**Riptide Safe Return Plan – Athletes & Families**

**Updated 6-8-20**

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| **Prepping for reopen***Materials: athlete/family:** Thermometer & Clorox wipes
* Label all personal equipment and swim gear
* Check and clean all equipment

*Members: Pre-Swim:** Register for session or opt out
	+ Review COVID 19 Safe Return Guidance with family members; Included in registration and offer in-person meeting
	+ Waivers and indemnifications included in registration
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| **Pre-Swim Protocol** * Members take temp check before arrival (with parental assistance as needed)
* Members take pre-screen survey and print or show on phone upon arrival <https://www.sparrow.org/OccHealthScreening>
	+ Bookmark (Spectrum Health/Sparrow) site screening tool
	+ If RED do not come to practice
	+ If do not have green check mark from survey, cannot be on-deck
* Members bring and label water bottle (preferably a refillable bottle that is at least a 16 oz. size) and bring own wipes and hand sanitizer for their equipment
* For Dryland bring only necessary cloths and sneakers
* All facility equipment used onsite is sanitized with wipes by athletes following usage
* Encourage athletes to use bathroom prior to leaving home to limit exposure in the locker room
* Please contact coaching staff if your athlete will not be attending practice for any reason
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| **Arrival & Drop off** * After arriving, please remain in your car until 5 minutes before your stated practice time.
* Only swimmer can enter the facility through dedicated entrance and must maintain 6ft. social distancing between other athletes
* Practices are not open for spectators/parents. Please drop your athlete off and exit the facility. Do not linger in the parking lot.
* Safe Return personnel outside to great and screen (Stop Light) per above
* At door/entrance to pool show staff screen shot (parents may show screen shot from their phone if their swimmer does not yet own a phone or they may print the screen shot – include athletes first and last name. Maintain physical distance of 6 feet between athletes if not in same household. A deck monitor will assist with deck access.)
* Remain on deck; locker rooms are not available for changing
* Place gear/equipment on bench with 6-foot distance between bags. Swimmers in same household can group bags together
* Remove equipment needed and place at end of lane
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| **On Deck Activities** * Dynamic stretch with physical distance of 6 feet between you and other athletes. Possibly distribute these activities prior
* Wipe down any equipment immediately after use
* No use of facility drinking fountains
* Locker rooms/restrooms will be controlled for emergency use during practice with one swimmer accessing the facilities at a time. A deck monitor will control access to restrooms.
* Equipment rooms will be controlled. A deck monitor will assist with control to access of equipment rooms
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| **Practice** * Swimmers move to assigned lanes and enter water.
* Maintain 6’ physical distancing. Members of same household will be place in same lanes when abilities permit
	+ At one end Swimmer #1 at wall. Swimmer #2 at lane line color mark change. Swimmer #3 at flags (if needed). Swimmer #4 at other end at wall. Swimmer #5 at lane line color mark change (if needed)
	+ The pattern is broken up by alternating this pattern (3 to a lane SCY/SCM) with swimmers #1 & #2 at deep and Swimmers #4 in Shallow with the next lane organized as follows: Swimmer #1 & #2 at shallow and Swimmer #4 in deep.
* Athletes must remain in assigned lanes and practice times
* No sharing of water bottles; squirting of others with water bottles is not permitted
* No spitting, splashing, or belching
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| **Exit** * Swimmers must quickly exit the pool at the conclusion of practice, maintain 6ft. distancing, and no lingering in the parking lot afterwards
* Swimmers must immediately pick up equipment bags and exit in swimwear through designated exit
* Coach/Swimmer meetings may have to follow up virtually as practices sessions will likely follow each other consecutively and coaches will have to immediately start next practice
* Swimmers must decontaminate equipment and clothing following practice
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