

Team Policy Guide Acknowledgment [v4]

As a member of the East Coast C-Cerpants Swim Team you are responsible for the review of the policies contained in the ECCC Team Policy Guide. We ask parents to review policies with their swimmers to ensure understanding. The policy in this guide serves as behavior guidelines that the East Coast C-Cerpants expect all members to demonstrate and uphold (both family and swimmer). These guidelines are in addition to those observed and adopted through your membership with USA Swimming.

Signature below serves as an acknowledgment for receipt of the ECCC Team Policy Guide (Version 4/August 30, 2021). A signature on this team policy guide constitutes unconditional agreement & acceptance to comply with the stipulations of these policies contained within. ECCC asks for acknowledgment by each swimmer registered in the program, as well as their parents/legal guardians.

| | |
|-----------------|------|
| Swimmer | Date |
| Parent/Guardian | Date |
| Parent/Guardian | Date |

Swimmer(s) will not be permitted to practice or compete without this completed form on file.

ECCC OPERATING POLICY DURING COVID-19 PANDEMIC

Policy for All Operating Facilities

ECCC has taken into account expert recommendations provided by the Aquatics Coalition, USA Swimming, the CDC, and NJ Department of Health as well as COVID-19 facility guidelines in preparing these standards. We take the health and safety of our community and swimmers seriously. As such we have put together these guidelines to try and mitigate the risks posed by the COVID-19 Pandemic.

Social distancing, limiting contact with surface areas outside of the pool, and minimizing interpersonal contact outside of the pool are the best measures we have available to mitigate infection risks.

ECCC expects all members, coaches, staff, and swim families to follow standards for operational safety as they are published. As the pandemic changes, if a modification to our operating procedures needs to be adapted, appropriate communications will be made. We appreciate everyone doing their part to make ECCC's practice environment as safe as possible.

WHO WILL ATTEND PRACTICE SESSIONS:

- Only participating athletes and licensed ECCC swim coaches will be admitted to the pool practice facility.
 - Parents, siblings, and additional members are asked to remain in the parking lot.
- Please plan to arrive just prior to practice start time (5 to 10 minutes) to maximize social distancing. Always refer to the published schedule for your specific practice location.

HEALTH CHECKS / CONTACT TRACING MEASURES:

- There is no penalty for missing practice. **If an athlete or anyone with whom they reside, meets any of the following criteria they should stay home.**
 - Are exhibiting any symptoms of the coronavirus mild to severe respiratory illness, cough, difficulty breathing, fever, and any other symptoms as identified by the CDC
 - Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.
 - Meet criteria outlined in NJ's 14-day quarantine travel advisory. This applies to travel from certain states identified as those that have a positive COVID-19 test rate higher than 10 per 100,000 residents.
- Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Coaches will keep an active electronic attendance record for each practice session which includes athletes and coach members in attendance.
- There is a mandatory contactless fever check at the entrance for all athletes and ECCC coaching members that will be on deck. Anyone presenting with fever will not be admitted to a practice session. (Fever guidelines followed will be those set by the CDC, currently 100.4 degrees or higher.)
- All participating members on the pool deck will be asked to wear a face mask when not in the water.

FACILITY

- Outside of the physical pool being used to facilitate practice, nothing else in practice facility locations should be used or touched by any ECCC participating members. This measure is to support the safety and maintenance of disinfected surfaces required to be maintained by open facilities.
 - This includes but is not limited to drinking fountains, showers, any pool equipment that may be left in the open, diving boards/blocks, slides, locker rooms, snack stations, changing areas, tables, and chairs throughout the facility.
- 6-foot social distancing should be maintained throughout the facility and practice sessions, at all times.
- Face masks are to be worn at all times any team members are out of the water.
- For safety reasons, we ask everyone to avoid touching gates, fences, rails, benches, doors, etc. if you can.
- Please use hand sanitizer if you must touch any surfaces.
- Staff and swimmers must follow directional signage in the facility for the direct flow of traffic.
- Staff and swimmers must follow spacing diagrams for line up and pool deck usage during practice sessions.
- Only designated areas in each location should be used for gear placement during practice.

HOW SHOULD I PREPARE FOR PRACTICE:

- Everyone is asked to wear a face mask outside of the pool. Please arrive at the pool wearing your facemask.
- Wash your hands (20 seconds or longer) or use hand sanitizer before going into the pool.
- Each swimmer is asked to come ready to swim in a bathing suit. THERE IS NO CHANGING INTO SUITS PRIOR TO PRACTICE AT THE FACILITIES. We are asking for minimal warm-ups or coverings and gear at practice to mitigate surface contact risks in the facility.
- Swimmers are expected to place their shoes, warm-ups, coats along with any items in their swim bags on deck during practice. No other items outside of swim equipment should be brought into the facility. There is NO SHARING OF ANY EQUIPMENT. Personal bags should be stowed with social distance in mind from other member's items.
 - **Medford:** All items a swimmer brings but be put inside their swim bag (shoes included). All swim bags are to be stored in the labeled and assigned locations on the pool deck that corresponds with the swimmer's lane assignment.
 - **Ocean City:** All items a swimmer brings but be put inside their swim bag (shoes included). All swim bags are to be stored on the section of the bleachers that corresponds with the swimmer's lane assignment.
- Please do not bring any food or beverages into the facility, outside of the water bottle needed for practice.
- Each swimmer should have a gear bag that contains:
 - Water bottle
 - Kickboard
 - Swim fins
 - Hand paddles
 - Pull buoy
 - Waterproof sealable bag (ziplock) for:
 - Face mask
 - Keys

- Asthma inhalers
- Hand sanitizer
- Any other pertinent items needed for practice

AFTER SWIMMING

- We ask that upon exiting the pool everyone collects their possessions and puts on their facemasks.
- Please, no congregation after swimming. We ask that everyone leave the facility as soon as possible after practice.
- Do not use the locker room or changing areas. Please shower and change at home.
- Please use hand sanitizer after leaving the pool.

ACKNOWLEDGMENT:

Signature/acknowledgment (electronic or written) serves as acknowledgment for receipt of this ECCC policy. An electronic signature/acknowledgment on this team policy constitutes unconditional agreement & acceptance to comply with the stipulations of these policies contained within by each swimmer registered in the program, as well as their parents/legal guardians. Due to concerns surrounding the health and safety of our community and swim family, any swimmer(s) unable to comply with the policy will be asked to exit the program.

| | |
|-----------------|------|
| Swimmer | Date |
| Parent/Guardian | Date |
| Parent/Guardian | Date |

Minor Athlete Abuse Prevention Policy 2.0

[MAAPP 2.0] Acknowledgment

As a member of the East Coast C-Cerpants Swim Team and USA Swimming, you are responsible for the review of the policies contained in the Minor Athlete Abuse Prevention Policy (“MAAPP”) 2.0. We ask parents to review policies with their swimmers to ensure understanding. The policy in this guide serves as behavior guidelines that the East Coast C-Cerpants expect all members to demonstrate and uphold (both family and swimmer).

The signature below serves as an acknowledgment that I have received, read, and understood the ECCC Minor Athlete Abuse Prevention Policy (Version 2.0/August 30, 2021) and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this MAAPP 2.0 is a condition of my membership with the East Coast C-Cerpants Swim Team and USA Swimming.

A signature on this team policy guide constitutes unconditional agreement & acceptance to comply with the stipulations of the policies contained within. ECCC asks for acknowledgement by each swimmer registered in the program, as well as their parents/legal guardians.

| | |
|-----------------|------|
| Swimmer | Date |
| Parent/Guardian | Date |
| Parent/Guardian | Date |

Acknowledgment of Receipt - Concussion Information

Pursuant to your state law, a concussion and head injury information sheet shall be given by each youth sports organization offering an athletic program to each athlete in that program. The information sheet shall be signed and returned by the athlete and, if the athlete is 17 years of age or younger, shall also be signed by the athlete's parent or guardian before the athlete initiates practice or competition. The USA Swimming Concussion Information Sheet (three pages) is provided with this acknowledgment.

Please note, the information contained in the Swimming Concussion Information Sheet and this Acknowledgment is not medical advice and is no substitute for it. I hereby acknowledge that I have received the USA Swimming Concussion Information Sheet (three pages) from the East Coast C-Cerpants (USA Swimming Team).

I have read and understand its contents. I also acknowledge that if I have any questions regarding the signs or symptoms of a concussion or other head injuries, the need to seek medical attention and the protocol for returning to daily activities, school and the swimming pool, I will consult with a licensed health care provider. (This signed acknowledgment may be returned through an electronic medium, including but not limited to, fax or electronic mail.)

| | |
|--------------------------------------|------|
| Swimmer (Athlete's Name & Signature) | Date |
| Swimmer (Athlete's Name & Signature) | Date |
| Swimmer (Athlete's Name & Signature) | Date |
| Swimmer (Athlete's Name & Signature) | Date |
| Parent/Guardian (Name & Signature) | Date |
| Parent/Guardian (Name & Signature) | Date |

