

Greater Philadelphia Aquatic Club COVID-19 Protocols and Procedures for Swim Instruction at the Gloucester County Institute of Technology Aquatic Center

Safety is our greatest priority. Indoor pools around the country have been able to open and remain open for swim training by following similar protocols. All GPAC swimmers, staff members, parents, guardians, and friends must follow these protocols at all times. Failure to do so may result in removal from the program with no relief from the 2020-2021 GPAC Financial Policy.

Sanitization

Sanitization of the pool, pool deck, entry and exit ways, touch points, and bathrooms will be arranged and completed by GCIT staff.

If and Athlete or GPAC Staff Member Feels Ill:

- A) Athletes and staff must be vigilant in monitoring their own health. If they are experiencing ANY COVID-19 symptoms, they should not come to the facility. GPAC recommends COVID-19 testing for anyone experiencing any of the symptoms. Please review the "Potential COVID Infection, Positive COVID Test, COVID Exposure and Travel" document.
- B) Parents are the first line of defense against COVID spread. If your athlete is experiencing ANY of the symptoms, not just the most serious, they should be kept away from the facility, team activities, and other team members. Regular communication with their athletes as to their health status is a must.

Arrival

- A) Prior to attending practice each day, parents/guardians must complete the online intake form to indicate any potential COVID-19 symptoms or confirm their swimmer has no symptoms. This list will be monitored by GPAC and GCIT staff and will need to be made available to the Gloucester County Health Department in the event of a positive COVID-19 test for contact tracing purposes.
- B) Swimmers cannot enter the building until 10 minutes prior to the scheduled start of their practice. Entry to the building will be through the doors at the deep end of the pool opposite of the spectator balcony (where the deep end scorer's table is set up for meets) and directly onto the pool deck closest to the spectator balcony.
- C) Traffic on the pool deck will flow in a clockwise manner at all times (as you look toward the deep end of the pool).
- D) Any swimmer who is not wearing a mask will be asked to leave the building and will not be permitted to walk onto the pool deck. Covering of the face with a handheld cloth, shirt, or other item is not considered a facemask for our purposes. The facemask must stay in place on the face without needing to hold it up. The facemask must completely cover the nose, mouth, and chin always!
- E) Swimmers will proceed to the spaces designated on the pool deck by GCIT to provide each person with the proper social distancing as they wait for practice to begin. Masks must be worn up until the point when the swimmer is just about to get into the pool. During practice, masks should be kept in a watertight container (NO GLASS) by the swimmer's lane. As soon as they exit the pool, they should immediately put on their mask.

- F) Swimmers and coaches will have to follow the markings on the floors and provided around the pool room by GCIT for traffic flow. Bulkhead usage is only for coaches and GCIT staff.
- G) Staff members will undergo a health screening in compliance with New Jersey state Department of Health requirements upon arrival each day.
- H) CONGREGATION IN ANY AREA PRIOR TO OR AFTER PRACTICE IS STRICTLY FORBIDDEN. Parents/guardians waiting for their athlete outside of the building should always maintain proper social distancing and PPE usage.
- I) Upon completion of practice, swimmers must immediately put on their facemask and keep it on until they are in their cars headed home. Swimmers will exit the water, go directly to their own belongings, quickly get changed and proceed to the designated exit. Swimmers must dress and exit the building within EIGHT MINUTES of the completion of their practice.
- J) Swimmers mu

Locker Rooms

The locker rooms will be off limits for changing and showering. Swimmers should take a soap shower at home before leaving for the pool for practice. Swimmers must arrive and leave in the bathing suits, with appropriate covering, as deck changing is prohibited by USA Swimming.

Bathroom Usage

Bathroom usage is only in an emergency. One bathroom will be open for this purpose and only one person is allowed in the bathroom at any time. Masks and feet covering must be worn in the bathroom and everyone must wash their hands for at least 20 seconds with soap and water when finished.

Land and Strength Training

The GCIT fitness center and gymnasiums will not be used by anyone on the team at times. Dryland training will only take place outdoors when weather is appropriate and when social distancing is possible for the duration of training. Swimmers will not share equipment and any equipment will be properly sanitized before and after each usage.

Pool Lane Spacing

We will follow guidelines for indoor swim training established by USA Swimming for proper spacing in the pool during practices.

PPE

- A) All swimmers and staff (paid and volunteer) will wear facemasks when entering and exiting the building. Swimmers will keep their facemask on while getting ready for practice and until their coach brings them over to the pool for the start of practice. When practice ends, swimmers are to put their facemask on and keep it on until they are in their transportation home.
- B) Coaches, staff, and volunteers will wear facemasks at all times inside the building except when they are providing instruction AND at least six feet from anyone else.

Practice Spectators

The spectator balcony will be closed for practice observation. Spectators will not be able to sit on the pool deck during practice, either. There will be an appropriate number of adult supervisors on deck for

all practices to abide by USA Swimming Minor Athlete Abuse Prevention Policies (MAAPP). Due to current New Jersey COVID requirements, parents/spectators are not allowed inside the building at all.

Practice Equipment

- A) All swimmers must have their own practice equipment. Sharing of any practice equipment is forbidden. Swimmers must take all their practice equipment home with them each day, as nothing can be stored at GCIT.
- B) If equipment is forgotten, swimmers will not be able to “borrow” from the lost and found.
- C) Any team owned practice equipment will be fully sanitized by the GPAC staff prior to and immediately after each usage. This equipment may only be used at the direction of and under the supervision of GPAC staff.

When Someone Becomes Ill After Arriving at the Facility

- A) The individual will immediately be removed from the pool area and isolated as per GCIT policy. If the individual is a minor, the GPAC staff member designated as the manager on duty will remain with the athlete, maintaining proper distancing and using the required PPE, until that individual’s parent or guardian arrives.
- B) The individual will leave the facility and follow the protocols for illness, potential COVID infection, and testing set forth in that separate document.
- C) All swimmers in the athlete’s lane as well as adjacent lanes will be removed from practice as a precaution. Their parent/guardian will be notified to pick them up (following the building exit protocols). Parents/Guardians will be urged to monitor these athletes’ health closely.

When Practice Ends and Exiting the Building

- A) When practice ends, swimmers should maintain proper social distance when exiting the pool and moving toward their personal belongings.
- B) Swimmers should put their facemask on as soon as they exit the pool. Swimmers must quickly dry off, get dressed, pack up their belongings, and exit the facility.
- C) Swimmers are not permitted to remain inside the facility more than 10 minutes after their practice has ended. This applies to swimmers with family members in later practice groups.

Athlete pick up

- A) PARKING OR IDLING CARS ALONG THE CURB OR SIDEWALK IS STRICTLY FORBIDDEN. All those providing transportation for GPAC athletes are expected to follow all traffic and parking regulations of the GCIT parking lot.
- B) Parents must arrive no later than 10 minutes PRIOR to the scheduled end of practice to ensure all swimmers are picked up on time and not waiting outdoors for pick up.
- C) Parents/guardians should park their cars and must physically stand outside of the exit doors, maintaining proper social distancing and wearing a facemask (even when outdoors) to pick their swimmer up and walk them to their properly parked cars. PERSONAL SAFETY IS OF THE UTMOST IMPORTANCE! WE DO NOT WANT SWIMMERS WALKING OR RUNNING THROUGH THE PARKING LOT TO CARS NOR DO WE WANT THEM WEAVING THROUGH CARS ILLEGALLY PARKED ALONG THE CURB.