

AQUAJETS SAFETY PROTOCOLS

Prepared: September 2, 2020

Revised: September 28, 2020

Revised: January 1, 2021

Revised: April 12, 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 according 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.

Practice capacity and duration will be limited for all groups, and social distancing will be enforced.

All coaches, swimmers and volunteers are required to properly wear face masks/cloth face coverings 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. Locker room capacity will also be limited to maintain social distancing. After AM practices ONLY, the showers on the pool deck may be used and swimmers must maintain social distancing while using the pool deck showers. Swimmers must properly wear face masks/cloth face coverings at all times while in the locker room. Due to safe sports rules, coaches and Aquajets staff will not be able to monitor the locker rooms. If a swimmer wants to use the locker room, they must email danielle@aquajets.com. The list of swimmers that used the locker room will be used for contact tracing purposes, if needed. Swimmers leaving the pool area without using the locker room to change should plan on leaving the building in the appropriate clothing for the weather (bath robes, swim parkas, hats, boots, gloves, warm pants, etc.) Locker room bathrooms (both boys and girls) will be available for urgent use only, one person at a time, in each locker room.

Drinking fountains will be unavailable.

Swimmers will be assigned to a practice group pod and a lane. 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 pod/group. They will NOT be allowed to come to a different practice group, unless approved by the coaches, before the season starts. We understand that some swimmers may not be able to attend all practices or may not feel comfortable attending practices right away. There is no penalty for missing practice at any time.

Our plan for practice and activities at Aquajets Facility will continue to depend on everyone's (swimmers, parents, and coaches) cooperation and adherence to our safety protocols. We expect all Aquajets swimmers, coaches and parents to practice social distancing both at and away from the pool. By doing this, it shows that you respect your teammates and their families, and the Aquajets coaches and their families.

If we determine that a swimmer is not consistently adhering to social distancing guidelines (staying at a minimum six feet away from others, avoiding large gatherings), that swimmer may be temporarily suspended from Aquajets practices. The Aquajets coaching staff and the Board also reserve the right to discontinue practices at any time should we feel safety expectations are not being met.

NEW: Effective May 1st, 2021 - 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 7

days, as well as provide a negative test on day 5-7 OR self-isolate 10 full days without a test, before 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 continue 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 are prohibited.

A Daily Health Survey will need to be filled out for each swimmer before they can enter the pool area. A link for the survey for each practice group can be found on the Aquajets website under the Meet Tab by Practice Group. This daily health survey may be completed up to 2 hours before the start of practice. Aquajets coaches or staff will look for each swimmer's submittal of this form before they will be able to enter the pool deck. The survey requires each swimmer to acknowledge whether he or she has experienced the following within the past 72 hours:

- 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

If a swimmer is experiencing any symptoms, there is no need to complete the survey, as the swimmer should not be present at practice. 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 notify the Task Force remain at home, and seek medical treatment.

Athletes and staff must see a physician and be cleared for training by the Aquajets COVID-19 Task Force after being diagnosed with or suspected to have COVID-19. In order for all of us to stay healthy, and be able to keep swimming, we ask our athletes to please practice responsible social distancing (staying at a minimum six feet away from others, avoiding large gatherings) when they are away from the pool as well.

ALL swimmers must enter through the FRONT door of the building, staying at a minimum six feet apart at all times. 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 confirmed submittal of the Daily Health Survey, approved them for entry, and the door has been propped open.

PLEASE NOTE: Parents who are dropping off their swimmer will need to wait in the parking lot for their swimmer to be admitted before leaving. Swimmers who are not admitted to practice for the health reasons listed will not be allowed in the building.

Admitted swimmers will enter the pool area, at a minimum six feet apart and will leave their backpacks and street clothes on the deck on a marked space in their designated pod based on their lane assignments. They will then proceed to their assigned 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.

Bags/Belongings Placement - to maintain social distancing as swimmers enter and leave the pool, swimmers' areas for keeping their bags, toweling off, etc., will be grouped together based on his or her lane assignment and color-coded pod assignments. For example, all swimmers starting in the deep end of the 8-lane pool will place their bags in one area, while the swimmers starting in the shallow end of the 8-lane pool will place their bags in another area. The assigned areas for bags/belongings are:

- 8L Pool Shallow End = **Green Pod**. Lanes 1-5 bags will be stored along the side of the 8L pool using the mesh bag hooks. Lanes 6-8 bags will be stored along the side of the 5L pool using the mesh bag hooks.
- 8L Pool Deep End = **Yellow Pod**. Bags will be stored behind your lane next to the wall.
- 5L Pool Shallow End = **Pink Pod**. Bags will be stored on the mesh bag hooks along the side of the 5L pool.
- 5L Pool Deep End = **Red Pod**. Bags will be stored behind your lane in the first rows of the white cubbies.
- Shark Tank = **Purple Pod**. Bags will be stored just outside of the Shark Tank in the white cubbies.

Entering the Pool Area - Swimmers will use the shortest route when entering the pool area to get to their Pod's assigned area. Only Green Pod swimmers may walk between the 8L and 5L pools to their assigned bag spot.

POOL PRACTICE

As previously stated, swimmers will be assigned a practice group time, pod and lane while Aquajets is following social distancing guidelines and capacity limits. 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.

Practice sets will be written on the white boards at both ends of the pool. Swimmers will not get out of the water to discuss sets as they are used to doing. Team-owned headsets will not be used for sanitation purposes.

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 through the back glass doors, which will also be propped open. Swimmers will not be allowed to change out of their suits in the building unless following the locker room guidelines. Swimmers must properly wear their face mask at all times when in the building except when they are in the pool.

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

Coaches and volunteers will clean and sanitize the pool area, hallways and bathrooms, as needed.

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

NEW: Effective April 12, 2021 - DRYLAND PRACTICE

- Masks are required at all times. Masks need to fit properly over the nose and mouth during the workout.
- Swimmers will line up in the hallway, 6' apart, to wait for their scheduled entry time into the dryland room. Swimmers are allowed to enter the dryland room 5 minutes before the scheduled start time through the doors at the end of the hallway (the door across the hallway from the starting blocks' end of the pool).
- Upon entering the gym, swimmers should space themselves on an X on the floor until it is time to start.
- Swimmers will be stay spaced out, 6ft apart, on a marked X on the floor during the entire workout.
- No eating in the dryland gym. All snacks must be finished in the hallway.
- Swimmers should bring their own water bottle to dryland workouts to be kept in their space during the workout.
- Swimmers are responsible for cleaning the equipment they use.
- Swimmers must leave immediately after dryland is completed through the doors by the dryland counter (across from the blue pool entry doors).
- Swimmers are not allowed to leave items (swim bag, mesh bag, etc.) in the pool area. Swimmers must bring all their belongings with them to dryland.
- Swimmers can exit the building through the front doors of the building.

It is very important that swimmers always stay 6' apart and that masks are worn at all times, as this will limit the swimmer's direct exposure. Swimmers need to remember that the workout is the focus, not socialization. If a swimmer has close contact with another swimmer who has tested positive during dryland that swimmer will need to quarantine for 14 days from the date of exposure.

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 him/her 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 the swimmer remain away from the pool after possible exposure for 14 days from the exposure date 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



Stephen Zheng, President

04/12/2021

Date

04/12/2020

Date