

UDAC RED DRAGONS

Return to UDHS Pool Plan



Ensuring a safe return to the pool

Coaches and 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 their household has symptoms or tested positive for COVID-19.
- They have been exposed to anyone who has symptoms or tested positive for COVID-19.
- They have traveled to an identified “hot spot”, per the PA travel guidelines (must quarantine for two weeks upon return):
<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>

Athletes must come to practice...

- Wearing a face covering when entering and exiting the facility and in all public areas of the facility, per PA requirements
- Wearing their swimsuit
- Pre-showered at home
- With a full, clearly marked water bottle
- Prepared to follow all physical distancing requirements
- With their own training equipment, clearly marked with their name

BEFORE PRACTICE INSTRUCTIONS

1. Dropping off in UDHS APLEX parking lot –

Athletes will be dropped off in the APLEX parking lot and make their way to the temperature check station, maintaining physical distancing while in line.

Athletes must wear a face covering

Athletes should not arrive more than 5 minutes prior to the start of their practice.

2. Temperature check –

Athletes will have their temperature taken by a no-touch thermometer upon entry into the lobby.

Athletes will be asked if they have (1) specific symptoms such as fever, cough, or difficulty breathing, or (2) have been in contact with someone who has symptoms or has tested positive for COVID-19.

Athletes with a 100.4°F fever or answering “yes” to any of the questions will not be permitted to enter the facility.

BEFORE
PRACTICE
INSTRUCTIONS
cont'd

3. Swimmers will wait in designated area until earlier practices finish

Athletes will enter the deck via the grey doors from the lobby area, after temp check.

Athletes will wear face coverings until instructed to remove them for practice.

4. Go to Assigned Lane –

Swimmers will be given a pre-assigned lane and end of the pool (deep/shallow).

5. Set training items behind lane –

Any items brought into the facility (such as a towel, clothes, shoes, etc) shall be placed in their specific area.

After practice, it is the athletes/families responsibility to disinfect any items set down at the facility.

PRACTICE INSTRUCTIONS

6. Minimal number of swimmers per lane, starting from opposite ends of the pool.

7. Swim workout –

Athletes must come to practice with their own training gear and equipment bags, clearly marked with their name- NO SHARING

Athletes/Families are responsible for sanitizing training gear after each practice

8. We will be operating a clean pool deck meaning no spectator seating on the pool deck

DEPARTURE INSTRUCTIONS

1. Dry off and retrieve items –

Athletes must put on their face covering upon exiting the water and drying off their face.

The locker rooms will be closed to swim team. Athletes are not permitted to shower on site.

USA Swimming rules specify that deck changing is not permitted.

Athletes need to plan to arrive and leave in their swim suits.

2. Following the approved flow of traffic, athletes will be dismissed

Coaches will direct the athletes toward the facility exit (back pool lot door), following a one-way traffic pattern.

3. Athletes will immediately proceed out the back doors of the facility –

Athletes will head to their cars or wait on the sidewalk, maintaining physical distancing from other members.

4. Parents, please wait in your cars for your swimmer(s) to come out.

PRACTICE FAQ's

COVID-19 SYMPTOMS

What if my athlete has symptoms or suspected exposure?

Athletes who are ill are not able to attend. Swimmers who have any members in their household who are ill may not attend for 14 days. Report any illness to udacdirector@gmail.com so staff can trace and ensure the safety of all our athletes.

What protective equipment is required?

Athletes must wear face coverings into and out of the facility

What precautions are coaches taking to keep athletes safe?

The coaching staff will wear masks during the entirety of practice, while indoor practices are held. Coaches will keep 6' physical distancing except in emergency situations.

Coaches will adhere to local and state guidelines regarding face coverings in public, as well as travel recommendations.

PRACTICE FAQ'S

Practice Preparedness

Can my swimmer participate if they are late to practice?

Given the shorter timeframe for practice we would prefer that all swimmers arrive on time. However, if a swimmer is late, they will still be allowed to participate. They must still follow all of the steps outline when arriving.

Can my swimmer borrow equipment?

Athletes must bring their own equipment to practice each day.

Can my swimmer leave equipment at the pool?

All personal items/equipment must be taken home at the end of practice each day.

PRACTICE FAQ's

Parents & Spectators

Are parents or spectators allowed onto the pool deck?

Parents and spectators are not allowed on the pool deck.

The balcony area is open for observation, per district guidelines. Social Distancing guidelines must always be adhered to and face coverings are required. We expect spectators to respect the guidelines. Coaches will not be responsible for monitoring the balcony area.

Changing and Locker Room Access

Can my swimmer take a shower or use the locker room after practice?

No. Out of an abundance of caution, the locker rooms will not be available for use by the swim team as we cannot guarantee that physical distancing can be maintained, nor is there enough time to properly clean the showers between practices.

Can my athlete deck change?

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

Where should my athlete go to the bathroom?

Athletes should use the bathroom at home prior to coming to practice. In an emergency, athletes will be able to use the bathrooms. With the abbreviated practices, swimmers should not plan to use the bathroom during practice time.

PRACTICE FAQ'S

Safe Sport & MAAPP

- How is UDAC complying with Safe Sport MAAPP with the new parent/spectator restrictions?

As a Safe Sport recognized program we take the safety of all our athletes very seriously. There will always be at least 2 UDAC coaches on deck, along with lifeguards, ensuring that all interactions are observable and interruptible.