

# COVID-19 Preparedness Plan for Edina Swim Club

The Board of the Edina Swim Club is committed to providing a safe and healthy workplace and swimming environment for our swimmers and coaches. To ensure that, we have developed the following Preparedness Plan in response to the COVID-19 pandemic. Edina Swim Club Head Coaches and assistant coaches are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our training and work spaces, and that requires full cooperation among all coaches, swimmers and families. Only through this cooperative effort can we establish and maintain the safety and health of our coaches, swimmers and families.

Management and workers are responsible for implementing and complying with all aspects of this Preparedness Plan. Edina Swim Club coaches have the Board's full support in enforcing the provisions of this policy.

We are serious about safety and health of our swimmers and coaches. Active involvement from our coaching staff is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our coaches in this process by involving them in decisions about how to best social distance during practice, how to limit the number of swimmers in the pool and/or lanes at any given time, how to monitor swimmer interactions during practice, and best practices for hygiene and disinfection. Our Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines and federal OSHA standards related to COVID-19 and addresses:

- hygiene and respiratory etiquette;
- engineering and administrative controls for social distancing;
- housekeeping – cleaning, disinfecting and decontamination;
- prompt identification and isolation of sick persons;
- communications and training that will be provided to coaches, swimmers, and families; and
- management and supervision necessary to ensure effective implementation of the plan.

This information will also be provided to all parents with instructions to share this information with swimmers in a manner appropriate for their age.

## Screening and policies for coaches or swimmers exhibiting signs and symptoms of COVID-19

Coaches and swimmers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess swimmers and coaching staff's health status prior to entering any facility being used by the Edina Swim Club and for swimmers and coaches to report when they are sick or experiencing symptoms.

Edina Swim Club will require that all coaches and swimmers answer health assessment questions and have a temperature check at the beginning of each shift and/or practice. All coaches and swimmers (and their families) will complete a health assessment before each practice (a copy of that health assessment is attached to this Plan and incorporated into the Plan). Coaches and swimmers will be told:

- If you answer YES to any questions on the health assessment, you must notify your head coach (Coach Jeff, Coach Nicole or Coach Travis) via text message and you MAY not come to practice.
- If you are experiencing COVID 19 symptoms during a practice notify your coach or supervisory coach immediately and you will be sent home to isolate.

Edina Swim Club will instruct coaches and swimmers to stay at home when they are sick, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household. Edina Swim Club will follow all applicable paid leave laws when a coach cannot work.

Edina Swim Club has also implemented a policy for informing coaches or swimmers if they have been exposed to a person with COVID-19 at practice and requiring them to quarantine for the required amount of time. Any person who has been potentially exposed will be notified as soon as possible. Swimmers or coaches who have had first level contact with an infected individual will be asked to quarantine at home. Swimmers or coaches with second level contact will be asked to monitor for symptoms all in accordance with CDC, OSHA and Minnesota Department of Health guidelines.

In addition, a policy has been implemented to protect the privacy of our coaches and swimmers' health status and health information. All such information will be maintained in a confidential manner.

## **Handwashing**

Basic infection prevention measures are being implemented at any pool location where we will have coaches and swimmers. Coaches have been instructed to wash their hands for at least 20 seconds with soap and water frequently throughout any practice, but especially at the beginning and end of any practice and after using the toilet. We will instruct all swimmers to wash their hands or hand sanitize prior to entering any swimming facility and there will be no access to public equipment or changing rooms except for emergencies.

## **Respiratory etiquette: Cover your cough or sneeze**

Coaches and swimmers are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward. Respiratory etiquette will be relayed verbally and in writing to coaches and swimmers.

## **Social distancing**

Social distancing will be implemented at every practice through the following engineering controls: Coaches and swimmers will be prohibited from gathering in groups and confined areas, including locker rooms (which will be closed) and from using other coaches or swimmers' personal protective equipment, phones, and equipment. All coaches must wear non-surgical cloth masks when interacting with swimmers (i.e. at the beginning or ending of practice and when taking temperatures of swimmers or completing health assessments). Swimmers must wear non-surgical cloth masks when entering and leaving the facility which can be removed

when ready to get in the water. Coaches may remove the non-surgical cloth mask when swimmers are in the water and the coach is able to maintain a distance of more than 6 feet from the swimmers.

We will approach our return to the pool in a phased manner. We will limit the number of swimmers per lane – pursuant to the current recommended or approved numbers issued by the applicable state or local health authority. When more than one swimmer is permitted in a lane, swimmers will be spaced out accordingly. We will reorganize groups and time allotments as appropriate.

Due to the reduced capacity, we will significantly restrict the number of athletes who have access to any given facility and, at least at this time, we will not include our younger swimmers.

Coaches will be following social distancing and will be 6 feet apart from one another and from the swimmers, along with enforcing social distancing as swimmers enter and exit the pool and while they are on deck. Once practice ends, all swimmers will be asked to leave the facility within a five-minute period. This will allow coaches to lock doors and begin cleaning as soon as the last swimmer is out of the facility.

## Housekeeping

Regular housekeeping practices are being implemented, including routine cleaning and disinfecting of deck surfaces, lane lines, equipment, and bathrooms. Locker rooms will not be open to the swimmers. Bathrooms will only be open for emergency use by swimmers, or by Edina Swim Club coaches. Any open restroom will be wiped down by coaching staff after each session. Supplies for wipe downs will be supplied to coaches by the Edina Swim Club. (See Edina Swim Club COVID-19 Prevention: Enhanced Cleaning and Disinfection Protocols).

## Communications and training

This Preparedness Plan will be communicated via email and verbally to all coaches, swimmers, and families prior to the initiation of any practices and any necessary training will be provided. Additional communication and training will be ongoing as the coaches and swimmers adapt to the new practice cycle and will be provided to all new coaches, swimmers or families who did not receive the initial training. Head coaching staff will monitor how effective the program has been implemented by tracking compliance on a weekly basis and monitoring swimmer and coach interactions during weekly practices. The Edina Swim Club Board, its coaches, families, and swimmers will all need to work through this new program together and commit to compliance.

This Preparedness Plan has been certified by **Edina Swim Club** Board and Head Coaches and will be provided electronically to all coaches, families, and swimmers as they return to the pool. It will be updated as necessary to ensure compliance with current recommendations from the State of Minnesota, the CDC and Minnesota Department of Health.

Certified by:

**Jeff Rodriguez**  
Edina Swim Club CEO

**Teresa Thompson**  
Edina Swim Club Board President