

Coho Families:

Thank you for your support and patience as we continue to work through the process of reopening LCSC. Our goal is to be in the water on Monday, June 15, at Fairway Farms Swim Club, and Monday, June 29 at the City of Livonia's Botsford Pool. We understand that not all families currently feel comfortable returning to swim practice. While your participation is welcome, we understand and support any decisions to postpone your return to the water. We would like to emphasize that each family should do what they feel in their best interest.

As a reminder, our plan to reintroduce athletes to the water depends on everyone's (athletes, parents, and staff) cooperation and adherence to safety protocols. Please be sure to read through our safety expectations at the end of this document. We also expect everyone in the Coho family to continue practicing social distancing both at practice and away from the pool. By doing this, it shows you respect your teammates, their families, and LCSC Coho staff. Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in LCSC activities may be suspended. Our staff also reserves the right to discontinue practices at any time should they feel safety expectations are not being met.

Because of the restrictions in place for everyone's safety, training group sizes are initially restricted. Priority in registration will be placed first, on athletes with a history of excellent attendance over the past two years, and second, on attendance over the past year. If you have an athlete(s) in the Session IV program, we will be reaching out with specific instructions on arrival, social distancing, and departure procedures for both facilities.

While we understand that families may have multiple swimmers and that the current schedule may be difficult, it must be emphasized that there will be no exceptions on practice times. Thank you in advance for your understanding and cooperation.

LCSC COHO SELF-ADMINSTERED HEALTH SCREEN As health experts consistently remind us, Covid-19 is still an active virus without a cure. Each day upon arriving at swim practice, swimmers are expected to complete a brief health questionnaire. Additionally, please answer the following Health Screen questions each day before you come to either site. 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 guidelines regarding return to practice. This form is for personal or family use and you do not need to bring it 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 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 returning 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.

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.

ADDITIONAL SAFETY EXPECTATIONS

- All athletes must return a signed copy of the attached waiver to be permitted to attend practice.
- 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.
- Athletes must leave each facility immediately at the completion of any practice. There should be no socializing in the parking lot before or after any practice.
- Parents/spectators will not be allowed in the building 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 2 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.
- Athletes will be guided to a specific entrance to enter each facility.

- All doors to the building will be propped open to limit athletes from touching any surfaces.
- Athletes should be prepared to arrive and depart in their suits.
- Restroom breaks will be limited to one person at a time. Please follow each facility's guideline on restroom use. Locker rooms should not be used for changing and **deck changing is strictly prohibited.**
- There will be a plan for athletes to leave their personal belongings in an assigned space to ensure social distancing on the deck. We ask that you only bring what is necessary for practice and limit the items that come into the facility. Once athletes enter the building, they will go immediately to their assigned spot and await instructions from their coach.
- Athletes should bring their own water bottles (already filled). Use of the water fountains at the facility will be prohibited.
- Athletes will not be permitted to store their equipment bags at any facility. They must take them home after each practice.
- Athletes and staff are required to wear PPE masks on deck. Coaches will be wearing masks when interacting with pool staff, parents and before swimmers enter the water.
- At Fairway Farms, athletes will swim with a maximum of three (3) athletes per lane, starting from opposite ends of the pool and the 15-meter mark, and also will use the diving well (please see the diagram below). At Botsford, athletes will swim with an initial maximum of six (6) athletes per lane, starting from opposite ends at a minimum of 3 meter intervals (approximately 10 feet).
- For us all 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.

Best Regards, *Livonia*
Community Swim Club

**PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES
BELOW REGARDING COVID-19 VIRUS:**

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>