

# Maryland Swimming Inc.

## COVID-19 Guide for Safe Re-entry to Outdoor Pool Facilities



The recommendations contained herein are intended to serve as a template, and are a compilation of current recommendations from a variety of sources.

### MD Swimming Goals:

- To help member clubs minimize risk and create the safest possible environment.
- To help member clubs minimize the exposure and potential contamination across groups and the club.
- To help member clubs find the resources to follow the strictest local, state, and federal guidelines.

It is expected that members of MD Swimming will be able to use this document as a starting point for developing a customized plan based on:

- individual facility requirements\*
- organizational limitations
- local, state, and federal regulatory requirements
- recommendations from USA Swimming (<https://www.usaswimming.org/utility/landing-pages/coronavirus>).

\*If your club is using a facility that is not one of your usual facilities, please provide information about the facility to Pat Kaplan at the MDSI office.

Many of these recommendations have been developed with the [Orders from the Maryland Department of Health](#) in mind, and are therefore NOT intended for general use by teams or LSCs outside of the jurisdiction of Maryland Swimming.

### Expectations for Swimmers

- **DO NOT COME TO THE POOL IF YOU ARE SICK.**
- **THE USA SWIMMING & MD SWIMMING NO DECK CHANGING RULE WILL STILL BE ENFORCED.**
- Locker rooms will only be used for emergency bathroom use (one at a time).
- Come to practice and leave practice with suit on.
- Shower and use the bathroom at home before coming to the facility.
- Use hand sanitizer immediately before entering the facility.
- Come to practice with a full water bottle. Do **NOT** share water bottles.
- Wear facial coverings to enter and exit the facility. Do not wear facial coverings in the water.
- Do not congregate before, during, or after practice.
- Vacate the facility or parking lot as soon as possible.
- **DO NOT SHARE EQUIPMENT.**
- Do not use shared facility equipment, including but not limited to, kickboards, pull buoys, paddles, fins, stretch cords, medicine balls, etc.
- Return directly to your personal items when practice ends and prepare to leave immediately.
- Do not store personal equipment bags at the facility.
- Label all personal items, so there is no mix up during practice.
- Respect all social distancing rules.

### Expectations for Coaches and Staff

- Wait in a location a minimum of 6 ft away from any seating grid or lane entrance area while the swimmers enter for practice.
- Staff/Coaches who interact with others should wear face coverings whenever possible.
- Maintain a minimum 6 ft distance from the edge of the pool at all times during the workout (while wearing a face covering).

Developed June 1, 2020; Governance reviewed June 2, 2020; Distributed June 4, 2020

- Return to a location a minimum of 6 ft away from any seating grid or lane entrance while aiding in pool and facility exiting.

### **Expectations for Parents**

It is recommended that parents **NOT** enter the facility:

- Parents may observe practice from outside the facility.
- Ensure adherence to all MAAPP and Safe Sport guidelines.
- Parents who wish to enter the facility will be subject to the same entry standards as coaches, staff, and swimmers, including total number of people allowed with any one practice group.

### **Facility Entry Procedures** (One way if possible)

- Remain in your car until a staff member indicates the facility entry procedures can begin.
- Line up at designated 6-feet-apart-markers outside of the facility. If no markers, stay 6 feet apart.
- Do not advance until the marker in front of you has been cleared.
- Follow assigned lane assignment/seating grid, etc.
  - The same designation should be used each time the swimmer enters the facility.
- Wait for instructions from the coach before entering the pool.

### **Facility Exit Procedures** (One way if possible)

- Stagger pool exit and follow designated facility exit procedures.
- Line up to exit the facility at the 6 ft markers on deck and only move forward once the marker in front of you has cleared.

### **Screening Survey**

We suggest that each member refrain from attending practice until they are able to answer NO to each question. Clubs are encouraged to alert families of this screening tool so they may self-screen and self-exclude.

1. Have you have tested positive for COVID-19, or are you presumptively positive for COVID-19 based on your health care provider's assessment or your symptoms?
2. Are you currently experiencing, or have you experienced in the past 14 days, any of the following symptoms? (Please take your temperature before you answer this question.)
  - Fever (100.4° F/37.8° C or greater as measured by an oral thermometer)
  - Cough
  - Congestion or runny nose
  - Shortness of breath or difficulty breathing
  - Sore throat
  - New loss of taste or smell
  - Chills
  - Head, muscle, or body aches
  - Fatigue
  - Nausea, diarrhea, or vomiting
  - Bright red (or any) rash
3. In the past 14 days, have you been in close proximity to anyone who was experiencing any of the above symptoms or has experienced any of the above symptoms since your contact?
4. In the past 14 days, have you been in close proximity to anyone who has tested positive for COVID-19?
5. In the past 14 days, have you travelled outside the State of Maryland?
6. In the past 14 days, have you been on a commercial flight or traveled outside of the United States?
7. In the past 14 days, have you been in close proximity to anyone who has traveled outside the State of Maryland, been on a commercial flight, or traveled outside of the United States?
8. Have you been tested for COVID-19 and are waiting to receive test results?
9. In the past 14 days, based on the above or other symptoms, have you been told by any doctor, medical professional, or other authority to self-quarantine for any reason?

### **Cleaning of the Facility**

- If the facility agreement requires cleaning by the club, please refer to the Directive and Order Regarding Swimming Pools Pursuant to Executive Order 20-05-27-01.

### **Practice Group Recommendations**

- Make every effort to keep groups of swimmers and coaches together to minimize exposure or contamination throughout the club.
- Determine the number of swimmers per lane based on the ability to maintain the appropriate social distancing requirements at all times.
  - Currently, the State of Maryland requires outdoor youth sports practices to be limited to maximum group sizes of 10, including the coach.
- Allow for time between practice groups for all swimmers to exit the facility before the next practice group enters.

### **COVID-19 Symptoms Protocol**

- Immediately separate staff, patrons, or swimmers who develop COVID-19 symptoms.
- Safely transport anyone who is sick to an appropriate location.
- Close off any area used by a sick individual.
  - Do not use the area until cleaned and disinfected.
  - It is recommended by the CDC to wait 24 hours before use again.
- Follow the COVID-19 reporting protocols of the facility.
- Inform families of contact with a suspected COVID-19 case and encourage them to self-quarantine and seek medical advice.
- Refer to the above 'Screening Survey' for a list of COVID-19 symptoms. Refer to CDC for a [complete list of symptoms](#).

### **Signage**

- Please be aware, the following are required by the State of Maryland. Each item below has a link to signage.
  - [Telling patrons not to enter if sick](#)
  - [Handwashing and cover your cough reminders](#)
  - [Social distancing reminders](#)
  - Reminders to shower before entering the pool (no link available)
  - [MD Dept. of Health signage webpage](#)

### **Athlete, Family, Coach, and Staff Education**

- Consider including the following in communications to athletes, families, coaches, and staff
  - Entry and Exit of facility
  - Social distancing markers
  - Expectations for Personal Protective Equipment (PPE)
  - Use of bathrooms and locker rooms
  - Placement of bags and personal items
  - Seating grid if appropriate
  - Organization of swimmers in lanes
  - Off limit areas of the facility
  - Drop off, pick up, parking lot, and parent expectations