

Monocacy Aquatic Club

COVID-19 Plan for Safe Re-entry to Indoor Pool Facilities



MAC Goals:

- To minimize risk and create the safest possible environment for our swimmers and families.
- To minimize the exposure and potential contamination across groups and the team.
- To follow the strictest local, state, and federal guidelines.

Before swimmers and coaches come to practice:

- Families and coaches must complete the [Understanding and Acknowledgement of MAC Procedures and Risk form](#).
- Each day, families and coaches must review the Screening Survey. Swimmers and coaches will refrain from coming to practice until they can answer **NO** to all questions.

Expectations for Swimmers

- **DO NOT COME TO THE POOL IF YOU ARE SICK.**
- **No changing on the pool deck.**
- Locker rooms will only be used for emergency bathroom use (one at a time).
- Come to practice and leave practice with suit on.
- Shower and use the bathroom at home before coming to the facility.
- Use hand sanitizer immediately before entering the facility.
- Come to practice with a full water bottle. Do **NOT** share water bottles. Water fountains may **not** be used.
- Wear facial coverings to enter and exit the facility and until you have been directed to go to your practice lane. Swimmers may only remove their face covering during practice.
- Do not congregate before, during, or after practice. This includes the parking lot and open areas outside the pool.
- Vacate the facility or parking lot as soon as possible.
- **DO NOT SHARE EQUIPMENT.**
- Do not use shared facility equipment, including but not limited to, kickboards, pull buoys, paddles, fins, stretch cords, medicine balls, etc.
- Return directly to your personal items when practice ends and prepare to leave immediately.
- Do not store personal equipment bags at the facility.
- Label all personal items, so there is no mix up during practice.
- Respect all social distancing rules.

Expectations for Coaches and Staff

- Remain at least 6 feet away from all athletes, families and other coaches at all times.
- Coaches will wear facial coverings at all times.
- Maintain a minimum 6 ft distance from the edge of the pool at all times during the workout.
- Coaches will carry spray bottles of hand sanitizer at all times.
- Ensure swimmers enter and exit the facility in an orderly and appropriate manner.
- All coaches will actively monitor and enforce the guidelines in this document to ensure the safest possible environment.
- Be aware of COVID-19 symptoms and notify head coach immediately if a swimmer presents with any symptoms.

Expectations for Parents

- Parents may not enter the facility at any time.
- Do not congregate with other parents, families, or swimmers before, during or after practice.
- If you need to speak with a coach, please do so through email or phone. To minimize congregation, there will be no in person meetings at the pool.

Facility Procedures

- Remain in your car until 10 mins prior to your practice start time.
- Refer to the Hood Facility Use Videos: [Part 1](#) and [Part 2](#).
- Wait for instructions from your coach before going behind your designated lane.
- Swimmers are expected to exit the facility within 5 mins of practice ending.
- Swimmers must wear a mask to both enter and exit the facility.

Practice Group Logistics

General

- MAC practice groups will be broken down into groups of 16 swimmers and 1 coach. This may change based on MD and Frederick Health Department recommendations.
- Swimmers will be 3-4 per lane.
- As much as practicable, swimmers' groups will not change and the same groups will be regularly scheduled with each other, to minimize the contact across the team.
- MAC will have breaks of 10-15 mins between practice groups.
 - During that time, bathrooms and hard surfaces that were used will be disinfected with an EPA rated product (Sani-10) certified to kill the coronavirus.
 - Hood College has stringent guidelines that they must follow in addition to what MAC will do.

Swimmer Organization

- As swimmers enter the facility, they will be assigned a seat number.
- Number cards at the facility will indicate where swimmers put their personal belongings as well as what lane they will swim in.
- Markers on the bottom of the pool will indicate where swimmers stop throughout practice.

COVID-19 Symptoms Protocol

- Coaches will immediately separate anyone presenting with COVID-19 symptoms.
- Any swimmer or coach with symptoms needs to be cleared by a medical professional or follow CDC guidelines for [when you can be around others](#) before returning to practice.
- If swimmer is confirmed positive, all other swimmers practicing at the same time will need to be cleared by a medical professional or self-quarantine for 14 days before returning to practice.
- If a swimmer has been in 'close contact' (CDC Definition) with someone who tests positive for COVID, the swimmer will not return to practice for 14 days from the last 'close contact'.
- If a swimmer is confirmed positive, MAC will not use the facility for 24 hours to ensure time for appropriate disinfection. (CDC recommendation)
- Refer to the 'Screening Survey' for a list of COVID-19 symptoms. Refer to CDC for a [complete list of symptoms](#).

Monocacy Aquatic Club
COVID Screening Survey



Every day swimmers must be able to answer NO to all of the following questions before coming to practice.

1. Have you tested positive for COVID-19, or are you presumptively positive for COVID-19 based on your health care provider's assessment or your symptoms?
2. Are you currently experiencing, or have you experienced in the past 10 days, any of the following symptoms? (Please take your temperature before you answer this question.)
 - Fever (100.4° F/37.8° C or greater as measured by an oral thermometer)
 - Cough
 - Congestion or runny nose
 - Shortness of breath or difficulty breathing
 - Sore throat
 - New loss of taste or smell
 - Chills
 - Head, muscle, or body aches
 - Fatigue
 - Nausea, diarrhea, or vomiting
3. In the past 14 days, have you been in close proximity to anyone who was experiencing any of the above symptoms or has experienced any of the above symptoms since your contact?
4. In the past 14 days, have you been in close proximity to anyone who has tested positive for COVID-19?
5. In the past 14 days, have you traveled outside of the Continental United States?
6. In the past 14 days, have you been in close proximity to anyone who has traveled outside of the Continental United States?
7. Have you been tested for COVID-19 and are waiting to receive test results?

8. In the past 14 days, based on the above or other symptoms, have you been told by any doctor, medical professional, or other authority to self-quarantine for any reason?