

## **GATORS COVID-19 PRACTICE REQUIREMENTS**

### **SELF-ADMINSTERED HEALTH SCREENING**

Please answer the following health screening each day before you come to the practice facility. Go to this link to fill out the health screening [https://docs.google.com/forms/d/e/1FAIpQLSfDljD8ZPKKBuxHBjSFIJMVCcIPuNwXb2woFYRaXDqWO5tPQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfDljD8ZPKKBuxHBjSFIJMVCcIPuNwXb2woFYRaXDqWO5tPQ/viewform?usp=sf_link). All questions MUST be answered for you to be allowed to enter the pool. We will also be checking athlete's temperatures at the entrance of the pool. The most concerning threat to an organized sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from practice (isolation), and strict adherence to guidelines regarding return to practice.

If you had any of the **following symptoms in the past 24 hours**, please remain at home and do not return to practice until you are symptom free for 72 hours. If practical, go to a Covid-19 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

**Have you tested positive for COVID-19 or otherwise 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 following a 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.

**Have you have had close contact in 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.

## **SAFETY EXPECTATIONS FOR PRACTICE**

- **There will be zero tolerance to not following these guidelines. If these guidelines are not followed you will be asked to leave practice.**
- **Every swimmer MUST BE REGISTERED with the Grosse Pointe Gators BEFORE they will be allowed on deck. \*\*NO EXCEPTIONS WILL BE MADE\*\* You will NOT be allowed to swim.**
- A "hold harmless" clause that you must agree to will be included in your registration process.
- Swimmers will not be allowed to attend other practices times other than their own.
- Athletes must arrive at least 10 minutes early to go through checks and get ready for practice. It is imperative that you arrive on time for your scheduled practice.
- Athletes need to arrive and depart in their suits.
- It is highly recommended that swimmers wear a mask to and from the pool and they will remove their mask when they go to swim. Masks are required for use of the restrooms.
- Restroom breaks will be limited to emergency use only. One person will only be allowed at a time. Please use the bathroom before arriving to practice. The Gators are not in control of the facilities and do not sanitize any areas of the pool or locker rooms. Locker rooms are not to be used for changing and **deck changing is strictly prohibited.**
- Athletes will have their temperature checked upon arrival and will not be permitted to enter should they show signs of a fever of 100.4F or higher.
- Athletes will be checked to see if they have filled out the health check on the Gators Health Check Google File.
- All athletes must practice social distancing, staying 6 ft. apart always before, during, and after practice.

- There will be cones set up for the athletes to stand and line up that are spaced 6 ft. apart.
- Each athlete will be assigned a lane that they will stay in for the entire session, unless they are moved by a coach during practice.
- Once athletes enter the pool area, they will go immediately to their assigned spot and await instructions from their coach.
- Athletes will leave their personal belongings in an assigned area to ensure social distancing on the deck. Within each assigned area there will be a cone for each swimmer to place their personal belongings. We ask that you only bring what is necessary for practice and limit the items that come into the facility.
- Athletes are not allowed to use facility chairs. If they would like to use a chair, we ask that they bring their own.
- Do not touch anything that you don't have to. I.E. Put your bag on deck, stand in your spot, go straight to the pool.
- Athletes should bring their own water bottles (already filled). Sharing of water bottles is prohibited. Use of the water fountains at the facility will be prohibited.
- Athletes will not be using equipment. Do not bring your equipment bags.
- Athletes must leave the pool deck immediately at the completion of any practice. There should be no socializing on the pool deck before or after any practice.
- The coaching staff is required to wear PPE masks on deck.
- Parents/spectators will not be allowed on the on the 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 3-4 coaches, multiple lifeguards, and other staff on site. At all times, we will be well beyond "two deep leadership" and well within the requirements of Safe Sport.
- For all of us to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are

away from the pool as well.

- Athletes and families who travel by air, or to an area deemed high risk by the staff, will need to self-isolate for 14 days before returning to practice. We are expecting clear communication and full transparency from families on this.

Swimming is a critical healthy activity within our communities. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know, with collaboration between USA Swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. With proper operation and maintenance (including disinfection with chlorine or bromine) of these facilities, we can safely come back to our sport.