

Swim Team COVID-19 Policies

1. PSC's COVID-19 Point Persons are as listed below. Should you have questions, need to report a planned trip, or report possible COVID-19 signs or symptoms please contact the designated person below.
 - a. Senior Level -- Rob Robitaille -- info.pscswim@gmail.com
 - b. Age Group -- Sean Fisher -- agcoach.pscswim@gmail.com
2. Flow of Traffic at Westwood Heights Swim Club Facility.
 - a. Do not arrive more than 10 minutes early to your practice session.
 - b. Non-Drivers -- Drivers will drop off athletes at the south side walkway along the southern facing fence. (Snack Bar Side of the pool.) Athletes will be picked up on the west side gate next to the pump room.
 - i. Do NOT remain at the facility during the workout if dropping an athlete off, and DO NOT exit your vehicle to drop-off or pick up your athlete.
 - c. Driving Athletes will park, attempting to leave one space between their vehicle.
 - d. Upon leaving the vehicle, all athletes will maintain social distancing while walking to the entrance staging area plaque stickers.
 - e. Athletes will stand on an open sticker, starting with closest to the gate for the first arrival, second sticker for the second arrival, etc.
 - i. The stickers are spaced 7ft apart allowing for proper distancing and teaching visual distance.
 - ii. Failure to maintain proper social distancing will result in one warning, then suspension from practice at the coach's discretion.
 - f. Approximately 5 minutes before the start of practice a coach will open the gate and temp check each athlete, one at a time. Recording temperatures when above 100.3 degrees Fahrenheit.
 - g. Upon completion of a valid temperature check, athletes will single file, walk to their assigned lane's bag drop and drop all bags. At this time they may remove their mask, unless not heading directly to their lane assignment.
 - i. Fence side lane assignments bag drop is under the maple tree.
 - ii. Yard side bag drop if the grass in between lawn chairs (grass area beyond the concrete).
 - iii. The athlete at 12.5 meters for the day will drop their bag 10 feet farther into the yard area while maintaining social distance.
 - h. Athletes that are designated to start from a wall will enter the pool with a three point stance. They will place their gear bags at the designated area that is marked with tape.
 - i. The 12.5 meter athlete MUST enter the pool at the 12.5 meter markers if in lane 1 and 5, or for athletes in lanes 2-4, from the shallow end stairs, NOT TOUCHING THE RAILING.
 1. The 12.5 meter athletes must take their gear bags with them to their lane and out to 12.5 meters. For the lane 1 and 5 athletes a tape marker will indicate where they must place their bag.
 - i. At the conclusion of the workout, athletes will exit the pool, maintain social distancing, proceed to big up their belongings at the bag drop, and proceed to

their designated towel off / waiting area. They can dry off, put on their clothing over their suits, and wait for pick up if necessary.

3. Members are to adhere to and not deviate from the specified travel paths marked with sticker plaques, and tape.
4. Members must adhere to and not deviate from the flow of persons designated and shown with sticker plaques and tape arrows.
5. All members of the team must wear mask:
 - a. While entering designated area of facility
 - b. Traveling between designated areas of the facility. EXAMPLE: from the parking lot, on the walkway to the side gate entrance, into the pool, and to the athlete designated lane.
 - c. Walking to, during, and returning from bathroom trips. Use of the bathroom facility is **STRONGLY DISCOURAGED**.
 - d. Upon exiting the water through the complete exit of the facility property.
 - e. During any and all dryland activity.
6. Team members do not have to use a mask while in the act of developmental swimming.
7. Each practice group will be given a separate designated area to store their clothing/mask/equipment. They will be given a designated towel off/ wait area.
8. No use of the locker rooms or showers will be permitted. Swimmers must come in their swimsuit and leave in their swimsuit.
9. Upon completion of their session, swimmers will towel, re-clothe, and vacate their designated area in the specified exit pattern, maintaining social distancing until they vacate the premises.
 - a. They will be directed to their waiting area if needed or exit the facility, without touching anything, go to their vehicle and depart.
10. Parents and Guardians must arrive no earlier than 5 minutes prior to the end of their athlete's session and no later than the designated end of the session.
 - a. Athletes will have 5-10 minutes to vacate in the designated manner.
 - b. Parents/Guardians failing to arrive on time may be removed from developmental swimming programs.
11. Use of the restroom is restricted, and strongly discouraged. If you must use the facility, it is for an emergency purpose only. To use the bathroom, you **MUST** request permission to use it from the coach.
 - a. Concluding the use of the restroom, you will be required to soap and water your hands for a minimum of 20 seconds in the restroom facility and also hand sanitizer in view of a staff member on deck before placing goggles, caps (if removed) back on and reentering the water.
12. We will be setting up practice so that swimmers can maintain social distancing. We will also be enforcing social distancing. We may have up to 3 swimmers in a lane, provided they obey the lane spacing requirement. One swimmer at each wall of a lane and one that will start/stop at 12.5M. Swimmers in adjacent lanes must be in a staggered formation to maintain social distancing from swimmers in other lanes while stationary.
13. We will operate on a one-strike policy. Swimmers need to understand the need to act responsibly and in accordance with CDC and PSC guidelines. If swimmers are acting irresponsibly, parents will be notified. The irresponsible swimmer will be removed to a

safe place where they can maintain social distancing while they wait for their session to end or for their parents to pick them up.

- a. Before registering for the developmental swimming program, parents/guardians must ask if it is reasonable that their swimmer can maintain social distancing. If parents/guardians believe that it will be difficult for their swimmer to adhere to social distancing protocol, they are discouraged from registering that child for developmental swimming.
14. If a PSC swim team member tests positive for COVID-19 within 72 hours of attending a practice, PSC must be notified immediately so that we can follow CDC protocol.
- a. The same protocol will be in effect for all staff. Furthermore, should a staff member be exposed to COVID-19 or test positive for COVID-19, they will be immediately removed from programming until 72 hours with no symptoms shown.
 - i. Any swimming member, and staff member that were exposed by the staff member will be excluded for a time of 72 hours showing no symptoms before being able to return.
 - ii. PSC will notify all exposed individuals so that they can consult with their physician and/or seek out a testing option.
15. Practice groups will be established and strictly enforced. To make contact tracing easier and potentially less impactful on the team, swimmers must report to only their group's assigned practice time and assigned personal practice lane.
16. Before practice, each swim team member must perform our COVID-19 admission screening by filling out their personal Google Form. A record of this screening will be kept daily for each athlete so that contact tracing can be provided to health officials in the event of exposure or contraction of COVID-19. (Failure to fill out the Google Form will result in the athlete being denied entrance. If the swimmer answers "YES" to any of the following questions they must not attend practice that day:
- a. Do you have a fever over 100 degrees F?
 - b. Do you have a cough, shortness of breath or difficulty breathing that is not normal for you?
 - c. Have you tested positive for COVID-19 within the past 14 days?
 - d. Have you been recommended for quarantine because of exposure to someone with a confirmed case of COVID-19?
 - e. Are you currently awaiting COVID-19 test results?
 - f. Are you aware of yourself being in close contact with someone who a) has been diagnosed with COVID-19 or b) who suspects that they have COVID-19?
17. Each swimmer will be temperature checked prior to entering the facility. Temperatures will only be recorded by a coach on to the Google Form if their temperature is above 100.30°F.
18. Travel and vacation are in part of the 'new normal' with regards to a return to play/work.
- a. If your athlete travels farther than 100 miles from the Lehigh Valley, they will be asked to remove themselves from sessions for 72 hours upon return, and show no signs or symptoms of COVID-19 during that time.
 - b. If your family takes a vacation using a plane. You will be asked to remove yourself from the session for 72 hours upon return, and show no signs or symptoms of COVID-19 during that time.

- c. If your family or athlete participates in any of the aforementioned 18a, 18b, items, you are expected to notify a PSC staff member so that PSC is aware.
 - d. We appreciate your cooperation and adherence to this. PSC acknowledges that in these new times this is a difficult position, however, the health and safety of all members is paramount to you as an individual.
19. Staff and members that suffer a sneezing/coughing period should remove themselves from the group until the sneezing and coughing subsides.

Lap Swimming Etiquette

1. Athletes can not social swim, or social kick.
2. Two athletes in the same lane CAN NOT be static, on the same wall of the pool.
3. If there are two athletes in a lane where one individual is swimming towards (approaching) the other whom is at the wall:
 - a. The athlete on the wall will leave the wall and begin to swim by the time the athlete approaches 12.5 meters, or
 - b. Submerge themselves underwater from the time that the opposite swimmer enters the flags, turns, and exits the flags.
4. The athlete who is in the act of swimming has the “right of way” over those at the wall and it is incumbent on the swimmer at the wall to maintain social distancing.

PSC Staff Policies

1. PSC Staff will maintain social distance between themselves, swimmers, and other staff. Social distance is assumed to be 6+ feet of separation.
2. PSC Staff will wear their masks:
 - a. When social distancing is not possible.
 - b. Entering and exiting the facility.
 - c. When entering the restroom facility.
 - d. When performing the sanitization of frequently touched surfaces and restrooms. For this process gloves will also be required.
3. PSC Staff will perform an appropriate facility cleansing daily.
4. PSC Staff will clean frequently touched areas after practice.
5. PSC Staff will be required to complete the same Google Form as the athletes, daily prior to entering the pool.
6. PSC Staff and Board of Directors must receive education and training on the proper use of a mask and COVID-19 before being eligible to work in the developmental swimming program.
 - a. PSC will utilize the free [Red Cross Resource](#).

Acknowledgement and Swimmer Policies Acceptance

Guardian-

I have read and been informed about the content, requirements, and expectations of the Swim Team COVID-19 policies for swimmers at Parkland Swimming Club (PSC). I have received a copy of the policies and attest that my athlete agrees to abide by the policy guidelines as a condition of my athlete's attendance at any PSC function.

I understand that if I have questions, at any time, regarding the policies, I may contact PSC for explanation or clarification.

I understand that if my athlete has to answer "YES" to any of the COVID-19 screening questions that I must contact the appropriate COVID-19 point person.

Please read the Swim Team COVID-19 policies carefully to ensure that you understand the policy before signing this document.

Guardian Signature:

Guardian Printed Name:

Date:

Athlete-

I have read and been informed about the content, requirements, and expectations of the Swim Team COVID-19 policies for swimmers at Parkland Swimming Club (PSC). I have received a copy of the policies and attest that I am able, prepared to, and agree to abide by the policy guidelines as a condition of my attendance at any PSC function.

I understand that if I have questions, at any time, regarding the policies, I may contact PSC for explanation or clarification.

I understand that if my athlete has to answer "YES" to any of the COVID-19 screening questions that I must contact the appropriate COVID-19 point person.

Please read the Swim Team COVID-19 policies carefully to ensure that you understand the policy before signing this document.

Guardian Signature:

Guardian Printed Name:

Date: