



At PPSC, we are focused on the health and safety of our athletes, coaches, and swim families. These are still 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.

- Diarrhea
- Vomiting and nausea
- Cough
- Shortness of breath/
difficulty breathing
- Fever and chills
- Headache
- Fatigue
- Congestion or runny nose
- Muscle pain or body aches
- Sore throat
- New loss of taste or smell

2. Have you tested positive for COVID-19?

If you answer yes, we ask for your cooperation in self-reporting to your child's coach. The CDC has different guidelines based on whether you have Covid-19 symptoms or not. Please read the CDC's guidelines on when it is safe for your child to return: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#quarantine>

3. Have you had close contact with someone who has COVID-19 or who has any of the above symptoms?

If you answer yes, we ask for your cooperation in self-reporting to your child's coach. The CDC has different guidelines based on vaccination status and if you have tested positive for Covid in the last 90 days. Please read the CDC's guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#quarantine>

4. Have you traveled internationally in the last 14 days?

If you answer yes, to return to practice the swimmer will need to follow the CDC guidelines outlined here: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>

SAFETY PROCEDURES

- Athletes will only be permitted to enter the building 10 minutes before their scheduled practice.
- Athletes only have 10 minutes to change into or out of their suits. Safe Sport policy strictly prohibits deck changing.

- Athletes should bring their own water bottles (already filled). Use of the water fountains at the facility is still 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.
- We are still limited in the number of people (swimmers included) that we can have in the facilities. The city will now allow one parent/guardian, per child, to be on the pool deck to watch practices. No siblings please.
- Parents are not allowed in the locker rooms.

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).