

AGUA

Return to Pool Plan

Enabling athletes to safely return to the pool



Ensure Athletes are Safe to Return to the Pool

ATHLETES ARE NOT PERMITTED TO ATTEND PRACTICES IF:

- They have experienced any symptoms of COVID-19 in the past 14 days including fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, sore throat, abdominal pain/diarrhea or new loss of taste or smell.
- They have tested positive for COVID-19 in the past 14 days.
- They have knowingly been in close contact in the past 14 days with anyone who has tested positive for COVID-19 or who has had symptoms of COVID-19.

PLEASE NOTE: All athletes are required to stay current with and comply to state and federal regulations regarding travel and quarantine. This is subject to change at any point.



What to Bring to Practice at Asphalt Green

No other swimming equipment will be used at this time. Please limit your personal items to those listed below:



FACE MASK

Athletes will be required to wear a face mask at all times within Asphalt Green with the exception of in-water training.



ARRIVE IN SWIMSUIT

Athletes will not be permitted to change in the locker rooms before or after swimming.



TOWEL

Towels cannot be borrowed from Asphalt Green.



CAP & GOGGLES

Athletes will need to put on and adjust **their own** cap and goggles. They will not be permitted to ask for assistance.



WATER BOTTLE

Refillable water stations are temporarily closed at this time. Swimmers must bring their own filled water bottle. Swimmers may bring two bottles if needed.



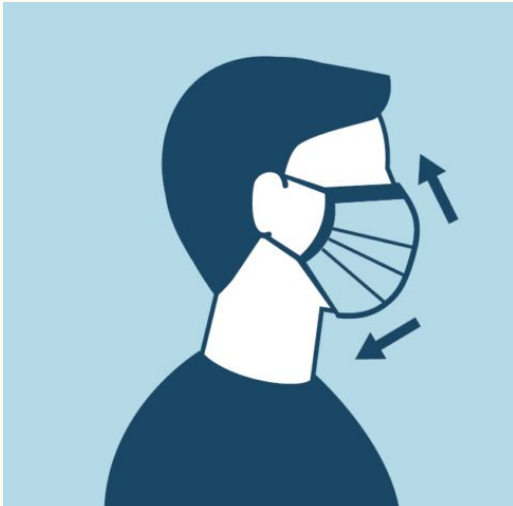
AG IDENTIFICATION CARD



PERSONAL HEALTH ITEMS

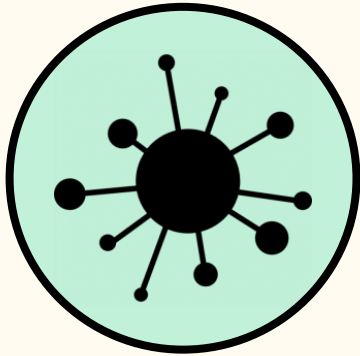
How to Wear Your Mask at Asphalt Green

Masks must be properly worn at all times within the Asphalt Green facility with the exception of when athletes are training in the water. Masks should cover both mouth and nose completely. Any swimmer without a properly worn mask will not be permitted entry.

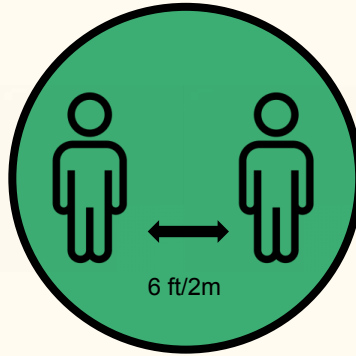


Return to Pool

CHLORINE &
COVID-19



RETURN TO POOL
ROADMAP



AGUA FAQ



Chlorine & 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...

VIRUS TYPE THAT CAUSES COVID-19 IS KILLED EASILY

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/disinfection-testing.html>

WHO

https://www.who.int/water_sanitation_health/bathing/srwe2full.pdf

USA Swimming

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

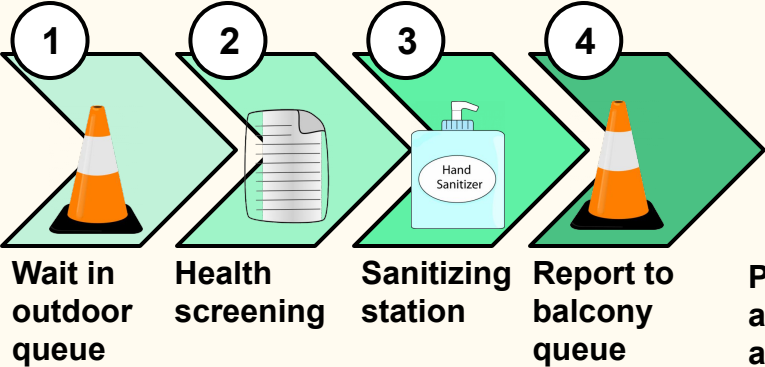
ASPHALT GREEN



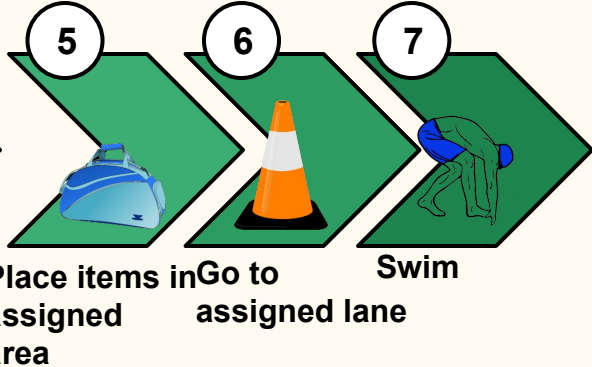
Asphalt Green is committed to following all pool chemistry guidelines from the CDC to ensure the highest level of safety.

Return to Pool Roadmap

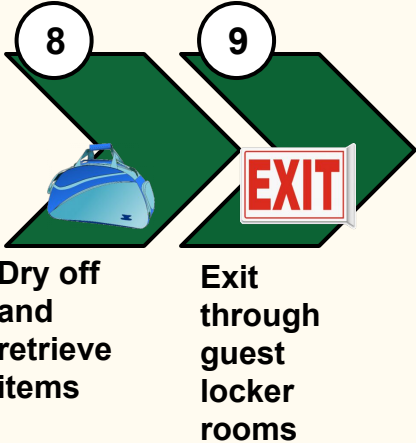
ENTRY CHECK



SAFE SWIMMING



DEPARTURE

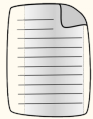


Return to Pool: Entry Check



1 WAIT IN OUTDOOR QUEUE

Parents are permitted to drop off swimmers outside the gate to Asphalt Green. Swimmers must arrive with masks on. Any swimmer waiting without a mask on properly will not be permitted entry. Waiting points for the queue will be marked on the walkway between York Avenue and the AquaCenter entrance. Please see slide 10 for a visual aid.



2 HEALTH SCREENING

Asphalt Green will be conducting a health screening for swimmers. Further details to come.



3 SANITIZING STATION

Hand sanitizer will be available before moving to stage four.



4 REPORT TO BALCONY QUEUE

Swimmers will follow marked path up the stairs to the second floor balcony. Swimmers will queue on the balcony with masks still on (waiting points will be marked).

Return to Pool: Safe Swimming



5 PLACE ITEMS IN ASSIGNED AREA

Swimmers must follow their coach from the balcony to the pool deck, while maintaining six feet of social distance. They will place their personal items in their designated location by their assigned swimming lane.



6 GO TO ASSIGNED LANE

Remove mask and proceed directly to assigned lane, giving best effort to maintain social distance.

Enter pool safely while maintaining six feet of social distance. Please see slides 12 & 13 for lane assignment layout.



7 SWIM

Swim safely while maintaining six feet of social distance.

Swimmers must be able to adjust their own caps and goggles. We will not be implementing training tools (snorkels, kickboards, etc.) in phases one, two or three.

Return to Pool: Departure



8 DRY OFF & RETRIEVE ITEMS

Athletes will dry off at the pool, face first. Swimmers must put mask back on before proceeding. The locker rooms will be closed. Athletes will not be permitted to change on site but may quickly put clothes on over their swimsuits on deck.

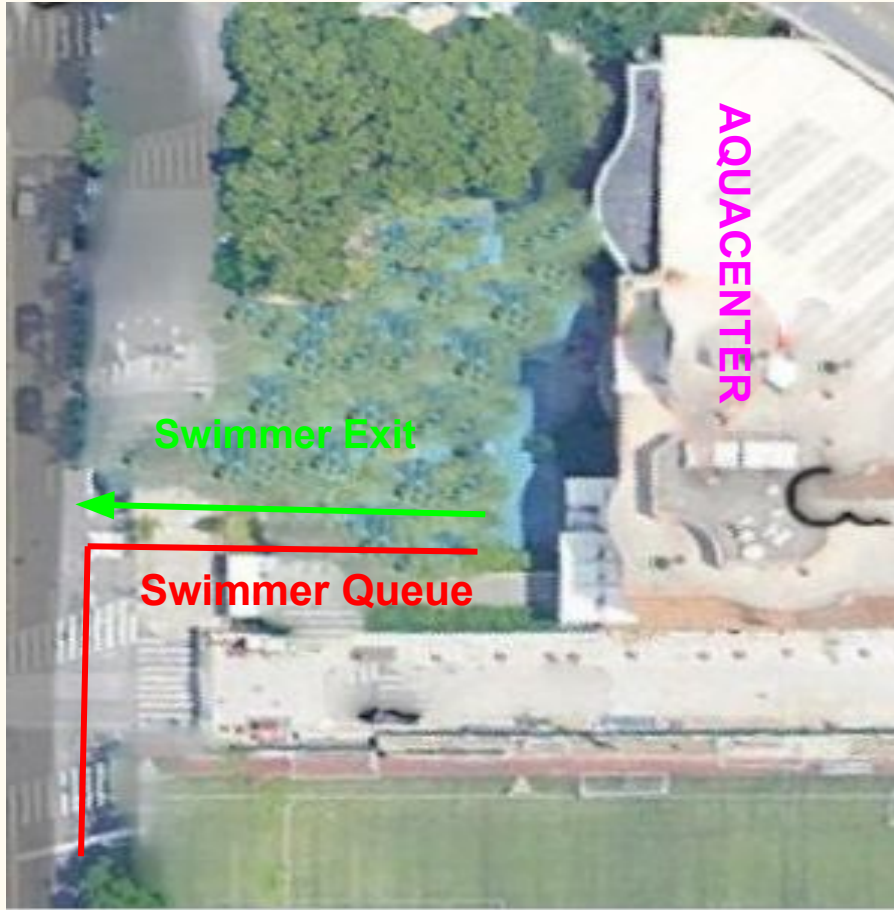
Via USA Swimming rules, deck changing is not permitted. Athletes need to arrive and leave in their swimsuits.



9 EXIT THROUGH GUEST LOCKER ROOMS

With masks on, swimmers will follow the walking path marked along the pool deck and will exit through either the men's or women's guest locker room. Please see slide 11 for a visual aid.

Parents waiting to meet their swimmers must be outside the gate to Asphalt Green.



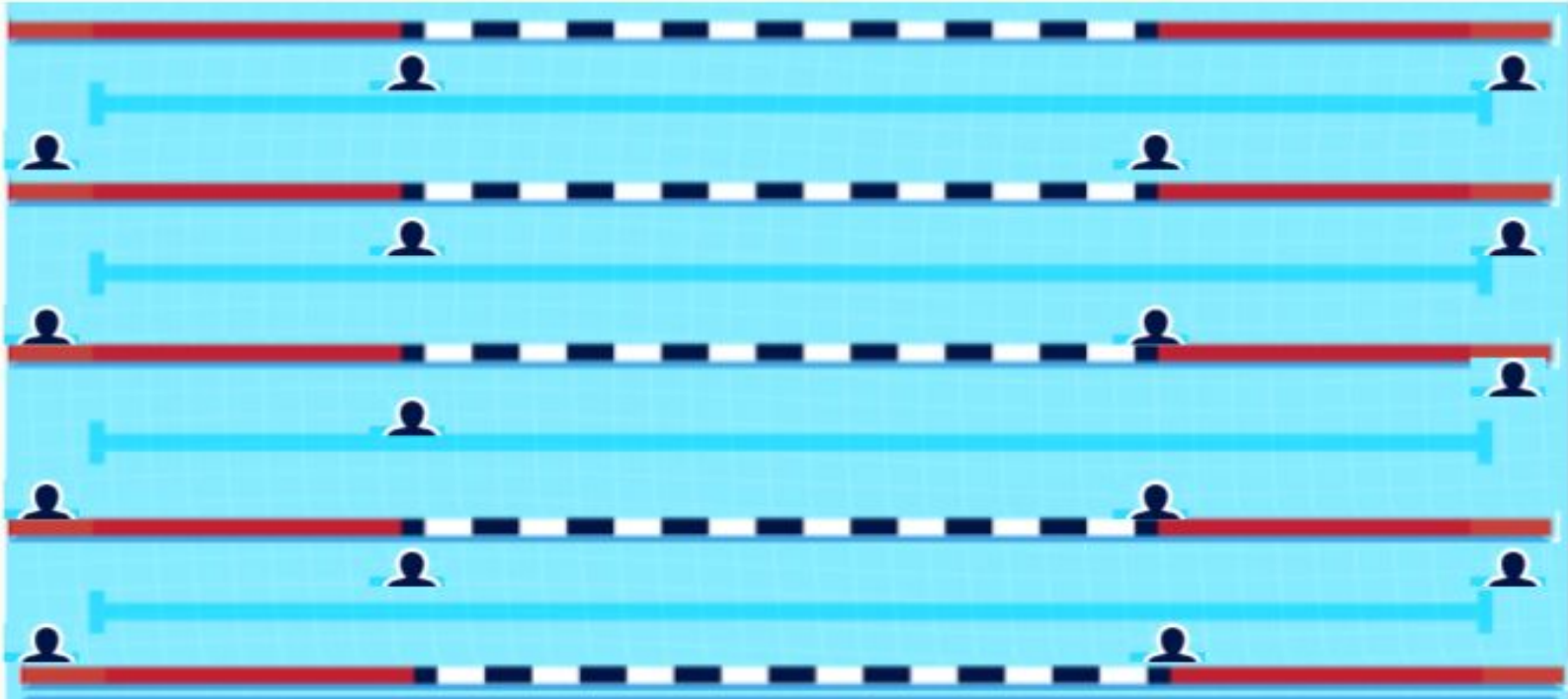
ENTERING THE ASPHALT GREEN FACILITY

1. Swimmers must arrive at the AquaCenter on York Avenue
2. **Swimmers only**, with mask properly worn, may enter the gate and queue on the walkway
3. Enter building with mask properly on and follow entry procedures

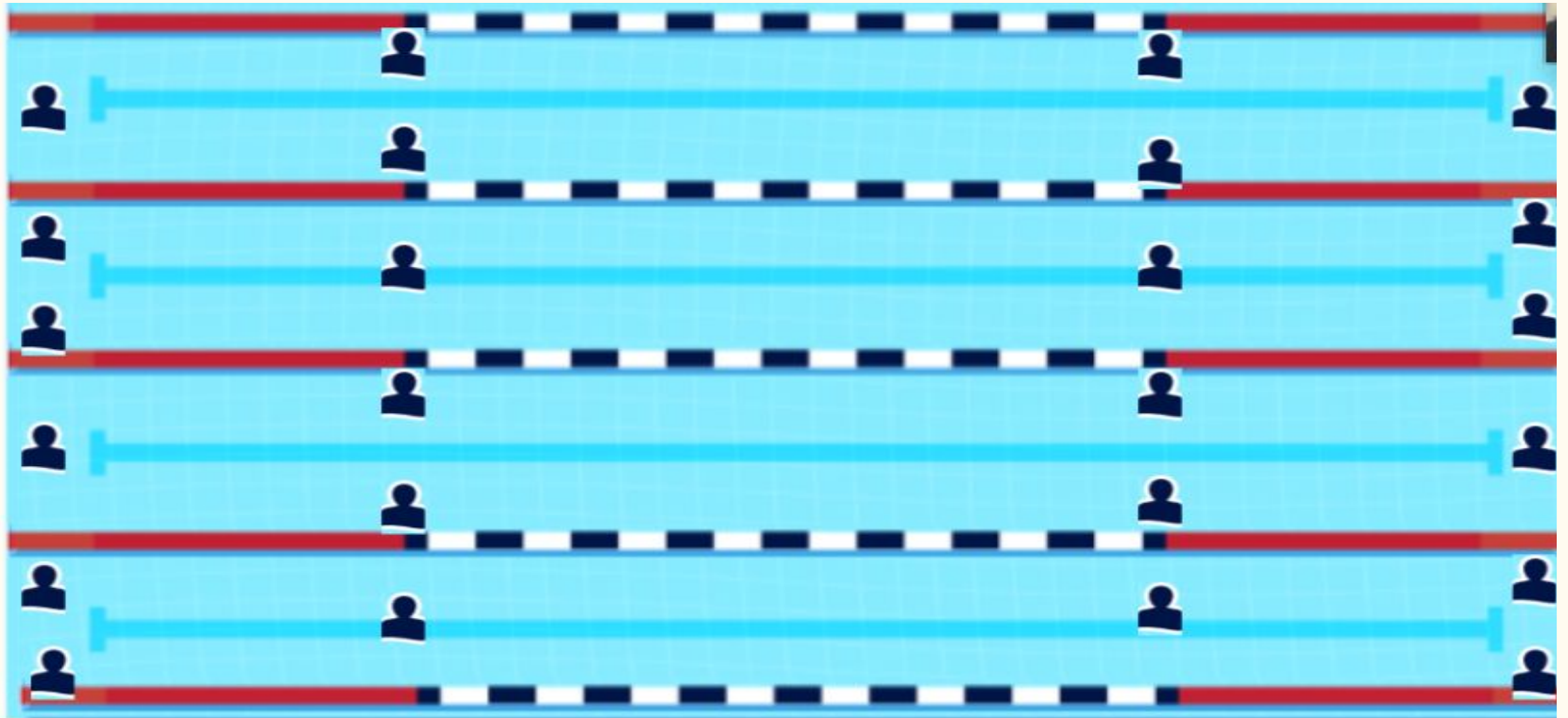
EXITING THE ASPHALT GREEN FACILITY

1. Exit through the main AquaCenter door, **parents must meet swimmers outside of the gate on York Avenue**

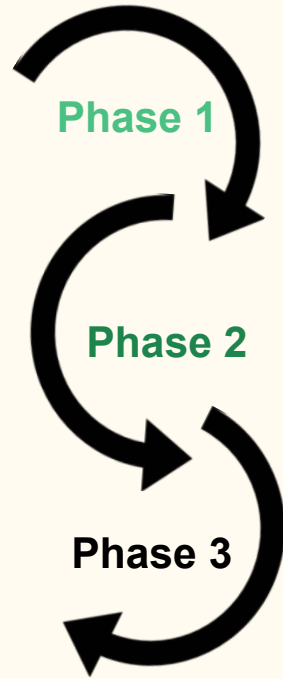
Lane Set Up - 4 per lane



Lane Set Up - 6 Swimmers Per Lane



AGUA Phases for Reopening



PHASE 1

Safety measures including health screening, sanitizing stations, 6-foot social distancing out of the water, limited group sizes, no locker room use, no changing on site, no parents/spectators, entry and exit guidelines, time gaps between practice groups

National, Senior II, Senior I: 4-6 swimmers per lane

PHASE 2

Phase 2a: Include AG3 & AG4; 4-6 swimmers per lane

Phase 2b: Include AG1 & AG2; 4-6 swimmers per lane

PHASE 3

Re-evaluation of entry & exit procedures

Full team; 4-6 swimmers per lane

AGUA FAQ

COVID-19 SYMPTOMS

- What if my athlete has symptoms?
 - Athletes who are ill or have shown symptoms including fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, sore throat, abdominal pain/diarrhea or new loss of taste or smell are not able to attend for 14 days.

PLEASE NOTE: All athletes are required to stay current with and comply to state and federal regulations regarding travel and quarantine. This is subject to change at any point.

- What if my athlete has been exposed to COVID-19?
 - Swimmers who have had any members in their household ill may not attend for 14 days. *In lieu of a 14-day quarantine you may provide a negative COVID-19 test or excusal from a doctor.*
- What protective equipment is required?
 - Swimmers are required to wear a mask into and out of the facility at all times outside of being in the pool.
- What precautions are coaches taking to keep athletes safe?
 - Coaches will wear masks and have hand sanitizer available.
 - Coaches will keep 6' social distancing except in emergency situations.



AGUA FAQ

PRACTICE PREPAREDNESS

- Can my swimmer participate if they are late to practice?
 - No, swimmers will not be permitted to enter the facility or participate if they are late to practice.
- Can my swimmer borrow equipment?
 - Due to an abundance of caution, we will not be using training equipment including but not limited to kickboards, pull buoys, snorkels and fins. Swimmers will not be permitted to leave personal belongings at the facility.
- Can my swimmer participate if they do not have their own cap and/or goggles?
 - Swimmers will not be permitted to train without this necessary equipment.

Swimmers who are not wearing a mask properly will not be permitted to enter the AquaCenter.



AGUA FAQ

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 gathering.
 - Drop off and pick up will be on York Avenue, outside the gates to the Asphalt Green AquaCenter facility. Only swimmers with proper masks may wait in the queue.
 - As restrictions ease, parent access will be re-evaluated and updated accordingly.

CHANGING & LOCKER ROOM ACCESS

- Can my swimmer take a shower in the locker room?
 - No, out of an abundance of caution, the locker rooms will not be available for use. However, they may quickly rinse off via the on-deck showers. Athletes are advised to shower when they return home.
- Can my swimmer change in the locker rooms after practice?
 - No, the locker rooms will not be available for use.
- 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. However, swimmers may quickly dry off and put clothes on (mask first) over their suit.
- Where should my athlete go the bathroom?
 - The family bathrooms will be open for use only during the swimmers practice time, and on an **emergency-only** basis. Practices will be slated to be under 1.5 hours to limit use.



AGUA FAQ

TRAINING GROUPS & PRACTICES

- Will my swimmer be in the same training group as before COVID-19?
 - In order to comply with New York City mandates and reduce risk, AGUA will be running in much smaller groups than normal. Swimmers will be assigned a practice slot with swimmers of the same age and skill level.
- Will my swimmer be able to move groups?
 - Current AGUA group structures do not apply since we are not able to operate with normal-sized practice groups. Our priority is to ensure each athlete has an opportunity to return to the pool.
- When will my swimmer be permitted to move groups?
 - Group changes will occur when we are back to semi-normal operations and can allow more athletes in the water a time.
- Will practice times be similar to our normal practice schedule?
 - Due to social distancing measures, practices will be shorter, *have an interval between practice slots*, and minimal number of athletes. Thus, AGUA cannot maintain a normal practice schedule. Athletes will be slotted into smaller groups to ensure safe social distancing. Practice groups will be created by age and skill level.

SAFE SPORT & MINOR ATHLETE ABUSE PROTECTION POLICY (MAAPP)

- How is AGUA complying with Safe Sport MAAPP with the new parent restrictions?
 - AGUA will continue to maintain at least two coaches on deck at all times.



AGUA FAQ

ADDITIONAL TRAINING OPTIONS

- Will AGUA continue to host dryland?
 - Due to the continuing restrictions for swim practices, AGUA will continue to do dryland through Zoom. Please see coach emails for more updates.
- Can AGUA coaches offer private lessons?
 - If scheduling and space permits, coaches will be available for on-site private lessons. We will continue to offer virtual private lessons at this time.

JOINING AGUA

- Can swimmers join AGUA at this time?
 - AGUA will not be holding our standard September tryouts. AGUA may not be able to add new swimmers until social distancing measures are relaxed. Swimmers will be added, if space permits, to practice groups where a slot (lane) is available. Otherwise, swimmers can be added to a waitlist.



AGUA FAQ

PARENT PRACTICES & PREPAREDNESS

- How can I support my athlete's return to the pool?
 - With extended time away from the pool, the focus needs to be on injury prevention and returning to normal fitness levels - not on times or performance during our initial return. In collaboration with coaches, parents should aid their swimmer in setting realistic expectations to help athletes build a new metric of success.
- How can I support my athlete's return to AGUA & Asphalt Green?
 - It is each family's responsibility to become familiar with and fully understand all new training and facility policies and procedures.
 - Traditional opportunities for leniency - including but not limited to late arrivals, broken goggles and not adhering to new safety guidelines - will not be available during this time.

