

FREDERICK AREA SWIM TEAM (FAST) COVID-19 (CORONAVIRUS) POLICY, DISCLOSURE

The purpose of this Agreement is to 1) state our Coronavirus (COVID-19) Pandemic policy and procedures; 2) identify what steps we are taking with respect to the current health crisis; and 3) make it clear that, as a condition of participating in swimming or other workouts with the Frederick Area Swim Team (FAST) during this health event, you are waiving your rights to bring a lawsuit or make a claim of any kind against Frederick Area Swim Team (FAST), Maryland Swimming and USA Swimming or its coaches and personnel for anything relating to Coronavirus, including any claims for liability.

Frederick Area Swim Team (FAST) is committed to the safety of its members, coaches, staff, and others who support our swimming community. Frederick Area Swim Team (FAST) is also committed to doing what is needed to prevent the spread of this virus in the community. This policy addresses the challenges we see with COVID-19.

Coronavirus Information

We depend on the Center for Disease Control and other public authorities for guidelines and guidance. We are all affected by the spread of this virus, as a person who may become ill or as a person who may contribute to its spread through the community, or both. Everyone, including those who are less at risk, including our youth, are urged by the CDC to take precautions. The CDC recommends in order to slow the spread of COVID-19 there are some things everyone should do:

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Avoid close contact with people inside your home who are sick. Outside your home, stay six (6) feet apart between yourself and others who do not live in your household.
- Cover your mouth and nose with a mask when around others in public settings and when around people who do not live in your household, especially when other social distancing measures are difficult to maintain.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

The CDC explains that our youth are at risk, explaining that “[t]he symptoms of COVID-19 are similar mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported. It’s not known yet whether some children may be at higher risk for severe illness, for example, children with underlying medical conditions and special healthcare needs. There is much more to be learned about how the disease impacts children.”

Rules and Guidelines for Re-Opening

1. Parents must monitor their swimmer's health. No swimmers who are sick or have been in contact with anyone who might be sick with COVID-19 or related illnesses should participate.

- Anyone diagnosed with COVID-19 must self-report and self-quarantine for 14 days, as should anyone in their household.
- All reporting should be made directly or via email to the Head Coach, Cheryl Linscott fastcoach@aol.com, in order to monitor contacts and early signs of transmission within the team or groups.
- The Head Coach will notify Frederick Area Health Department (FCHD) and the Frederick County Public Schools (FCPS) of any reported cases.

Note: Every swimmer's or family member's health information is held in strictest confidence, and FAST will not share information regarding a team member's health status with any other FAST team member.

- These reporting and quarantining requirements also apply to swimmers, coaches, or staff who have knowingly come in contact with anyone who has been diagnosed with COVID-19.
 - If anyone is experiencing any of the atypical symptoms such as unexplained rash, headache, diarrhea, vomiting, body aches, shortness of breath, cough and fever, they should consult with their physician or medical personnel. One option for curbside testing is at the Frederick Health Hospital at Frederick Health Village (behind the Walmart on Monocacy Blvd) 1 Frederick Health Way, Frederick, MD 21701, 7 a.m. – 2 p.m.
2. All coaches will take their temperature every morning and send results to the Head Coach. These records will be retained for one (1) year.
 3. All swimmers **MUST WEAR A MASK OR BANDANA TO COVER YOUR FACE, TO AND FROM PRACTICE.** All swimmers are required to observe social distancing before, during and after practice.
 4. Swimmers are encouraged to arrive only 15 minutes early for practice and wait inside your car and walking in separately, 10 feet apart, until the swimmers in the practice before you, have left the deck. A coach will come outside to signal when you are safe to enter.
 5. Swimmers must enter the pool through the door marked "Enter" and depart through a different door marked "Exit." Door location will vary depending on Frederick County Public School (FCPS) property.

6. Parents are not allowed on deck. If parents wish to wait for their child, they must stay in their car if they intend to stay on the Frederick County Public School (FCPS) property. No exceptions will be permitted.
7. Swimmers must arrive at the pool prepared to swim, including a full water bottle. NO LOCKER ROOMS OR SHOWERS. No deck changing. Swimmers must wear their suit to the pool.
8. Swimmers will immediately report to their assigned spot on the pool deck (adjustments may be made after you arrive) and put their pool bag in their designated spot.
9. There will be no kick boards or pull buoys used in the training. Swimmers may not share any equipment: goggles, paddles, water bottles, etc. Therefore, NO SHARED EQUIPMENT.
10. Swimmers will start in the water at their designated spot and will remain 6 feet apart. Practices will be limited to 30 swimmers and no lane lines will be used.
11. Locker rooms will remain closed. If swimmers use the toilets (for emergencies only) they must clean it thoroughly following use and report to your coach which stall you used. Cleaning products will be provided to wipe down the door latches, toilet seat, sink counter and water faucet handle.
12. Depart the practice immediately at the end of practice and before the next group arrives. Swimmers must exit 10 feet apart. Wear your suit home from practice.
13. Swimmers and parents cannot loiter in parking lot. It is recommended that you drop off your swimmer and pick them up after practice.
14. Parents must be ready to pick athlete up as soon as practice ends
15. Swimmers who do not follow these rules will be removed from practice.
16. All swimmers must have a responsible adult acknowledge the risk of participation with regard to COVID-19 and related illnesses and by signing a waiver.

Actions Taken by Frederick Area Swim Team (FAST)

Besides this policy, we are monitoring chlorine levels in the pool. The CDC currently advises that “[t]here is no evidence that COVID-19 can be spread to humans through the use of pools and hot tubs. Proper operation, maintenance, and disinfection with chlorine of pools and hot tubs should remove or inactivate the virus that causes COVID-19.”

ACKNOWLEDGEMENT, WAIVER, AND ASSUMPTION OF RISK

We acknowledge that we have read and are aware of the risk of the spread of the COVID-19 virus by participating in Frederick Area Swim Team (FAST) swimming practices at this time. We acknowledge that we have read these policies on handling this matter, and have been referred to the Center for Disease Control website to understand this pandemic, its risks, and how to mitigate community spread of this illness.

Frederick Area Swim Team (FAST) discloses that:

There are certain risks of practicing swimming in a group at this time. The virus can spread before another person shows signs of the virus or is symptomatic. The CDC advises that everyone should:

- Continue to practice personal protective measures.
- Continue to put a household plan into action.
- Consider staying at home and avoiding gatherings or other situations of potential exposures, including travel, if you are an individual at increased risk of severe illness.
- Stay at home if you might infect an individual at increased risk of severe illness. Frederick Area Swim Team (FAST) also requires that anyone who is sick, has symptoms of COVID-19 or who has reason to believe they have had contact with anyone with COVID-19 should not participate in any manner or attend a practice.

You understand and acknowledge that COVID-19 is caused by a new virus. There is much to learn about its transmissibility, severity, and other features of the disease. The virus is thought to spread mainly from person-to-person. It is thought to spread between people who are in close contact with one another and through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

You acknowledge that there are risks and dangers with regard to COVID-19 and being in a public setting, including a swim practice. These risks and dangers may be caused by the negligence of participants, other swimmers, accidents, breaches of protocols, the forces of nature or other causes, and may be from foreseeable or unforeseeable causes.

If your non-adult swimmer, participates in a Frederick Area Swim Team (FAST) practice, you (and he or she) assume all risks and dangers and all responsibility for any losses, damages, or injuries, whether caused in whole or in part by the negligence or other conduct of the owners, agents, officers, employees of Frederick Area Swim Team (FAST), or by any other person.

I HAVE READ THE ABOVE WAIVER AND ASSUMPTION OF RISK AND BY SIGNING IT AGREE IT IS MY INTENTION TO EXEMPT AND RELIEVE FREDERICK AREA SWIM TEAM (FAST), FREDERICK COUNTY PUBLIC SCHOOLS (FCPS), MARYLAND SWIMMING AND USA SWIMMING FROM LIABILITY OR PERSONAL INJURY, PROPERTY DAMAGE, OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE WITH REGARD TO COVID-19.

Swimmer(s) Name & Age

Parent/Guardian printed name

Signature of Parent/Guardian

Date