

AQUAJETS SAFETY PROTOCOLS

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Revised: January 1, 2021

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Revised: September 13, 2021

OVERVIEW

Aquajets Swim Team (Aquajets) will comply with current state, local, health and USA Swimming guidelines. Aquajets' COVID-19 Task Force will continue to monitor and review the guidelines and make adjustments accordingly to the safety procedures. However, to keep all swimmers and coaches healthy and safe, the policies in place could be more conservative and may require swimmers, volunteers and coaches to stay away from the pool longer than required by the current guidelines due to symptoms, higher risk activities (i.e. travel) or suspected exposure. Our plan for practice and activities at Aquajets Facility will depend on everyone's (swimmers, parents, and coaches) cooperation and adherence to our safety protocol.

All coaches, swimmers and volunteers are required to wear face masks/cloth face covering at all times, except for swimmers when they are in the water.

We strongly discourage use of the locker rooms. Swimmers using the locker room are doing so at their own risk. However, we will allow swimmers directly going to or coming from school/work to use the locker rooms. Locker room use will be limited to 7 minutes and for changing only, NO showers in the locker room to be used. The showers on the pool deck may be used by Senior Elite and National swimmers ONLY after morning practices. Swimmers must wear face masks/cloth face coverings at all times while in the locker room. Due to Safe Sport rules, coaches and Aquajets staff will not be able to monitor the locker rooms.

Swimmers should practice with their assigned practice group. Lanes will not be assigned, but coaches will ensure swimmers are evenly spaced in the pool. In event that a change is necessary by the coaching staff, it will be documented for contact tracing purposes. Swimmers may only practice with their assigned group. They will NOT be allowed to come to a different practice group unless approved by the coaches before the practice starts.

Unvaccinated swimmers (including college level), coaches and volunteers, who travel by any means of mass transportation (plane, bus, train) must self-isolate for a full seven days, as well as provide a negative test on day five, six or seven, OR self-isolate 10 full days without a test, prior to returning to practice/Aquajets facility. If symptoms develop at any point during isolation, the individual must remain in quarantine for 14 days from the onset of symptoms. Again, all safety protocols (masking, social distancing and frequent hand washing) are strongly encouraged.

The Task Force would like to remind everyone **that at this time the CDC and the MDH continues to strongly discourage any unnecessary travel.**

ARRIVAL

All swimmers should arrive at the pool in their swimsuit with a full water bottle and an empty bladder. Swimmers will need to bring their own mesh bag of equipment with them each day (see below). Swimmers should not bring any items other than those necessary for practice, and should not arrive more than ten (10) minutes before the start of their scheduled practice time. If a swimmer (with or without parents) arrives more than 10 minutes before their scheduled practice time, they must wait in their car until it is time to be admitted. Social gatherings in the parking lots before or after practice is prohibited.

If a swimmer is experiencing any of the below symptoms within 72 hours of practice (including dryland) or a swim meet, the swimmer should stay home:

- Cough (unrelated to seasonal allergies)
- Difficulty breathing or shortness of breath
- Sore throat
- Severe fatigue
- Nasal congestion (unrelated to seasonal allergies)
- Loss of sense of smell or taste
- Chills
- Loose stools

Any athlete, coach or volunteer experiencing any of the above symptoms, or who has had any exposure to someone who has any symptoms (which includes family and friends), should remain at home and seek medical treatment.

ALL swimmers must enter through the FRONT door of the building. Swimmers who do not drive themselves must be dropped off. No parents, other than volunteers, will be allowed in the building before, during, or after practice, to avoid more people in the vicinity than necessary. Parents will be expected to practice social distancing when waiting for their swimmer. We understand this may bring Safe Sport concerns, so please contact Amanda Solt, Aquajets' Safe Sport liaison, with any questions.

Swimmers should use the hand sanitizer station before entering the pool area. Swimmers may enter the pool area once a coach or staff member has approved them for entry.

Admitted swimmers will enter the pool area and will leave their backpacks and street clothes on the deck on a marked space near their practice lanes. They will then proceed to their lanes with their mesh bags, wearing their face mask until they enter the water. All swimmers should store their face masks in a plastic baggie while they are swimming.

PRACTICE

As previously stated, swimmers will be assigned a practice group time. In the event that a change is necessary, it will be documented for contact tracing purposes.

Swimmers will be responsible for their own equipment and mesh bag. Sharing of equipment will NOT be allowed at any time, and extra equipment will not be available on deck. Swimmers will need the following items for practice:

- Face mask and plastic baggie for storage
- Fins
- Paddles
- Buoy
- Snorkel
- Filled water bottle
- Kick-board

Swimmers will need to keep all of their equipment in their own mesh bag during practice when not using it. Swimmers should submerge their mesh bags as soon as they get to their lanes.

Number of swimmers per lane and their start/end positions will meet or exceed all requirements in the facility guidelines provided by USA Swimming (<https://www.dropbox.com/s/znruiogjt6nj64/PoolSchematics25y50m.pdf?dl=0>) and accepted by MDH and MN Youth Sports Guidance. Aquajets COVID-19 Task Force will continue to monitor CDC/MDH and USA Swimming guidance updates and make adjustments accordingly.

Swimmers' water entries must be sit and slide only. No diving.

NOTE: The outside back stairs are still under construction; the railing is scheduled to be installed in October 2021. The back door will be inaccessible until construction is completed. Swimmers can be dropped off and picked up in front of the building until the back stairs are useable. Older swimmers who drive to practice should park on the side of the building, enter through the front doors, and use the side door outside of the locker room to exit.

Once practice is complete, swimmers will put their face masks on and have five to seven minutes to dry off and exit the pool area. Swimmers will not be allowed to change out of their suits in the building unless following the locker room guidelines. Swimmers must wear their face mask at all times when in the building except when they are in the pool.

When the back doors are available, once construction is completed, all swimmers will exit the building from the door at the BACK corner end of the building, staying at a minimum of six feet apart.

EXCEPTION: The last practice groups for day can enter and exit out the same door (front door).

Swimmers who drove to practice may have to walk around the side of the building (staying at a minimum of six feet apart) to get back to their cars. Parents should pick up their swimmers in back of the building, following the usual queue procedures.

Social gatherings in the parking lot before or after practice are prohibited.

IN-BETWEEN PRACTICES

The next practice group will be allowed into the pool area approximately ten minutes before their practice time starts.

POSITIVE TEST/EXPOSURE PROCEDURES

In the event that a swimmer, coach or volunteer tests positive or is exposed to someone who tested positive, the following steps will be taken, as established by the Aquajets COVID-19 Task Force:

1. The person must let Danielle Wentzel (danielle@aquajets.com) know immediately.
2. If the person testing positive is a swimmer, his or her *unvaccinated lane mates and the swimmers in the lanes next to them on both sides are required to self-isolate for 14 days, or longer, as necessary, until there are no symptoms for 3 days. Each case will be brought to the COVID-19 Task Force for review and the Board will make a final decision.
3. Contact tracing will be done and any swimmers, staff, or volunteers determined to be at risk will be notified and may be asked to follow quarantine protocol.
4. If a non-symptomatic *unvaccinated swimmer has been in close contact with a person who later is known to have COVID-19, we respectfully ask that swimmer to remain away from the pool after possible exposure for 14 days from exposure or longer, as necessary, until there are no symptoms for 3 days.
5. If someone in a *unvaccinated swimmer's household has symptoms or tests positive for COVID-19, we respectfully ask that swimmer to remain away from the pool after possible exposure for 14 days from exposure or longer, as necessary, until there are no symptoms for 3 days.
6. In the event that a swimmers' school or sports team (of any sport) is closed or suspended due to COVID-19 the swimmer must notify the Aquajets COVID-19 Task Force and get clearance before returning to the Aquajets Facility. In the event that it is determined that the unvaccinated swimmer was in close contact or the positivity rate at their school or sports team is too high, the swimmer could be asked to self isolate for 14 days. At a minimum, the swimmer will be asked to closely monitor for any symptoms and a recommendation to get tested for COVID-19 could be given to this swimmer.

*members are considered fully vaccinated 2 weeks after the second dose in an FDA approved vaccine such as Pfizer or Moderna or 3 weeks after a single-dose FDA approved vaccine such as Johnson and Johnson.

The Aquajets Task Force will continue to monitor and review the CDC guideline updates and make adjustments accordingly to the Test Positive/Exposure Procedures. However, to keep all swimmers and coaches healthy and safe, the policies in place could be more conservative and may require swimmers, volunteers and coaches to stay away from the pool longer than required by the current guidelines due to symptoms, higher risk activities (i.e. travel) or suspected exposure.

SAFETY PROCEDURES VIOLATIONS

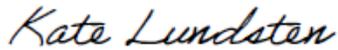
Repercussions from violations of the COVID-19 Policy and procedures will be at the discretion of the coaching staff and BOD. Repercussions could include, but are not limited to: banning the swimmer from the premises for one practice, one week of practice, or for the remaining part of the season.

No refunds will be provided for swimmers who are banned for behavior issues. Swimmer's parents will be immediately notified in all cases of violations.

Exceptions to the social distancing guidance include:

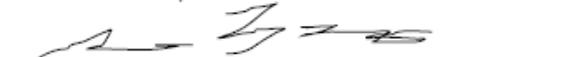
- a. Anyone rescuing a distressed swimmer, providing first aid, or performing cardiopulmonary resuscitation, with or without an automated external defibrillator.
- b. Individuals in the process of evacuating an aquatic venue or entire facility due to an emergency.

Please email Danielle Wentzel at Danielle@aquajets.com or speak with an Aquajets COVID-19 Task Force member if you have any questions, concerns or complaints regarding Aquajets' COVID-19 safety policies.



Kate Lundsten, Head Coach/Executive Director

09/15/2021
Date


Stephen Zheng, President

09/15/2021
Date