

COVID-19 Re-Opening Guidelines

Coastal Maine Aquatics





INTRODUCTION

The following material is critical for each family to understand as we resume training and includes health screening, safety precautions and practice protocols. All CMA members (swimmers, parents, coaches) are expected to adhere to the guidelines included herein to stay safe and healthy. These procedures were developed from publicly available resources such as USA Swimming, the American Swim Coaches Association, and the Maine Center for Disease Control (CDC).

Any questions should be addressed to coaches, Lia Langeveld or Marcel Da Ponte.

COVID-19 FACTS

- **Symptoms** in teenagers can be extremely atypical. Unexplained rash, headache, diarrhea, vomiting, body aches, shortness of breath, cough, and fever can all be manifestations of COVID-19
- COVID-19 is **unlikely to be spread in chlorinated water**. The risk of spread is notably decreased in an open-air environment. The **highest risk** of transmission is cough, sneezes, or direct aerosolizing face to face encounters
- **Handwashing** with lathered soap and water is unequivocally more effective than wipes, hand sanitizer, or any other form of decontamination in reducing the spread
- The **asymptomatic spread** of COVID-19 is possible but less likely due to a lower viral load
- The key to **limiting spread** in group settings is to identify and isolate individuals with early symptoms at the beginning of the disease process
- If an athlete has symptoms, **self-quarantine is needed until symptoms resolve** per infection control recommendations
- Many of our athletes feel they are invincible. **Their risk of COVID-19 remains low** though not zero. They are however vectors of transmission. Parents are encouraged to remind athletes that precautions are to protect the athlete but also to limit spread to vulnerable individuals



HEALTH PRECAUTIONS

- All CMA families are required to sign the **CMA Covid-19 Waiver** (included in registration package) before their swimmer(s) are allowed back to the pool for training
- **Testing and Return to Practice:** Testing and results should be reported to the coaching staff to monitor contacts and early signs of transmission within the team or groups.
 - Athletes should seek testing when displaying any of the symptoms, before returning to practice.
 - Athletes/Families who have traveled to **NH, VT, CT, NJ or NY** may do so without a 14-day quarantine or Covid-19 testing being required upon returning to practice.
 - If there is travel to any other state in the contiguous United States, then a 14-day quarantine and/or Covid-19 testing would apply as per state mandates.
 - If testing is required, the athlete/s will need to supply Coastal Maine Aquatics with a negative Covid-19 test result before returning to practice.
- **Contact Tracing:**
 - A swimmer who has close contact of any COVID-19 positive individual should be removed from practice. To return to practice the swimmer should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual
 - Any COVID positive swimmer should report potential team contacts to coaches. Team contacts should include any teammate who has been within 6 feet of the infected athlete

DRYLAND PRACTICES

Generally, CMA will endeavor to follow CDC guidelines for staying safe and healthy outdoors

Personal Swimmer Conduct: To minimize the risk of transmission and help promote safety, the following personal athlete conduct is expected



Athletes who fail to adhere to these principles will be asked to leave training for the day. If violations continue, further action will be taken up to and **including suspension**

- No person-to-person contact
- Always stay 6 feet apart
- No horseplay
- Sneeze or cough into a tissue or upper sleeve/arm area
- Swimmers that drive themselves need to park spread out (**leave at least one parking spot space**) and not right next to other vehicles
- Parents should use a drop and go system
- Each athlete needs to bring a yoga mat to “Mark” their workout spot

SWIMMING SAFELY

Generally, CMA will endeavor to follow CDC guidelines for staying safe and healthy inside and outside the pool.

Personal Swimmer Conduct: To minimize the risk of transmission and help promote safety, the following personal swimmer conduct is expected. Failure to adhere to these principles will be asked to leave training for the day. If violations continue, further action will be taken up to and including suspension.

- No person-to-person contact
- Always stay 6 feet apart
- No splashing or spitting water at other swimmers and coaches
- No horseplay
- Sneeze or cough into a tissue or upper sleeve/arm area



Arriving at the Pool

- Before heading to the pool, please:
 - o Complete Self-Check Health Screen
 - o Swimmers will arrive and leave in their swimsuits
 - o Wash hands with soap and water for at least 20 seconds
 - o Bring a full water bottle to avoid touching tap or water fountain
- **Please arrive at practice 10-15 minutes early**; if you arrive earlier, stay in the car until 15 minutes before your designated practice time to avoid unnecessarily congregation at entry points.
- Swimmers, coaches, and parents are expected **to wear face coverings** when entering and leaving the facility.
- When arriving, **stay 6 feet apart** and arrive no more than 15 minutes before practice is scheduled to begin
- Swimmers will **wait in a designated cone area** prior to being allowed into the facility; Training groups will not be allowed into the facility until the previous training group has left the facility (a 10-minute buffer between training group finish and start times will be maintained)

During Practice

- Coaches will tell the swimmers when they can enter the facility; Swimmers will proceed to their assigned area to place their bags and then move to their assigned starting spot in the pool for training
- Swimmers will need to carry their equipment bags (e.g., snorkels) with them. Equipment bags will not be stored at the pool.
- Parents will not be allowed on the pool deck to keep the number of people at the facility to a minimum.
- We will follow USA Swimming recommendations for lane spacing to maintain social distancing; as a result, swimmer count in each lane will be reduced.



- Maximizing swim time and staying off the wall will decrease opportunities for transmission.

At the end of Practice and Leaving the facility

- When practices finish, coaches will direct the swimmers to exit the pool and go to their designated bag area.
- Leave promptly when practices finish; no changing or showering at the pool as locker room use will be minimized.

We would like to thank you in advance for your support, patience and understanding as we navigate these unusual times!

Go CMA! Go Sharks!

