



## SAFETY EXPECTATIONS

- **Arrivals:**
  - Athletes will only be permitted to enter the building 5 minutes before their scheduled practice. Please avoid arriving early.
  - When dropping off at the facility, please do so in a timely manner. Athletes should have a mask on when exiting the vehicle and they should proceed to enter the facility immediately. **Parents should drop off and vacate to allow for the next drop off.**
  - Swimmers who drive themselves to practice are to park with one spot if in between if space allows. They are not to congregate or wait for their friends to walk in. They should enter the facility by themselves with a mask on.
- **Departures:**
  - Athletes should be prepared to arrive AND depart in their suits. Locker rooms will be off limits.
  - Athletes must leave the facility immediately at the completion of any practice. Cars should be spaced out one parking space when picking up their swimmer(s).
- **Parents:**
  - **Parents/spectators will not be allowed in the facility at any time and are expected to practice social distancing when picking up their swimmer.**
  - Parents should avoid congregating in the parking lot to set a good example of social distancing guidelines.
- **Equipment & Facilities:**
  - Athletes should bring their own water bottles with names labeled (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.
- **Masks:**
  - PAAC staff will be required to wear masks when entering & exiting the facility as well as on deck coaching. All athletes are required to wear a mask at all times when entering & exiting the facility. The only time a mask is not mandatory is when the swimmers are in the water.
- **In the pool:**
  - Athletes will swim with a maximum of 5 athletes per lane, starting from opposite ends, in the middle, and at the flag areas of the pool. This will ensure proper social distancing is taking place
  - Athletes can expect to be put in the same lane for every workout to ensure accurate tracking in the event of a positive COVID-19- case. They may be moved around by coaches if it enhances our social distancing efficiency.



- **Health & Wellness:**

- Any athlete or staff experiencing any symptoms of a fever (**99.9°F or higher**), recent cough, unusual fatigue, headache (or any other symptom listed in the following attachments) 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. **\*Please note that temperature is required to be taken at home prior to coming to practice. The Jewish Community Center will also temp check the athletes/coaches upon arrival.**
- For best practice, coaches will ask the following every day to ensure proper health.
  1. Does anyone feel sick?
  2. Does anyone have shortness of breath, a cough, or a sore throat?
- 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 provide a negative COVID -19 test within 72 hours prior to re-entering the state of PA, or self-isolate for 14 days before returning to practice. In addition to these protocols we will also be observing the ongoing guidance from the Pennsylvania Department of Health with regard to travel.
- The Pennsylvania Department of Health travelers guidance can be found [here](#).

### **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.

Best Regards,

Your Committed **PAAC** Staff

**PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES BELOW REGARDING COVID19**

**VIRUS:** <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>





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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



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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.