

# GPAC Swimming

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PLAN TO SAFELY RETURN TO TRAINING

# Ensure Athletes are Safe to Return to the Pool

## **Athletes are NOT permitted to attend practices if...**

- They have a fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC
- Anyone in household has symptoms or tested positive for COVID-19
- They have been exposed to anyone who has symptoms or tested positive for COVID-19
- Traveled out of the country within the last 14 days

## **Athletes must come to practice with...**

- Face mask
- Practice equipment
- Wearing a swimsuit
- Pre-showered at home

# WHY RETURN TO THE POOL?

Outdoor activity for the  
summer of 2020

Minimal Touchable  
Surfaces

Chlorine is a Natural  
Disinfectant

New practice  
processes to ensure  
athlete and coach  
safety

Social distancing of 6+  
feet can be achieved in  
and out of the water  
during organized swim  
practices

# Chlorine and COVID-19

## **From the CDC...**

### ***Can the virus that causes COVID-19 spread through pools?***

Proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19.

- Maintain proper disinfectant levels (1–10 parts per million free chlorine or 3–8 ppm bromine) and pH (7.2–8).
- CDC’s Model Aquatic Health Code has more recommendations to prevent illness and injuries at public pools in parks.

## **From the WHO...**

Enveloped viruses are easier to kill than non-enveloped viruses: “Sars-CoV-2, the virus responsible for the Covid-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses”.

The World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus and coxsackievirus, and an enveloped virus such as Covid-19 would be inactivated at even lower levels.

# RESEARCH

CDC

<https://www.cdc.gov/healthywater/swimming/residential/disinfectiontesting.html>

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WHO

[https://www.who.int/water\\_sanitation\\_health/bathing/srwe2full.pdf](https://www.who.int/water_sanitation_health/bathing/srwe2full.pdf)

Articles

USA Swimming

<https://www.usaswimming.org/utility/community-quarantine-resources>

Swimming World

<https://www.swimmingworldmagazine.com/news/2008-uni-of-arizona-researchcalled-for-more-study-into-survival-ofcoronavirus-in-water/>

# Return to Swimming Pool Arrival Instructions

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1) Swimmers are not permitted out of their cars until 10 MINUTES before their practice time is scheduled to begin. Please arrive early so that we can expedite the health screening processed required for everyone every day by the NJ Department of Health.

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2) Swimmers must maintain 6 FEET space between each other when entering pool grounds. Immediately upon entering, swimmers are to utilize the hand sanitation stations and proceed directly to their designated areas. Everyone must ALWAYS maintain 6 FEET distance between themselves and all other people (except those who live in the same household).

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3) ANY UNNECESSARY CONTACT IS STRICTLY FORBIDDEN: NO HUGS, HANDSHAKES, HIGH FIVES, ETC. Anyone caught breaking this rule will be asked to leave practice immediately.

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4) Masks are to be worn by all swimmers prior to and immediately after practice times.

# NJ Dept of Health Youth Sports COVID-19 Requirements

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- 1) Parents/Guardians must complete the online Swimmer Health Census Form prior to the start of training each week. The link will be available on the GPAC website in the “News” section.
- 2) Parents are the first line of defense for everyone! If your swimmer is not feeling well, has a cough, overly tired, low grade fever, or other symptoms of illness (and not just COVID symptoms) they need to be kept home.
- 3) If a swimmer tests positive for COVID-19 they may not attend practices or team activities until cleared to do so, in writing, by a doctor.

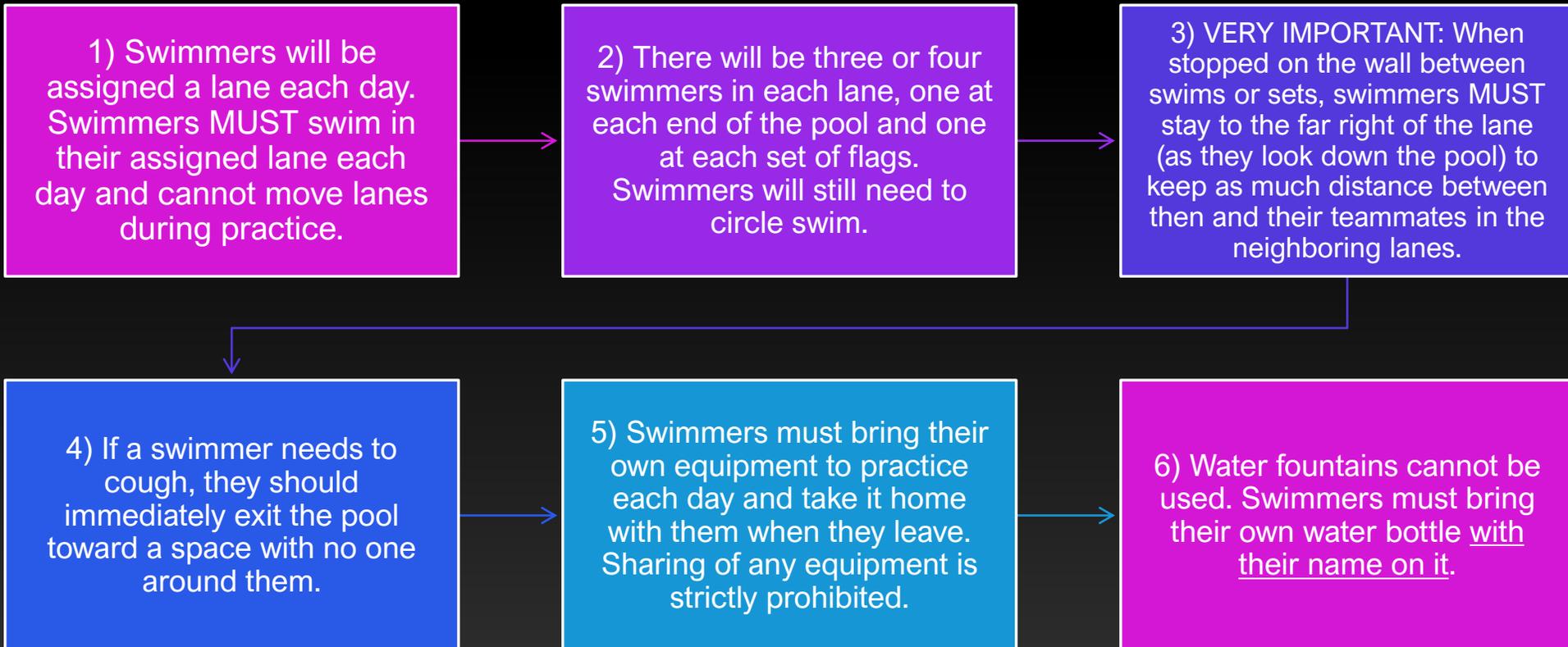
# Return to Training Dryland Instructions

- 1) All dryland will be individual (no partner exercises) and contact free.
- 2) Swimmers will be given a designated space to use during the dryland session. Swimmers must stay in that space and avoid all contact with others (swimmers and coaches). A minimum of 6-foot distancing must always be maintained.
- 3) Listen and carefully follow the instructions of the coaches.
- 4) Wearing masks is not required during the actual dryland work, but swimmers can still wear their mask if they choose to do so. Coaches will be wearing masks whenever they are within 10 feet of the athletes.
- 5) When dryland has ended, swimmers should put on their masks and will be dismissed one at a time. Swimmers should maintain 6-foot distancing when leaving dryland.

# Return to Training

## Swim Practice Instructions

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# COVID-19 PRACTICE FAQs

## COVID 19 SYMPTOMS

### **What if my athlete has symptoms or suspected exposure?**

Athletes who are ill or just not feeling well are not permitted to attend and should be kept home. Swimmers who have had any members in their household ill may not attend for 14 days. Report any illness to [admingpac@gmail.com](mailto:admingpac@gmail.com). Swimmers cannot attend for 14 days after symptoms have subsided and have a written release from their physician if they, anyone in their household or if they have come in close contact with someone who has tested positive.

### **What protective equipment is required?**

Swimmers are required to wear a mask into and out of the facility or when using the restroom. Swimmers are also required to wear shoes if they need to use the restroom.

### **What precautions are coaches taking to keep athletes safe?**

Coaches will wear mask when within 10 feet of swimmers and have hand sanitizer available. Coaches will keep 6' social distancing except in emergency situations.

## PRACTICE PREPAREDNESS

### **Can my swimmer borrow equipment?**

Due to an abundance of caution, kickboards and other equipment will not be available to borrow. Swimmers are responsible for bringing all their required practice equipment to the pool. Sharing equipment is not allowed at all.

### **Can my swimmer leave their equipment at the pool?**

Swimmers will not be permitted to leave personal belonging at the facility.

# Return to Training Leaving the Facility

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1) When practice has ended, swimmers should exit the pool only at the instruction of their coaches and proceed directly to their designated area, maintaining the “no contact” and “6-foot distancing” rules.



2) Swimmers should immediately dry off and get dressed in their designated area. Swimmers are not permitted to use the changing rooms or perform a deck change.



3) Swimmers will be dismissed to the parking lot one at a time to maintain 6-foot distancing.



4) Swimmers must be picked up and in their car within 8 minutes of practice ending. We cannot have swimmers waiting around for their ride to arrive.

# Return to Training Coaching Expectations

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1) Coaches will maintain 6-foot distancing and will have no physical contact with athletes unless there is an emergency.

2) Coaches will always be wearing masks when they are within 10 feet of anyone. The workouts will be written on a sheet of paper in each lane for the athletes to follow. Coaches will also announce each set, but the coaches will not be gathering the swimmers into close contact groups to talk.

3) Coaches will ensure pool area is clean at the end of practice. If water bottles are left behind, the coach will speak to that swimmer at the next practice.

# COVID-19 PRACTICE FAQs

## **PARENTS & SPECTATORS**

### **Are parents or spectators allowed into the facility?**

Parents and spectators are not allowed into the facility at this time in order to reduce the number of individuals in the area. We ask parents remain at or close to the facility in case of inclement weather.

## **CHANGING & LOCKER ROOM ACCESS**

### **Can my swimmer take a shower after practice?**

No, out of an abundance of caution, the locker rooms/restrooms will not be available for use after practice as we cannot guarantee that they can be cleaned between each practice group. Athletes are advised to shower when they return home.

### **Can my swimmer change in the restrooms after practice?**

No, the restrooms will not be available for use after practice as we cannot guarantee that the facility can be between each practice group.

### **Can my athlete deck change?**

No, USA Swimming rules prohibit deck changing. Athletes will be required to enter and leave the facility with their swimsuits on.

### **Where should my athlete go the bathroom?**

The bathrooms will be available for emergencies only. Swimmers must wear shoes and masks into the restroom. They are required to use hand sanitizer before entering and thoroughly wash their hands with soap and warm water before exiting the restrooms. Swimmers will need to bring sanitizing wipes to the bathroom and wipe down all points of contact when finished (sink, toilet, door handle) and then throw the wipe into the garbage can.

# COVID-19 PRACTICE FAQs

## **AFTER PRACTICES**

### ◦ **What are swimmers advised to do after practice?**

Swimmers should shower and rinse out their suits at home. Remember to clean off shoes and any items set down at facility.

## **ADDITIONAL TRAINING OPTIONS**

### ◦ **Will GPAC continue to host dryland?**

The National and Platinum groups will have dryland as a part of their summer practice schedule. Coaches will have more information in the coming days.

### ◦ **Will there be swim lessons offered this summer?**

We will not be offering swim lessons this summer. Swim lessons will again be offered when we feel it is safe for instructors and students to be in that environment. We may offer clinics based on interest and pool availability.

## **JOINING GPAC**

### ◦ **Can swimmers join GPAC at this time?**

Due to the significant restrictions on lane space, we will not be allowing new members to join GPAC in the summer unless a practice group has an opening. Spots will be available to current GPAC members first. At that, it is likely all current GPAC members will not be able to get a spot with the team this summer in some practice groups.

### **What about returning college swimmers?**

Much in the same way, priority will be given to current GPAC swimmers. If there is space available, we can open it up to returning college swimmers.

# Practice Start Dates

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Monday, June 22<sup>nd</sup>: National, Silver, Gold 1, Gold 2

Tuesday, June 23<sup>rd</sup>: Platinum A/B, Bronze/Mini

There will be no practices held on July 4<sup>th</sup> or July 5<sup>th</sup>

Practices will tentatively conclude the weekend of August 22-23

**No refunds will be issued for practices canceled or altered due to inclement weather, facility rentals, or other unforeseen issues.**

# 2020-2021 Season

TO BE DETERMINED...

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