



NSAC Safe Return to Practice

Cleaning Procedures

We will work in tandem with facility operators to assure that the facility, including the pool water and air handling systems, are cleaned, and operated according to the most current MDH and CDC guidelines. We will keep apprised of any changes and updates to these policies and communicate as a team to ensure they are being followed.

- We will provide sanitizing wipes and hand sanitizer at various locations around the pool and encourage frequent hand cleaning by staff and athletes. We will also provide a cleaning station outside the locker rooms and ask that anyone who enters to use the restroom to wipe down any surfaces they come in contact with while in the restroom.
- At the conclusion of each practice block staff will clean common touch points, equipment baskets, and other equipment utilized during the rental.

Operations

1. Mounds View District are configured with 5, 6, and 8 lane pools. Also applies to other aquatic facilities NSAC would have access to.
 - a. For swimming practice, we will allow no more than one swimmer per lane, and no more than two coaches on deck. This will accommodate the “pods” of no more than 10 people per space as outlined in the MDH guidelines for youth sport practice [Stay Safe MN Guidance for Youth Sports](#)
2. A member of the NSAC staff will meet all rental groups outside the facility prior to entry to assure physical distancing is maintained while they are waiting to enter and while entering. That staff member will also administer the screening questionnaire to participants before they enter.
 - a. At this time attendance will be recorded on the screening questionnaire.
 - b. Following practice, attendance and questions will be logged electronically via Google Spreadsheets, which is accessible only to NSAC Board Members.
3. All groups will enter facilities to the area designated for preparing to enter the water. These areas will be marked with tape and will follow the 6-foot physical distancing guidelines recommended by the CDC. Once the athletes are prepared to enter the water, they will carry all their belongings with them to designated areas, deposit their belongings in marked areas and proceed to individual lanes.
4. At the conclusion of practice all athletes will retrieve their belongings and prepare to exit in the space provided. They will then follow the designated path for exiting.
5. Coaches will always be required to wear masks. Athletes will be required to wear masks from the time they enter the facility until the time they enter the water, and after they exit the water until the time they exit the facility.
6. At the conclusion of each practice, our staff will disinfect the equipment baskets and any touch points used during the rental block. If a restroom was used, they will also clean all stalls and sinks.

7. Locker rooms will be available for single-use restroom visits only. We will not allow showering, changing, or storage of personal belongings in the locker rooms. We can prop open the doors to our facility to reduce the touch points needed for entry. Per USA Swimming guidelines, athletes will need to shower before and after their practice in their own homes to reduce touchpoints.
8. Spectator areas will remain closed but in accordance with [USA Swimming's Safe Sport Best Practices](#). In the event only one coach is on deck, we will have one parent volunteer observing practice in a designated area of the facility.
9. Parents will drop off/pick up athletes in the Chippewa Middle School drop-off area.
10. Each team group will have a specific time and specific group. Attendance will be highly recommended. In the event of 3 or more missed practices, the athlete will be removed from their group and placed on a waitlist. Following each practice there will be ten minutes to clean and reset before the next team enters.

Communication Operations

Communication will be an important part of our reopening and returning to practice. All protocols and procedures will be communicated to membership via email. We will also have links to other appropriate websites for continued education. All letters or communications to the club will be available from the homepage of our website.

1. A detailed plan of arriving, distancing, practice etiquette will be made available to membership.
2. Once arrived, athletes will be instructed where to go using voice and visual indicators.
3. A member of NSAC will then ask athletes one by one a series of questions.
 - a. Any "yes" answer to those questions and parents will be notified by a staff member and said athlete will be sent home immediately.
4. If an athlete tests positive for COVID-19 after attending a practice, we will follow protocols as outlined by MV Schools and MDH.
 - a. An email will be sent to membership immediately.
 - b. All practices will be put on a temporary hold until further notice.
5. All members will be required to read and sign our waiver. Failure to sign and provide the waiver at the first practice will result in the athlete being sent home and parents notified.
6. NSAC will return to practice in phases based on MV Schools direction.
 - a. Phase 1 – one athlete per lane, groups of 10 or less including staff and volunteers
 - b. Phase 2 – 2 to 3 athletes per lane and following all district protocols.
 - c. Phase 3 – 4 to 5 athletes per lane and following all district protocols.
 - d. Phase 4 – full practice groups and following all district protocols.