



At PPSC, we are focused on the health and safety of our athletes, coaches, and swim families. These are unprecedented times and we need everyone's help preventing the spread of COVID-19. Below you will find PPSC's health screening, safety precautions and practice procedures. All swimmers, coaches, and parents are expected to adhere to these guidelines.

HEALTH SCREENING

We ask that you do a self-administered health screen before attending practice. Please answer the questions below each day before practice. The most concerning threat to a sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from practice (isolation), and strict guidelines regarding return to practice.

1. Have you had any of the following symptoms in the past 24 hours?

If you answer yes, please remain at home and do not return to practice until you are symptom free for 72 hours. If practical, go to a testing facility to be assessed.

- Unexplained rash
- Diarrhea
- Vomiting
- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches
- Sore throat
- New loss of taste or smell

2. Have you tested positive for COVID-19 or been diagnosed with COVID-19 within the last 14 days?

If you answer yes, all three of the following are required before return to practice: a minimum of 14 days of self-quarantine from the positive test, 72 hours with no symptoms, and a subsequent negative test. Testing and results must be reported to the coaching staff to monitor contacts and early signs of transmission within the team or groups.

3. Have you had close contact within the last 14-days with someone who has COVID-19 or who has any of the above symptoms? (Note: Close contact is defined as within 6 feet for more than 10 minutes per CDC Guidelines.)

If you answer yes, 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. Our commitment to each other is to provide clear communication and full transparency.

4. Have you traveled by air or to an area deemed high risk by Maine's CDC?

If you answer yes, to return to practice the swimmer will need to follow the Maine CDC guidelines, as outlined on their website: <https://www.maine.gov/dhhs/mecdc>. Again, our commitment to each other is to provide clear communication and full transparency.



SAFETY PROCEDURES

- All athletes must return a signed copy of the [City of Portland waiver](#) to be permitted to attend practice. If you signed this waiver over the summer, you do not need to submit it again.
- When athletes are at one of our facilities, they must practice social distancing and wear a face mask when not in the water. This includes when walking into and out of the buildings, walking around the pool deck, using the bathrooms, etc.
 - When drylands can be held outside, face coverings will not be necessary but social distancing guidelines need to be followed.
- Athletes will only be permitted to enter the building 10 minutes before their scheduled practice. If they arrive early, they must wait in their car until the appropriate time to enter the building.
 - Temperature checks will be conducted by coaches prior to athletes participating in practices. Athletes with a temperature over 100.2 degrees will not be permitted to swim or do drylands that day.
- Athletes must leave Riverton, Reiche or Kiwanis immediately at the completion of any practice. Please limit socializing in the parking lot before or after any practice.
- Athletes should be prepared to arrive and depart in their bathing suits.
- Swimmer's bags must be stored in designated areas to ensure social distancing on the pool deck.
- Swimmers MUST shower off using facility showers (locker room hallway showers at Riverton, bath house shower at Kiwanis) immediately PRIOR to entering the pool.
- Restroom breaks will be limited to one person at a time for each locker room. Locker rooms should not be used for changing or showering. A reminder that Safe Sport policy strictly prohibits deck changing.
- Athletes should bring their own water bottles (already filled). Use of the water fountains at the facility will be prohibited.
- Athletes must bring their own equipment (ex. kickboard, fins, pull buoy, etc.) to the pool. No city-owned equipment will be available to use. No equipment should be shared with other swimmers.
- Staff are required to wear PPE masks while on duty inside the facilities.
- Athletes will swim with a maximum of three (3) athletes per lane, staggering their start positions within lanes to ensure social distancing. This number may change at any time, as we follow city and state guidelines.



- Parents/spectators will not be allowed in the buildings or pool deck at any time and are expected to practice social distancing when waiting for their swimmer. We understand this may bring Safe Sport concerns. We will have multiple coaches, lifeguards, and staff on site always. This will allow us to exceed “two deep leadership” and operate well within the requirements of Safe Sport.
- We are limited in the number of people (swimmers included) that we can have in the facilities and city staff and USA Swimming highly recommend that spectators and/or parents ARE NOT in attendance, particularly at indoor facilities. This will help limit the amount of air exchange and contact with surfaces. If a parent does enter the Riverton or Reiche Community Centers, please wear a face mask and practice social distancing.

If you have any questions about these guidelines and procedures, please contact Head Coach Matt Baxter (matt@portlandporpoises.com) or the PPSC Board of Directors (board@portlandporpoises.com).