flow?
 - a. Open doors, outdoor pools, move dryland outside, increase air turnover rate

COMMUNICATION

Recommendations:

- Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Make it clear that there is no penalty for missing practice and that if an athlete, or any member of their family does not feel well, they should stay home.

Plan building considerations:

1. Have you approached other user groups about how to best work together to return to the facility?
2. What is your communication plan for parents?
 - a. Include practice health and safety expectations, drop-off and pick-up patterns, lane groupings by family instead of age-groups, etc.
3. Have you produced visual aids to explain to parents and athletes spacing protocols? (samples attached)

PROGRAMMATIC CONSIDERATIONS

Recommendations:

- Be clear and consistent about expectations and enforce policies.
- Move dryland outside where possible.
- Utilize a staff member to help athletes move from one area of the facility to another.

Plan building considerations:

1. Have you created a financial model for different numbers of athletes allowed per/hour?
2. What is your plan for coaches with health vulnerabilities?
 - a. For example, keep them actively involved in your program by continuing remote dryland, zoom team meetings etc.
 - b. Anything that helps reduce load at pool, but keeps families engaged.
3. How will you model proper practice requirements?
 - a. As example, bring older swimmers back first, let them learn the system so they can serve to model behavior for younger athletes.

OTHER CONSIDERATIONS AND COMMUNICATION TO SHARE WITH STAFF, ATHLETES, PARENTS, ETC.:

Recommendations:

- Risk factors for consideration to participate include autoimmune disease, diabetes, asthma, cardiovascular disease, etc.
- Athletes and families who travel during phase one and two will need to self-isolate for 14 days before returning to practice.
- Make sure that your state and region satisfy the Federal government's gating criteria (as outlined in the "Opening Up America Again" guidelines) and have entered Phase One of the Phased Comeback.
- States and regions with no evidence of a rebound and satisfy the gating criteria a second time may proceed to Phase Two of the Phased Comeback, in which all individuals, when in public recreation areas, should maximize physical distance from others.
- Be aware that although restrictions are eased when your state and region move from Phase One to Phase Two or Phase Three of the Phased Comeback, safety precautions must remain in place in accordance with state requirements relative to availability of vaccinations or effective treatment for the coronavirus.
- make sure to communicate with all staff, athletes, parents and participants that they should not swim if they or anyone with whom they reside:
 - > Are exhibiting any symptoms of the coronavirus: 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 tested



FACILITY RE-OPENING MESSAGING AND PLANNING

positive for COVID-19 in the last 14 days.

- > Are a vulnerable individual and your state and region is in Phase One or Phase Two.
- > A vulnerable individual is a person with underlying conditions or considered to be at a higher risk demographic as outlined by jurisdictional, state or federal guidelines.

SWIMMING SAFELY

Recommendations:

PREPARING TO SWIM - Protect against infections:

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

WHEN SWIMMING

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice.

AFTER SWIMMING

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area.
 - > Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place.
 - > No congregation after swimming.

EXPECTATIONS FOR TRAINING AND COMPETING

Recommendations:

- Children should still be active for at least 60 minutes per day, even though they can't gather.
- As we return to action, we must consider injury and progressive return.
- At-home workouts must be simple, low impact and low risk. Return to the pool should build off of the at home dryland workouts.

- Must emphasize movement quality, not the quantity of exercise; proper movement is key.
- Coaches should use downtime to ensure all safety skills are up to date: complete sport safety, concussion training, etc.
- Social distancing will need to be accounted for in practice planning.
- Limit group sizes and staggered sessions.
- Most injuries occur early in the season, so do not rush deconditioned athletes back to full practice, or competition.
- Increase activities by 10% each week when we return.
- Focus should be on a healthy environment, quality experience, progressive training, and safety.
- No expectations for competing.

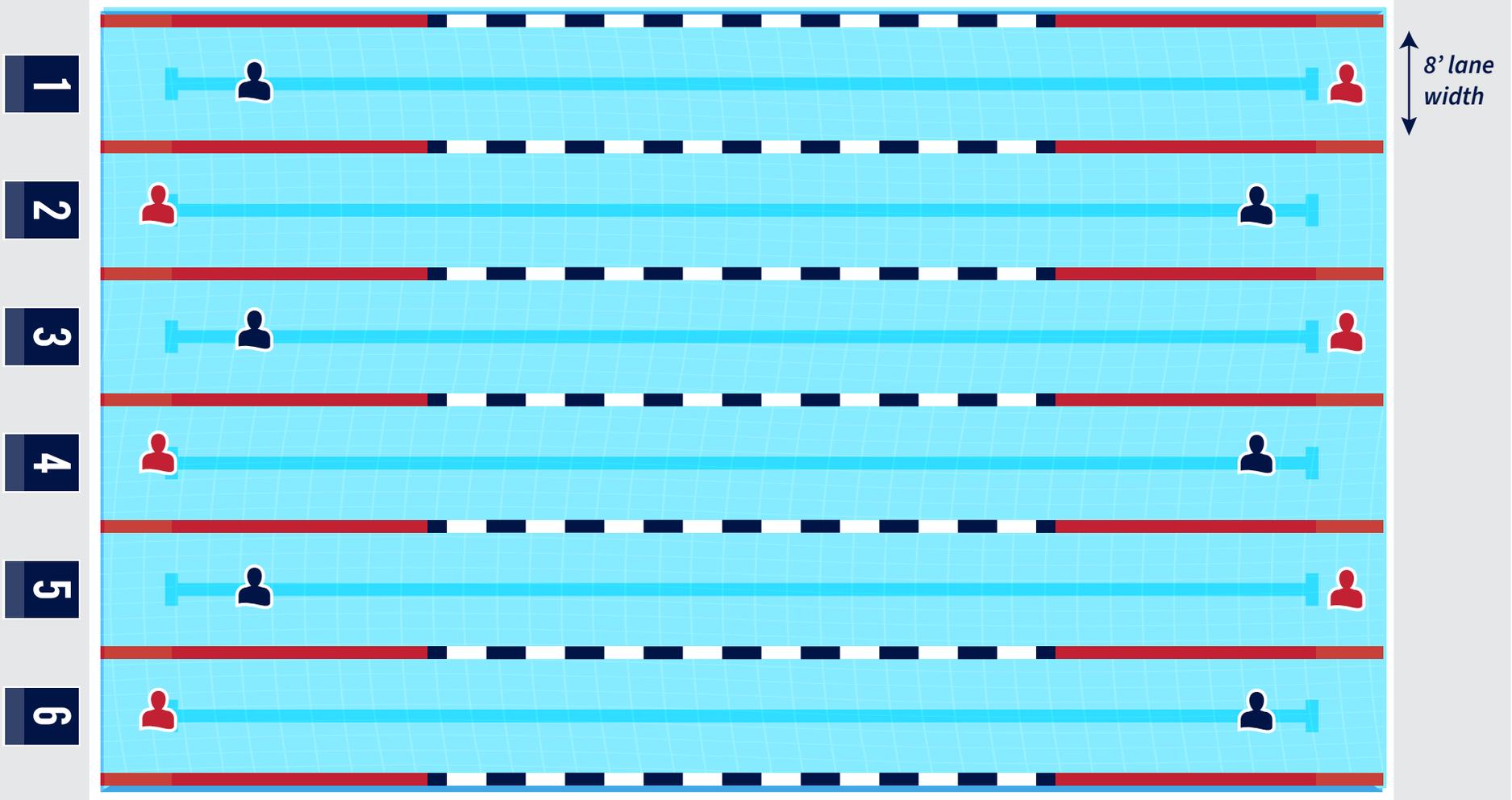
FACILITY SAMPLE DIAGRAMS

The following pages display programming model layouts that promote "social distancing".

Examples are set starting and ending places in pool and maintain spacing during rest intervals (assuming minimum eight-foot wide lanes).



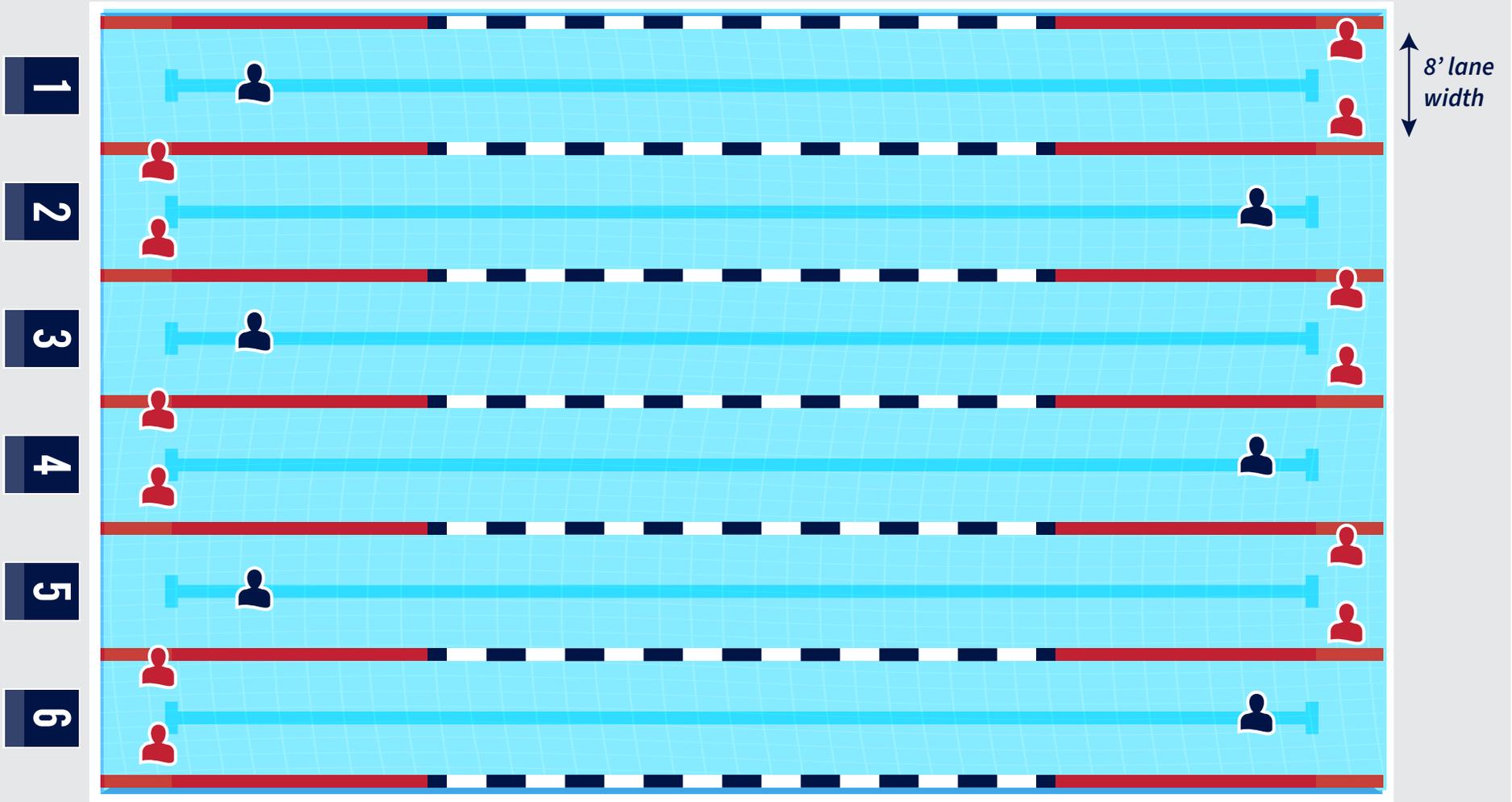
SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL



12 SWIMMERS



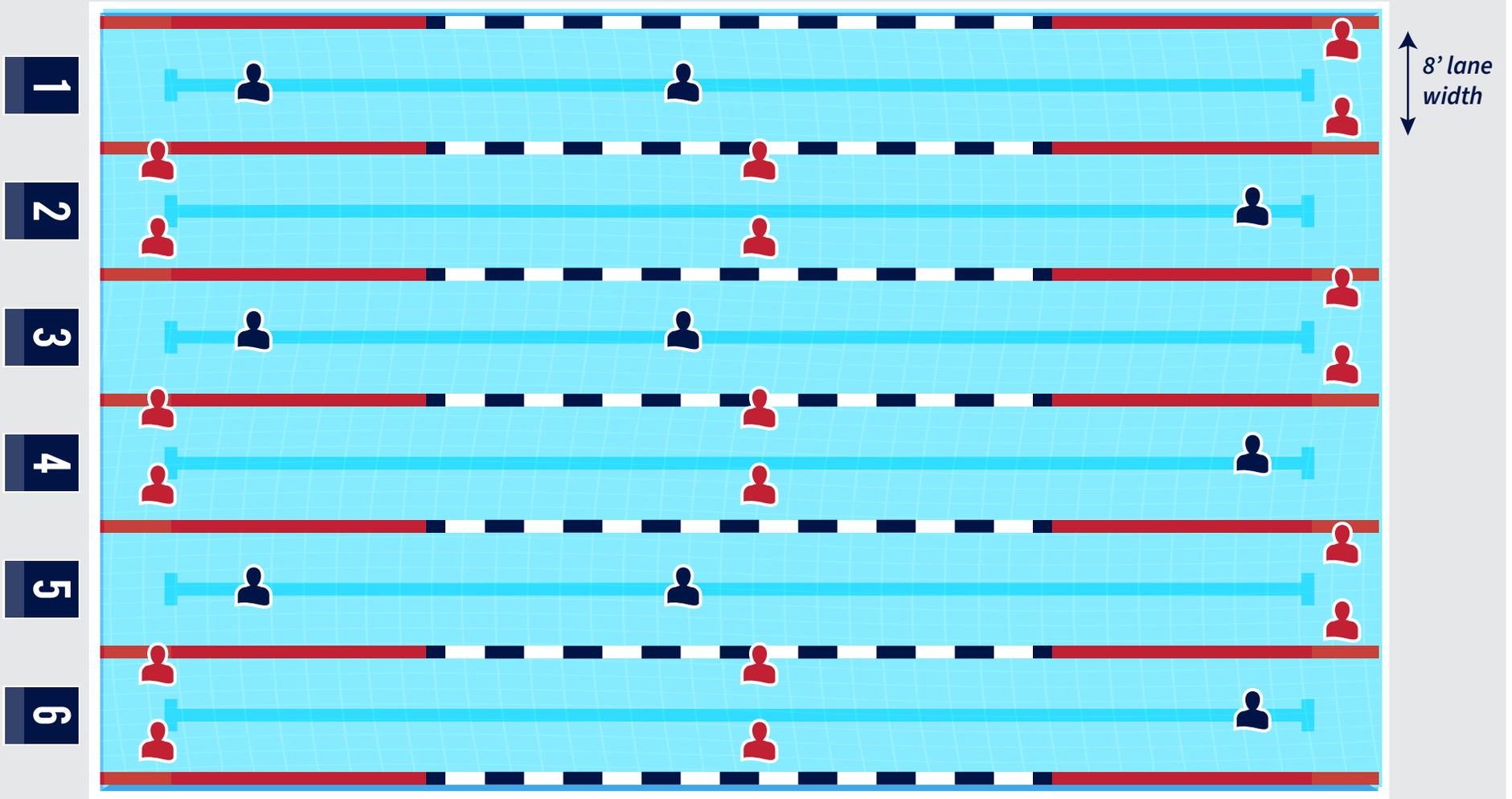
SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL



18 SWIMMERS



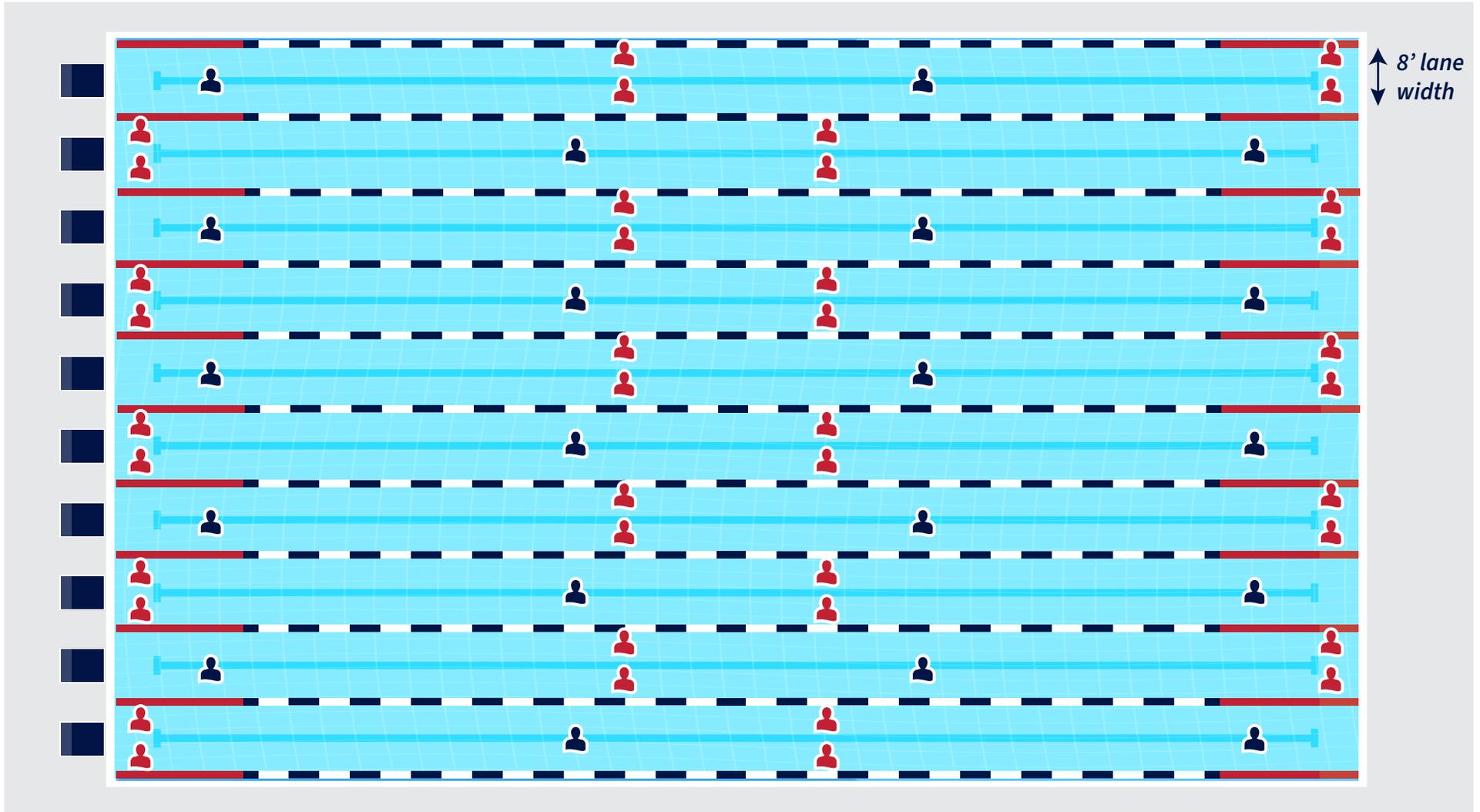
SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL



27 SWIMMERS



SOCIAL DISTANCING PRACTICE LAYOUT 50-METER, 10-LANE POOL



60 SWIMMERS



SOCIAL DISTANCING PRACTICE LAYOUT

25-YARD, ON-DECK, SIT DOWN SLIDE SETS IN CIRCLES

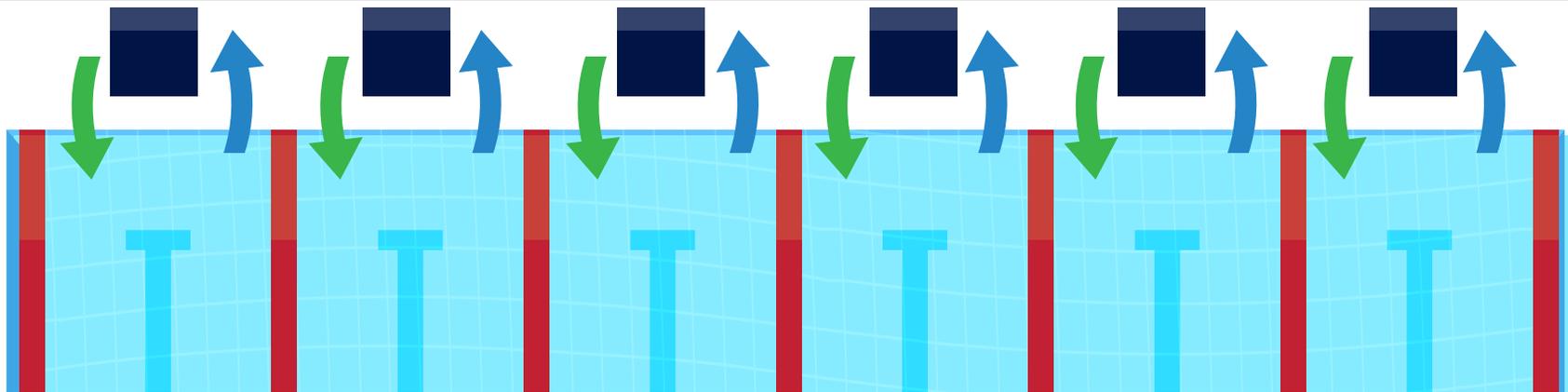
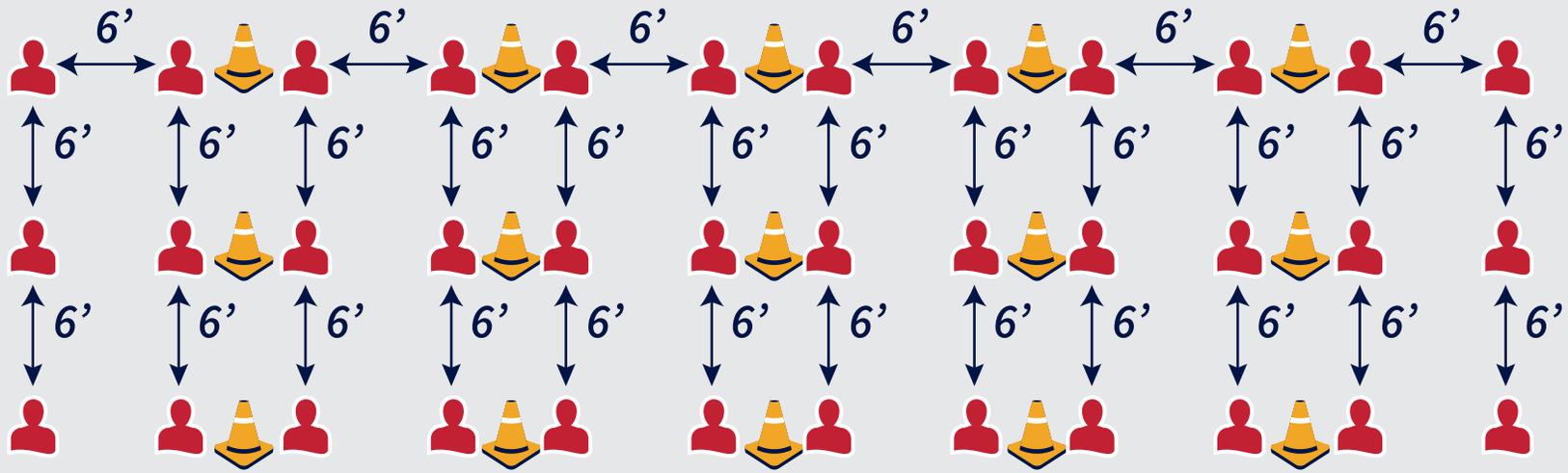
Swimmers maintain 6 feet apart. Mark deck with 2-inch wide colored duct tape.

Sit down/slide in to enter water.

End of set climb out and go to assigned spot.

The more "eyes" on deck the better.

Use cones or other barriers to help with separation – deck needs to be wide enough to accommodate 6' of social distance.



Attachment 4

USA Swimming pool operator recommendations

BEING PREPARED IN A TIME OF UNCERTAINTY:

Where we are now – where we will be when this subsides –
what will be different going forward?

mick@totalaquatic.llc sue@totalaquatic.llc www.totalaquatic.llc www.usaswimming.org/facilities

COVID-19

- Viruses and the diseases they cause in humans are each given distinct names and abbreviations, even when they're in the same family. For example, SARS coronavirus in 2003 was referred to as SARS-CoV, and the disease it caused was known simply as SARS.
- The new virus is called SARS-CoV2—and COVID-19 is the name for the *disease* in humans caused by the new virus, (That's short for coronavirus disease 2019, the year it was first identified) CO stands for corona, VI is for virus, and D is for disease. Tedros Adhanom Ghebreyesus, PhD, director-general of the WHO, first announced the official name for the disease caused by the novel coronavirus—COVID-19—in early February 2020.
- Chances are you've heard new coronavirus, novel coronavirus, and COVID-19 all used interchangeably lately—and it's honestly fine to use any of those in conversation, and your friends and fam will probably understand what you mean. But just remember: The novel/new coronavirus refers to the virus itself, while COVID-19 refers to the disease that it causes in humans.

Now - Facility

- Basic principles of water chemistry, RWI's, and COVID19 in pools
 - *Pools have other viruses, including norovirus, that have always needed to be treated*
 - *COVID-2019 is one of a large family of other coronaviruses*
 - *COVID-2019 is not likely to be spread in swimming pool or spa water*

- Should we shut down or maintain our pool and how should we do it?
 - *Either is appropriate, but needs to be done right*
 - *Maintaining is better if you think you will re-open soon*
 - *Full shut-down will save money over a longer period of time (3 to 6 months or longer)*

CDC has updated guidance documents on closing and reopening aquatic facilities during the COVID-19 pandemic.

- CDC [guidance on closing hot tubs/spas for extended periods of time](#) has been updated to address aquatics sector feedback related to hot tubs/spas with a plastered finish, which could end up cracking if drained for a prolonged period of time.
- CDC [recommendations on reopening hot tubs/spas and other water systems](#) have been updated to clarify that not every public hot tub/spa needs to be tested for *Legionella* before reopening.

- Federal protocols are generally guidelines. The Governor's make the ultimate call for the State's. Some states – like Florida – had their governor specifically list swimming for exercise as an essential service
- In those instances, they are ok to provide lap swimming. In addition, local governments can tighten the protocols even further. For example – Governor only mandating beach closures in certain Southern Florida counties; outside of those areas it was up to Local County and City governments to decide what to do about their beaches.
- Many pools, both public and private, decided to close. However; those choices were only accountable to their local authorities. Initially that was not explained very well and many Aquatic facilities and providers made decisions based on Federal guidelines only.

- There is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, spas, or water play areas. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.
<https://www.cdc.gov/coronavirus/2019-ncov/php/water.html>
- While there is [ongoing community spread](#) of COVID-19 of the virus that causes COVID-19, it is important for individuals as well as owners and operators of these facilities to take steps to ensure health and safety:
- Everyone should follow local and state guidance that may determine when and how recreational water facilities may operate.
- Individuals should continue to [protect themselves and others](#) at recreational water venues both in and out of the water – for example, by practicing social distancing and good hand hygiene.
- In addition to ensuring water safety and quality, owners and operators of community pools, hot tubs, spas, and water play areas should follow the [interim guidance for businesses and employers](#) for cleaning and disinfecting their community facilities.

Identifying the ENEMY:

- Cryptosporidiosis: Parasite is resistant to germicides and bactericides and can live in the pool water for up to a week; highly contagious; transmitted by swallowing water and people contact; causes dehydration, weight loss, stomach cramps, fever, nausea and vomiting; no treatment.
- Escherichia coli (E-coli): Bacteria controlled by proper chlorination; transmitted by swallowing water; causes bloody diarrhea, abdominal cramps, and kidney failure; treated with antibiotics.
- Giardiasis: Parasite can last less than an hour in a properly chlorinated pool; the cooler the water the longer it can survive; transmitted by swallowing water; causes diarrhea, gas, stomach cramps, nausea and upset stomach; treated with prescription drugs.
- Hepatitis A: Virus is mildly resistant to germicides and bactericides and can live approximately 15 minutes in a properly chlorinated pool; transmitted by swallowing water; causes jaundice, fatigue, loss of appetite, diarrhea, fever, stomach pain; vaccine available but no treatment after the fact.
- Legionnaires' Disease / Pontiac Fever: Bacteria killed in less than a minute in a properly chlorinated pool;
- transmitted by inhaling mist from hot tubs or spray features; not contagious; causes fever, chills, cough, aches, fatigue, diarrhea, kidney malfunction; treatable if diagnosed in time.
- Naegleria Infection: Microbe that enters through nose and affects brain and spinal nerves; (rare) this amoeba lives less than a minute in a properly chlorinated pool; causes meningoencephalitis; prescription drugs available if immediately diagnosed.
- Norovirus Gastroenteritis: Virus that has a mild resistance to germicides and bactericides and can live approximately 30 minutes in a properly chlorinated pool; transmitted by swallowing water; causes nausea, vomiting, diarrhea, stomach cramps, flu like symptoms; no treatment specified; people usually recover on their own in 48 hours.
- Pseudomonas Dermatitis: Bacteria controlled by proper chlorination; hot tubs and pools; transmitted by direct skin contact with/in water; causes itching, rash, blisters; not contagious; clears up on its own in about 48 hours.
- Salmonellosis: Bacteria controlled by proper chlorination; transmitted by swallowing water; causes diarrhea, fever, cramps; antibiotics available for more serious cases.
- Shigellosis: bacteria controlled by proper chlorination; transmitted by swallowing water; causes diarrhea, fever, cramps; treated with antibiotics.

Maintain

- The pool recirculation pump(s) remain operational 24/7 in the event of a facility temporary closure. Where it is permissible per local/state code, the system may be turned down to 75% of the designed flow rate, should the system be able to accommodate such a reduction. Refer to the Model Aquatic Health Code, paragraph 4.7.1.10.5.

Ensure the minimum disinfectant residuals, per local/state code, are maintained within the pool during these periods when the pool is unoccupied. If the pool typically maintains a 2.0 or 3.0 ppm residual in the pool, it may be reduced to 1.0 or 1.5 ppm, if allowed per local/state code.

For indoor pools, the HVAC/DX system should remain operational to maintain the natatorium at a negative pressure relative to adjacent spaces.

A certified pool operator should inspect the pool and its related systems at least once per day. Chemical quantities should be inspected and procured, as needed. The filter may also require backwashing, especially if the pool is outdoors, depending on the loading and type of filter system.

The facility should be secured to prevent public access.

Prior to the pool being re-opened to the public, the certified pool operator will need to do a full inspection of the mechanical and chemical treatment systems as well as the water quality.

Now – Safety and Risk Management

- Education
 - *Stay informed about COVID-19 recommendations and fact-based evidence*
 - *Obtain (or conduct) virtual training as much as possible for continuing educational and professional development*
 - *Update or obtain certifications*
- Establish a systematic risk management process: Eliminate, Control, Warn
- Plan and prepare
 - *Risk assessments: operating procedures, EAP's through the airborne and contact transmission lens for PATRONS and STAFF and SELF*
 - *Review and update operating procedures, documents, manuals, contracts, etc.*
 - *Signage and informational documents (what you are doing, what is expected)*
 - *Equipment and supplies ordering – especially PPE and cleaning supplies*

New Signage – *“Per CDC recommendations, if you or anyone in your household is experiencing symptoms of COVID-19 (fever, cough, shortness of breath, chills, muscle pain, headache, sore throat, new loss of taste or smell), you should stay home until the CDC’s published isolation criteria are met.”*

Now - Programming

- Keep on Moving
 - *Worried about COVID-19? Exercise can help*
 - *Connect with your members/participants and build a new following*
- Education
 - *Opportunity to sharpen skills and learn new ones*
- Plan for a Fresh Start
 - *Registration and check-in procedures*
 - *Put new knowledge into action*
 - *Plan and prepare for safety/risk management*

Later - Facility

- Pre-opening cleaning
 - *Start-up equipment, give time to make sure things are working*
 - *Full facility cleaning and disinfection*
 - *Water management program for stagnant systems (bacteria testing)*
- On-going cleaning protocols
 - *New hourly or periodic disinfection checklists for ANY hard surface.*
 - *Tables, chairs, lounges, lifeguard stands, etc.*
 - *frequent hand washing thoroughly with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60 percent alcohol*
 - *avoid touching eyes, nose and mouth*
 - *cover sneezes or coughs with tissues, if possible, or else with a sleeve or shoulder*
 - *avoid close contact with people who are sick*
 - *stay home when sick*
 - *clean and disinfect frequently touched surfaces and objects*
 - *Better documentation and transparency to public comfort*
- User involvement
 - *User provide personal training equipment*
 - *Clean general use equipment before and after use*

Cleaning - Safer active ingredients

- Hydrogen peroxide
- Ethyl alcohol (ethanol)
- Citric acid
- L-lactic acid
- Caprylic acid (octanoic acid)
- Thymol

EPA-registered products

<http://www.shieldustech.com/surface-cleaner/>

<http://nanoseptic.com/>

Cleaning - Active ingredients to avoid

- When considering a product, read the labels and be on the lookout for these ingredients that may be best to avoid.
 - **Sodium hypochlorite:** EWG notes that this is "linked to harm to the skin and respiratory system and the environment. When improperly mixed with other cleaners or acids, sodium hypochlorite can be fatally poisonous." It is also found in chlorine bleach.
 - **Quaternary ammonium compounds:** Also known as quats, which, according to EWG, are linked to asthma and suspected of causing reproductive toxicity and birth defects in humans. They also take an environmental toll.
 - **Hydrogen peroxide and vinegar mixed together:** the combination forms peracetic acid.
 - There should be no cleaning supplies that contain ammonia. Even small amounts can track into pool water and deactivate good chlorine.



Later – Safety and Risk Management

- Pre-opening site-specific training
 - *New policy/procedure/expectations – in writing*
 - *Making sure everyone is on the same page and consistent*
 - *Virtual or live small groups*
- On-going risk assessments
 - *How are things going? Are there new risks? What are any unintended consequences and can these be reduced?*
- Engagement
 - *How can we continue to thrive and deliver?*

Cleaning - Best for combating virus

- Clorox Commercial Solutions Disinfecting Bio Stain & Odor Remover
- Clorox Pet Solutions Advanced Disinfecting Stain & Odor Remover
- Lysol Hydrogen Peroxide Action Multi-Purpose Cleaner, Oxygen Splash
- Lysol Hydrogen Peroxide Bathroom Cleaner, Cool Spring Breeze
- Lysol Hydrogen Peroxide Multi-Purpose Cleaner, Citrus Sparkle Zest
- Lysol Hydrogen Peroxide Multi-Purpose Cleaning Wipes, Oxygen Splash
- Lysol Power Bathroom Cleaner, Island Breeze
- Purell Multi Surface Disinfectant, Fragrance Free
- Seventh Generation Disinfectant Spray, Eucalyptus, Spearmint & Thyme
- Seventh Generation Disinfectant Spray, Fresh Citrus & Thyme
- Seventh Generation Disinfectant Spray, Lavender Vanilla & Thyme
- Seventh Generation Disinfecting Bathroom Cleaner, Lemongrass Citrus Scent
- Seventh Generation Disinfecting Multi-Surface Cleaner, Lemongrass Citrus Scent
- Seventh Generation Disinfecting Wipes, Lemongrass Citrus Scent
- Windex Multi Surface Disinfectant Cleaner
- Windex Multi Surface Disinfectant Cleaner, Glade Rainshower

Later – Programming

- Pre-opening site-specific training
 - *What new skills do you have and how can you use them?*
 - *Implementation plan / re-educate clients/members*
 - *New members orientation / back to basics*
- Be a Coach
 - *Monitor: Observe participant response*
 - *Evaluate: Ask for feedback*
 - *Adapt: Do more of what works and what people enjoy*

Different- Facility

- Business model – how do you sustain staff without government support?
 - *Plan for the unknown*
 - *Build cash reserves – long term goal*
 - *Offer alternate programming – adapt in phases*
- Sustainability – How do we handle smaller crowds but maintain revenue
 - *Private experiences need to have a higher value*
 - *Can we utilize historically underutilized times?*
 - *Do we need to offer smaller classes to spread people out?*
 - *Limit to crowds of 10? Or 50?*

Different- Safety and Risk Management

- Renewed focus on risk assessment methods, implementation, documentation
- Training and information delivery – online/virtual is here to stay
 - *Plan for keeping up with technology and resources*
 - *Develop a way to cut through the clutter and poor-quality information*
 - *Share what you learn – reinforces confidence*
- Emergency care
 - *How will CPR and first aid change?*
 - *Will the role of the lifeguard change due to exposure concerns? Will this be practical/manageable to keep facilities open?*
 - *Deciding the risk-reward for operating – being clear on who's responsibility this is. Some decisions may be out of your hands. Accept and control what you can.*

Different – Programming

■ Program Delivery

- *Personal training, small group training*
- *Educate clients/participants how to keep moving*
- *Use of technology within the facility and out to keep members connected*

■ Continuing Education and Team Building

- *Plan for keeping up with technology and resources*
- *Build a team that grows together and can adapt to new situations*

OTHER-

Regular maintenance on air handling systems and changing the filters regularly is important for peoples' comfort. Current information is that the Covid19 virus is primarily spread by close contact. It is not listed as an airborne virus, but conflicting information is starting to emerge. It is unlikely that the indoor pools HVAC systems would spread the virus, but this is not confirmed by research. Best practices would be to circulate as much fresh air from outside as possible.

Foot traffic and pool user numbers..... Social distancing will be with us for a while, and possibly with us from now on in some form or other. There are many areas in aquatic facilities that need to be monitored and have policy and procedure controls in place. Our policies for these areas will certainly need to be changed.

- Vending and public lobby areas
- Registration desk
- Hallways leading to exercise areas – possibly directional lanes like streets
- Shower rooms and rest rooms – signage for areas and limit numbers
- Pool lanes or specific exercise areas – control numbers and social distancing
- Hot tubs – one at a time
- Slide and diving board staging areas – social distancing
- Entry ways, conference rooms, etc.
- Concession areas

Some protocols:

- Pre-opening cleaning
- Start-up equipment, give time to make sure things are working
- Full facility cleaning and disinfection
- Water management program for stagnant systems (bacteria testing)
- On-going cleaning protocols
- New hourly or periodic disinfection checklists for ANY hard surface.
- Tables, chairs, lounges, lifeguard stands, etc.
- Frequent hand washing thoroughly with soap and water for at least 20 seconds or an alcohol-based hand sanitizer that contains at least 60 percent alcohol
- Avoid touching eyes, nose and mouth
- Cover sneezes or coughs with tissues, if possible, or else with a sleeve or shoulder
- Avoid close contact with people who are sick
- Stay home when sick
- Clean and disinfect frequently touched surfaces and objects
- Better documentation and transparency to public comfort
- User involvement
- User provide their own personal training equipment
- Clean general use equipment before and after use

MASK PROTECTION EFFICIENCY



N95

STRONGEST PROTECTION



SURGICAL MASK

MEDICAL USE



FFP1 MASK

ISOLATE SUSPENDED PARTICLES



ACTIVATED CARBON

STOP ODOR



CLOTH MASK

DIY



SPONGE MASK

FASHION USE



Aquatic exercise equipment and team equipment needs special attention. The floats and belts and kick boards and noodles, and pull-buoys, etc. need to be disinfected after use. You will need a spray bottle with a solution of 1 part Clorox (Bleach) to 3 parts water. Spray equipment and let set for 30 minutes, Rinse over drain with hose.



We will spend a lot of time with the pool water chemistry as our first line of defense. We also need to be extra aware of the other part of safe water – [filtration and circulation](#).

- If you have medium pressure UV, check your UV bulbs, wipers, and quartz chamber. Bulbs start losing their effectiveness after 10 to 12 months. UV units that are well maintained destroy many viruses. Make sure the unit is at maximum efficiency.
- Check pump hair strainer baskets more frequently
- Is your filter operating at best efficiency? Sand needs to be cleaned yearly and replaced every 4-5 years. Cartridge filters need to be cleaned and replaced more frequently. DE filters need to be checked for “bag or sleeve” condition. All filters will need to be closely monitored and possibly cleaned more often.
- Chemical feeder system. Make sure all valves and lines are cleaned and flowing freely. Make sure all sensors are functioning properly. Do you have replacement parts for your equipment on hand?
- Check automatic pool vacuums and facility cleaning equipment. The equipment used to vacuum land areas of facility will need to be sanitized after each use.

One of the most important things pool-users can do. Shower before entering pool. If you have deck showers this is an advantage for social distancing. Shower stalls in dressing rooms will need to have signage. There is more to showering than virus considerations. We have Personal Care Product (PCP's or PPCP's) chemicals on our body. Many of these 70+ chemicals were not even invented 30 years ago. Most of them have an adverse effects on chlorines ability to be effective. They are contained in shampoo's, conditioners, deodorants, perfumes, colognes, hair sprays, make-up, lotions, and many other products. A 30 second warm water shower rinse will remove over 70% of these from our body. If a disinfectant soap is used, the bacteria and viral issues can also be addressed. PCP's in pool water can negate the disinfection ability of free chlorine.





- Be aware! In times like this there are unscrupulous individuals and companies who will advertise they have new chemicals or systems that work better. This happens in any industry in a free-market situation. Buyer Beware. If it sounds too good to be true, double your due diligence efforts.
- Any information presented here is subject to change and updating. Virus's don't give advanced notices.
- If you have questions about a specific product or method, please email mick@totalaquatic.llc
- For specific aquatic programming questions email sue@totalaquatic.llc

www.totalaquatic.llc

www.usaswimming.org/buildapool

Attachment 5

Georgia Swimming safe practice procedures

FOR IMMEDIATE RELEASE

To: Georgia Swimming Member Clubs
From: Georgia Swimming Office
Steve Potter, General Chairman
Date: (TBA)
Subj: Return to Swimming Training
Safe Practice Procedures

The impact of COVID-19 has presented our swimming community with many challenges. To support Georgia Swimming member clubs, the Board of Directors has developed the following guidelines for a return to the pool and swim training help clubs ensure the safety of their athletes, coaching staff, and member families.

These Georgia Swimming guidelines should be supplemental with information provided by USA Swimming and the CDC accompanying.

Key Consideration: If any athlete or family member doesn't feel well or is exhibiting any symptoms of sickness, the athlete should stay home and not come to the facility for swim practice. Maintaining appropriate social distancing is critical.

Pre-Practice

- Coaches should ensure common area surfaces, door handles, water fountains, starting blocks, and bathrooms are thoroughly cleaned by staff with proper cleaning materials before athletes arrive at the pool.
- Staff should be mindful that sinks, soap, and paper towels are stocked, clean, and ready for use before each session.

Athlete Arrival at Practice

- Multiple-family carpooling to and from practice is not recommended as social distancing would be difficult to maintain.
- Parents should be advised to drop off athletes at the entrance and remain with their vehicles or leave the facility altogether.
- Under no circumstances should parents enter the facility to watch practice or interact with other athletes, coaches, or staff. Maintaining appropriate social distancing is critical.
- Athletes should arrive at the pool 'ready to swim' with suit on, goggles, caps, towel, water bottles full, and other equipment at the ready to get in the water.
- Locker rooms are not to be used for pre-practice preparation.
- Showering before entering the pool will be suspended for the time being.

Practice

- No more than two (2) swimmers per lane, starting intervals/sets from opposite ends of the pool, will be allowed to practice at the same time. For example: an eight (8) lane pool should not have

more than sixteen (16) swimmers in the pool at the same time with eight starting from each end.

- Athletes should keep to the center of their assigned lane between intervals/sets and maintain social distancing with adjacent lanes during that time.
- Restroom use during practice shall be one-at-a-time, and athletes should return to their assigned lane without delay.

Athlete Departure from Practice

- Athletes should exit the pool, towel off, gather their gear and leave the facility while maintaining appropriate social distancing throughout.
- Locker rooms are off limits for showering and changing into street clothes – athletes should do that at home.
- Parents should plan to be at the facility, lined up for pick-up at the entrance, five minutes before the end of scheduled end of practice.
- Drivers should remain inside of their vehicles and wait for their athlete at the entrance or in the parking lot. Under no circumstance should drivers or parents enter the facility or interact with other athletes, staff or coaches. Maintaining appropriate social distancing is critical.

Post Practice

- Coaches and staff should plan for fifteen to twenty minutes time from the end of one practice session to the beginning of the next practice session in order to clean and organize for the next group of athletes to train.
- Common area surfaces, door handles, water fountains, starting blocks, and bathrooms should be wiped down by staff with proper cleaning materials before athletes arrive at the pool.
- Staff should be mindful that sinks, soap, and paper towels are stocked, clean, and ready for use before each session.
- Parents are not to drop off nor are athletes in advance of scheduled practice start time.
- Athletes are to be prohibited from entering the facility before their scheduled practice start time to allow for proper cleaning
- Athletes and parents are not to congregate at entrances awaiting their scheduled practice start time. Maintaining appropriate social distancing is critical.

It is important that you follow all federal, state, local, and facility guidelines and instructions during this time. Georgia Swimming and USA Swimming guidance should never be regarded as permission to bypass regulatory or facility instructions.

If you have any questions related to the information within this document, we encourage you to reach out to Megan Kingsley or Steve Potter for disposition of your inquiry.

Attachment 6

Sample team re-entry policy

Dear Swim Team Families:

After thorough and thoughtful consideration, we are planning to resume modified programming on [date to be determined] for our Senior Group swimmers only. In accordance with current state and local requirements, as well as USA Swimming guidelines, our staff has established an initial schedule and safety expectations for our return to the pool.

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 reentry 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.

As mentioned, our initial plans will include our Senior groups only. We have chosen this strategy for multiple reasons. First, Senior level swimmers are capable of socially distancing better than our Age Group athletes and safety is our primary goal. Second, we would like to keep total facility usage low as we all learn how best to manage operations where social distancing is key. Finally, the Age Group athlete(s) can return to peak training faster than their Senior teammates. Simply put, there is no need to rush introducing the Age Group team and they will be included in future phases of reentry. It must be emphasized that there will be no exceptions made during Phase 1. Thank you in advance for your understanding and cooperation.

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 to practice social distancing both at and away from the pool. By doing this, it shows you respect your teammates, their families, and pool staff. Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in team 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 remain in the training group they were in prior to suspension of practices in March. The coaches will address group promotion at the appropriate time. In our professional opinion, we feel it is currently most important for the athletes to have familiarity with their group and surroundings. Introductions to new groups will only create unneeded stress and we will deal with group promotions in time.

Please see below for our modified schedule for our Senior Team, as well as the safety precautions we will be taking.

SENIOR TEAM SCHEDULE

Week One

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Team	2:00-3:00 pm		2:00-3:00 pm		2:00-3:00 pm	
Senior 1	3:30-4:30 pm		3:30-4:30 pm		3:30-4:30 pm	
Senior 2		2:00-3:00 pm		2:00-3:00 pm		7:00-8:00 am
Senior 3		3:30-4:30 pm		3:30-4:30 pm		8:30-9:30 am
High School A	5:00-6:00 pm		5:00-6:00 pm		5:00-6:00 pm	
High School B	6:30-7:30 pm		6:30-7:30 pm		6:30-7:30 pm	
High School C		5:00-6:00 pm		5:00-6:00 pm		10:00-11:00 am
Masters		6:30-7:30 pm		6:30-7:30 pm		11:30-12:30 pm

Week Two

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Team	7:00-8:30 am		7:00-8:30 am		7:00-8:30 am	
Senior 1	9:00-10:30 am		9:00-10:30 am		9:00-10:30 am	
Senior 2		7:00-8:30 am		7:00-8:30 am		7:00-8:30 am
Senior 3		9:00-10:30 am		9:00-10:30 am		9:00-10:30 am
High School A	1:00-2:30 pm		1:00-2:30 pm		1:00-2:30 pm	
High School B	3:00-4:30 pm		3:00-4:30 pm		3:00-4:30 pm	
High School C		1:00-2:30 pm		1:00-2:30 pm		11:00-12:30 pm
Masters		3:00-4:30 pm		3:00-4:30 pm		1:00-2:30 pm

SAFETY EXPECTATIONS

- When parking at the facility, cars must leave a minimum of one space between each other. Cones will be used to mark spaces where vehicles MAY NOT park.
- Athletes will only be permitted to enter the building 5 minutes before their scheduled practice. If they arrive early, they must wait in their car until the appropriate time to enter the building.
- Athletes must leave the facility immediately at the completion of any practice.
- Parents/spectators will not be allowed in the building 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 dome being completely open and our fence being transparent, we feel these practices are open and observable to meet Safe Sport standards. We will re-evaluate our procedures when the indoor pools are introduced.
- Please use the back gate for entrance. All doors/gates to the facility will be propped open to limit contact with surfaces.
- Athletes should be prepared to arrive and depart in their suits.
- Athletes will have their temperature checked upon arrival (outside at the gate) and will not be permitted to enter should they show signs of a fever of 100.4F or higher.
- Restroom breaks will be limited to the single use restrooms located in the balcony of the competition pool.

- There will be a grid area for athletes to leave their personal belongings to ensure social distancing on the deck. Once athletes enter the building, they will go immediately to their grid spot and await instructions from their coach.
- Athletes should bring their own water bottles (already filled). Use of the water fountains at the facility will be prohibited.
- Athletes will not be permitted to store their equipment bags at the facility. They must take them home after each practice. We will announce times where athletes can visit the facility to pick-up their equipment bags.
- Facility staff will be wearing PPE masks throughout Phase 1. We encourage anyone entering the building to do the same.
- Athletes will swim with a maximum of two (2) athletes per lane, starting from opposite ends of the pool. Please note that in most cases, we will be able to swim one (1) athlete per lane, also starting from opposite ends of the pool (please see the attached diagram)
- Any athlete or staff experiencing any symptoms of a fever (100.4°F or higher), recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment. If any athlete or staff does have a fever or symptoms of illnesses, they may not attend a practice until 14 days after the fever or symptoms has ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are away from the pool as well.
- Athletes and families who travel by air, or to an area deemed high risk by the staff, will need to self-isolate for 14 days before returning to practice.
- Facility staff will be disinfecting the bathrooms throughout the day and we will provide disinfecting wipes inside the restrooms as well. Additionally, we will be fogging the high use areas nightly at closing with an approved disinfectant.

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.

Best Regards,

Swim Club Board of Directors

PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES BELOW REGARDING COVID-19 VIRUS:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.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



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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.