

Great Lakes Tritons Swim Team
Fall/Winter 2020/2021
Covid-19 Practice Plan
for Chippewa Valley Schools
(Dakota High School / Chippewa Valley High School)

I. Overview

Our plan to reintroduce athletes to the water depends on everyone's (swimmers, parents, and coaches) cooperation and adherence to safety protocols. We expect everyone in the Great Lakes Tritons family to practice social distancing both at and away from the pool. By doing this, it shows you respect your teammates, their families, and Great Lakes Tritons coaching staff. Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in Great Lakes Tritons activities may be suspended. Our staff also reserves the right to discontinue practices at any time should they feel safety expectations are not being met.

Ila. Pre-Workout Screening Procedures (if at Chippewa Valley High School)

- a. Swimmers will only be permitted to enter the pool 10 minutes before practice starts, with **FACE MASKS ON AT ALL TIMES, EXCEPT IN THE POOL WATER**. Entrance will be at the pool entrance near the circle drive. There will be a GLT member there to scan for temperature and check the daily survey for acceptance to proceed. Upon entry into the building, the swimmer will walk to the main pool entrance where they will be directed where to stage socially distanced. Exit from facility will be side doors next to the classroom straight to parking lot. Parents are to pick up swimmers at this exit point from the parking lot. This will allow less exposure thru the circle doors as swimmers will be coming and going from that entrance.
- b. All coaches, swimmers, and volunteers will be screened for signs/symptoms of COVID-19 prior to a workout. Swimmers upon arrival to pool will line up for screening which includes a temperature check as well as answering a set of questions on a daily basis. These questions will be done on a Google Doc form prior to practice (off our GLT website www.greatlakestritons.com) and recorded daily.

- c. Responses to screening questions for each person will be recorded by Google Doc and stored by GLT. Swimmers are encouraged to fill out form honestly and as accurately as possible.
- d. Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. Any positive symptoms need to be communicated to designated GLT personnel and the coaching staff immediately.

IIb. Pre-Workout Screening Procedures (if at Dakota High School)

- a. Swimmers will only be permitted to enter the pool 10 minutes before their scheduled practice to begin the screening process, with **FACEMASKS ON AT ALL TIMES, EXCEPT IN THE POOL WATER**. If they arrive early, they must wait in their car until the appropriate time to enter the pool. All swimmers will enter door #35 the North Athletic Entrance, with a table set up for temperature check and survey results review. Swimmers will then proceed to the main pool entrance located next to the locker rooms to their designated staging areas for social distancing (as directed by the swim coaches). After the practice, swimmers will exit the pool door by the block side, turn right and down the hallway to exit using door #44. Parents can pick up their swimmers at the main door parking lot.
- b. All coaches, swimmers, and volunteers will be screened for signs/symptoms of COVID-19 prior to a workout. Swimmers upon arrival to pool will line up for screening which includes a temperature check as well as answering a set of questions on a daily basis. These questions will be done on a Google Doc form (off our GLT website www.greatlakestritons.com) prior to practice, recorded daily.
- c. Responses to screening questions for each person will be recorded by Google Doc and stored by GLT. Swimmers are encouraged to fill out form honestly and as accurately as possible.
- d. Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional. Any positive symptoms need to be communicated to designated GLT personnel and the coaching staff immediately.

III. Pool Entry Procedures (Dakota and Chippewa Valley Pools)

- a. One-way entry and exit procedures will be developed in coordination with Chippewa Valley school staff. Swimmers and Coaches will enter the pool at the designated entrance area.
- b. After each swimmer has gone through the screening process and has been cleared, they will proceed to their assigned social distance space on the pool deck or stands per coaches'

direction. Social distance space on the pool deck will be coordinated and approved by Chippewa Valley School athletics staff.

- c. Swimmers will place their swim-bags in designated locations as marked by the coaching staff, socially distanced (approximately 6ft distances per swim bag)
- d. Once swimmers have been given permission by the GLT Coaching Staff, they will proceed to their assigned lanes.

IV. Dakota and Chippewa Valley HS Pool Practice Set-Up

- a. see coaches for details.

V. Pool Exiting Procedures

- a. At the completion of practice, swimmers will be dismissed to the assigned exits. **UNDER NO CIRCUMSTANCES ARE THE LOCKER ROOMS TO BE USED.** These will be closed off until social distancing has ended (Michigan – Phase 6). **Facemasks are always to be used outside of the pool water. NO EXCEPTIONS.**

VI. GLT Coaching Staff Expectations

- a. All GLT Coaches shall be screened for signs/symptoms of COVID-19 prior to a workout.
- b. Per the CDC recommendation, all GLT Coaches shall wear either a facemask or shield while coaching practice. PDPs will be provided to the coaching staff thru GLT.
- c. Any GLT Coach experiencing any symptoms of a fever (100.4°F or higher), recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment. If any GLT Coach does have a fever or symptoms of illnesses; they may not attend a practice until 14 days after the fever or symptoms has ceased. GLT Coaches must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

VII. GLT Swimmer Expectations

- a. GLT Swimmers will only be permitted to enter the pool 10 minutes before their scheduled practice to begin the screening process. If they arrive early, they must wait in their car until the appropriate time to enter the pool.
- b. GLT Swimmers should be screened for signs/symptoms of COVID-19 prior to a workout.
- c. GLT Swimmers will have their temperature checked upon arrival (at the check-in table) and will not be permitted to enter should they show signs of a fever of 100.4F or higher.

- d. Any GLT Swimmer experiencing any symptoms of a fever (100.4°F or higher), recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment. If any GLT Swimmer does have a fever or symptoms of illnesses, they may not attend a practice until 14 days after the fever or symptoms has ceased. GLT Swimmers must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- e. GLT Swimmers should be prepared to arrive and depart in their suits. ALL LOCKER ROOMS ARE CLOSED FOR USE (except for emergency bathroom use, see section below). **Facemasks are always to be used outside of the pool water. NO EXCEPTIONS.**
- f. Locker rooms will be restricted for using the bathroom only during practice. Swimmers must wash their hands with soap and water for 20 seconds before returning to the pool. If swimmers need to use the bathroom, a mask or face covering must be used.
- g. After each swimmer has gone through the screening process and has been cleared, they will proceed to their assigned social distance space on the pool deck. They must remain and wait for further instructions from the GLT Coaches.
- h. GLT Swimmers should bring their own water bottles (already filled). Use of the water fountains at the facility will be prohibited.
- i. GLT Swimmers must leave the school grounds immediately at the completion of any practice.
- j. It is required that GLT Swimmers wear face mask before and after practice, adhering to all Chippewa Valley Covid-19 rule. **THERE WILL BE NO EXCEPTIONS TO THIS RULE, UNLESS AN EXTREME MEDICAL CONDITION WARRENTS NO FACEMASK. IF SO, THEN A FACESHIELD MUST BE UTILIZED.**
- k. GLT Swimmers and families who travel by air, or to an area deemed high risk by the staff, will need to self-isolate for 14 days before returning to practice.
- l. For us all to stay healthy and be able to keep swimming, we ask GLT Swimmers to please practice responsible social distancing when they are away from the pool as well.
- m. GLT has a **Zero Tolerance Policy**. If GLT Swimmers are not following any of the GLT Expectations of the Team and the Coaching Staff, swimmers will be asked to leave the program.

VIII. GLT Parent Expectations

- a. GLT Parents/spectators will not be allowed in the schools at any time and are expected to practice social distancing when waiting for their swimmer. GLT Parents are expected to wait in their car or in the park while waiting for their swimmer to complete practice.

- b. GLT Parents are encouraged to wear masks if they are waiting in the parking lot, outside of their cars.