**OMNI Swim Club COVID-19 Preparedness Plan**

We are committed to providing a safe and healthy environment for all. To ensure that, we have developed the following Preparedness Plan in response to the COVID-19 pandemic. All staff and trained parent volunteers share the responsibility of implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our facilities, and that requires full cooperation among swimmers, their families, and all coaches and volunteers participating in club programming. Only through this cooperative effort can we establish and maintain the safety and health of our swimmers and coaches, families, and other facility users.

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;
* social distancing;
* cleaning, disinfection and decontamination;
* prompt identification and isolation of sick persons;
* communications and training that will be provided to staff and facility users.

**Hygiene and Respiratory Etiquette**

* Hygiene
* In accordance with MDH regulations, all swimmers will shower before entering the pool.
* Hand Hygiene
* All coaches, parent volunteers, and swimmers are encouraged to practice good hand hygiene by washing their hands with soap and water for at least 20 seconds frequently throughout the day and immediately prior to leaving their homes to attend an OMNI-sponsored practice or event.
* All coaches, parent volunteers, and swimmers are required to sanitize their hands immediately upon entering and prior to exiting the pool area.
  + Hand sanitizer of at least 60% alcohol per MDH guidelines will be provided and positioned at the entry to the pool area.
* The ISD 622 Community Education Facility Use department will post handwashing signs similar to these at building entrances, in restrooms and locker rooms.
  + <https://www.cdc.gov/handwashing/pdf/wash-your-hands-poster-english-508.pdf> (available in other languages)
  + <https://www.cdc.gov/handwashing/pdf/HH-Posters-Eng-Restroom-508.pdf> (available in other languages)
* Respiratory Etiquette
* Masks
  + All coaches and parent volunteers will wear a manufactured or cloth face mask during OMNI-sponsored practices or events.
  + Manufactured masks will be provided for staff or parent volunteers in the event that they do not have their own.
  + Swimmers will wear a manufactured or cloth face mask from the time they complete their pre-practice health screen until the time they leave the facility following practice with the exception of while they are showering and while they are swimming.
* Cover your cough or sneeze
  + Individuals are 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.
* No sharing of water bottles or equipment will be allowed.
* The ISD 622 Community Education Facility Use department will post Cover your Cough Signs similar to these throughout the building.
  + <https://www.cdc.gov/flu/pdf/protect/cdc_cough.pdf>
  + <https://www.health.state.mn.us/people/cyc/genposter.html>

**Social Distancing**

* All OMNI swimmers, coaches, and parent volunteers will adhere to proper social distancing of 6 feet throughout all OMNI-sponsored practices or events. Key interaction points are as follows:
* Pre/post-practice:
  + Pre-practice health screening administered to each swimmer by a trained parent volunteer will be conducted 6 feet apart on the sidewalk outside the building entrance. In the event of inclement weather, these screenings will be conducted between cars by driving up to the vehicle of the parent volunteer.
  + Building entry and egress with parent volunteer or coach guidance to maintain 6 feet of separation between each swimmer and all building staff and Adventure Connection staff and participants.
* Swimmer to swimmer and swimmer to coach interactions before, during, or following practice
* Pool deck spacing:
  + Visual indicators on the floor mark individual bag drop areas.
  + A designated ‘on deck’ spot within the pool area outside the family locker room door that allows for 6-foot separation between the swimmer exiting the shower and the subsequent swimmer waiting to shower.
* Practice spacing:
  + Group practice size limited to 23 swimmers (a maximum of 3 swimmers per lane and 2 coaches to yield a maximum pod size of 25 per MDH guidelines).
  + At Skyview, 8 swimmers enter/exit from the shallow end of odd-numbered lanes, 8 swimmers enter from the deep end of even-numbered lanes, and 8 swimmers enter into lane 1 and spreading across the pool even with the middle of the pool, subsequently moving to the flags of their designated lane per the diagram included at the end of this document. The same protocol is followed at Maplewood Middle School, but with groups of 6 swimmers instead of 8.
  + While swimming, swimmers will circle-swim, maintaining a minimum of 6’ separation with no passing of swimmers allowed.
  + Whenever stationary in the pool, swimmers will maintain a 6-foot separation from any other swimmer or coach. Swimmers will recognize their “home base” stopping locations per the aforementioned diagram.
  + Coaches will maintain a 6-foot separation between themselves and the swimmers while providing instruction.
* A 15-minute separation between practice groups will be provided to allow one group of swimmers to exit the building prior to the subsequent group entering and in order to allow for cleaning between training groups as needed.
* The ISD 622 Community Education Facility Use department will post signage in the building to remind people to maintain social distance of 6 feet whenever possible. Prominent areas where signs may be posted are building entrances, restrooms, other areas where people generally gather.

**Cleaning**

Regular cleaning practices are being implemented, including routine cleaning and disinfecting of pool area surfaces, locker rooms including showers and bathrooms, and pool deck. These duties will be performed by building custodial staff or Community Education building supervisors when custodial staff are not available. High-touch areas will be cleaned and disinfected every hour or between practice groups (doors, showers, flooring of visually-designated shower waiting area, bag drop locations, and pool deck where water bottles, masks, glasses, etc are laid.) These duties will be performed by OMNI coaching staff using a cleaning product that is EPA-approved for use against the novel coronavirus. Halt, produced by Spartan Chemical Company, a pressurized spray disinfectant provided by the ISD 622 custodial staff will be used for flooring, bathrooms, and shower areas. OMNI staff will be provided appropriate personal protective equipment and trained in cleaning and disinfecting procedures.

* Swimmers and coaches are restricted to family locker room use for showering as well as bathroom use.
* Only one participant may be in the locker room at a time.
* Coaching staff will disinfect the bathroom immediately if used during practice.
* Pool doors will be propped open during the 15 minute period between swim groups in order to reduce handling.
* Swimmers will sanitize all equipment before bringing it into the facility and immediately before they leave the pool area at the end of practice.
* No communal equipment will be provided.

**Screening and Procedures for individuals exhibiting signs and symptoms of COVID-19**

* Coach and parent volunteer assessment
* A self-assessment consistent with the one conducted with each swimmer will be completed by each coach and parent volunteer at home immediately before coming to practice. If they are experiencing any symptoms of COVID-19 they will remain home and should contact their healthcare professional.
  + Coaches with any health concerns prior to a scheduled practice will remain at home. Practice can proceed under the following two circumstances:
    - If a fill-in coach can be arranged, practice will proceed with two coaches.
    - If a replacement coach is not available, the parent volunteer will remain in the pool area for the entirety of the practice as an observer. In this scenario there would be one coach and one parent volunteer on deck in order to maintain two adults on deck in accordance with Safe Sport recommendations.
    - As mandated under our governing body, USA Swimming, practice will be cancelled in the absence of at least one certified USA Swim Coach.
  + Parent volunteers with any health concerns prior to a scheduled practice will alert the head coach as well as communicate with the backup parent volunteer to fill in with volunteer duties prior to and during practice.
* Any individual showing symptoms consistent with COVID-19 for any duration of time, that cannot be readily explained by a previously-known health issue, will be removed from practice and should contact their healthcare provider. The HCP's job is to determine if COVID-19 can be ruled out without testing.
  + If the HCP rules COVID out, no testing is needed and the individual can return to the pool.
  + If HCP determines symptom presentation is consistent with COVID-19 and/or recommends COVID testing the individual is automatically quarantined for a minimum of 10 days, regardless of test results or symptom relief.
    - If the individual tests positive for COVID-19, the MDH is automatically notified and will determine and complete appropriate contact tracking. The individual must remain quarantined for a minimum of 10 days from symptom onset or until symptoms subside and fever-free for 72 hours, whichever is longer. \*Please note COVID-19 testing carries a high rate of false negative results. Testing validity is optimized if the test is conducted 5-7 days after the onset of symptoms.
    - If the individual tests negative and symptoms are improving or absent after 10 days from symptom onset and athlete has been fever-free for a minimum of 72 hours, athlete may return to play.
  + Due to the incubation period of COVID-19, any household member or other person who has been in close contact (within 6' without protective equipment for a minimum of 15' duration) with an individual with symptoms consistent with COVID-19 or who has tested positive for COVID-19 as outlined above should self-quarantine for a minimum of 14 days from point of contact.
* Please note the aforementioned guidelines have been clarified by the MDH’s team that provides interpretation assistance of MDH guiding documents. For additional guidance on returning to the pool, please reference *Returning to the Facility after Illness* as published by the MDH.
* Pre-practice health assessment
  + Individuals will check their temperatures prior to practice each day. Parent volunteers will confirm that the temperature was not greater than 100.4-degrees F, will screen for contact with other individuals with symptoms consistent with COVID-19, and conduct the *Visitor and Employee Health Screening Checklist* provided by the MDH, prior to granting them access to the building.
* The ISD 622 Community Education Facility Use department will post signage listing COVID-19 symptoms.
* Illness Tracking
* Attendance records and cleaning records will be maintained throughout the season should the information be needed for illness tracking purposes.
* If a participant tests positive for COVID-19, OMNI’s head coach will be notified immediately who will subsequently notify Linda Napoli, the ISD 622 Community Education Facilities Coordinator.

**Additional Infection Control Measures**

* OMNI Swim Club will provide our own PPE, first aid kits, CPR, and Rescue Breathing supplies.
* OMNI Swim Club will provide our own writing and training supplies. Water fountain use will be discouraged.
* Shared/communal food and/or drink is not permitted on school property (buildings and grounds). Eating is only permissible if medically necessary.
* Gum and spitting is strictly prohibited on school property.

**Communications and Training**

This Preparedness Plan was communicated to and agreed upon by the OMNI Swim Club parent-run Board of Directors and coaching staff, ISD 622 Community Education Facility Use staff, parents and swimmers. Coaching staff training has been conducted. The plan will be updated as necessary and all participants will be alerted and again required to agree to comply with the aforementioned plan.



Please note: Our pool is a 25-yard, 8-lane pool with 8’ wide lanes. The majority of our practice lanes will include two swimmers only. In the event of 2 swimmers per lane, there will be one swimmer stopping at each end of each lane. In the instance where three swimmers are present per lane the spacing shown here will be utilized in lane 1 for the 3-person lane and the shallow-end swimmer of lane 2 will stagger him/herself to the flags 5 yards away from the wall to appropriately distance from the two people at the shallow end of lane 1.