

## **RAYS COVID-19 Outdoor Swim Protocol Updated: 7/8/2020**

### **Pre- Swimming:**

- Athletes have a temp check & health screen at arrival
- Athletes take pre-screen survey at arrival
- Athletes bring and label water bottles and personal equipment (shared equipment will not be available nor permitted). All items are required to be labeled.
- All facility equipment used onsite is sanitized by rental pool staff
- Athletes are encouraged to use bathroom prior to leaving home to limit exposure in the locker room
- Swimmers are encouraged to contact coaching staff if they will not be attending practice for any reason
- Sanitizer / wipes will be available for athlete use; athletes are encouraged to bring their own supply as well.

### **Arrival / Dismissal:**

- Swimmers should not arrive more than 10 minutes prior to the start time of practice.
- Swimmers should arrive in their swim gear
- Only swimmers can enter the facility through dedicated entrance and must maintain 6ft. social distancing between other athletes while entering.
- Attendance will be taken each day at practice; this aids in tracing and communication purposes.
- Practices are not open for spectators/parents. Please drop your athlete off and exit the facility. Do not linger in the parking lot.
- Place gear/equipment on deck with 6-foot distance between bags. Swimmers in the same household can group bags together.
- Remain on deck; locker rooms are not available for changing.
- It is encouraged that car pools are only used in rare circumstances.
- If a swimmer is late to practice; they will have to wait until a coach has an opportunity to screen you before getting in the water.

### **Practice:**

- We will be swimming max 4 per a lane following the staggered start protocol from USA Swim Safe Guidelines, swimmers will be trained in this new protocol. Please watch your watch your pace and adjust as needed.
- Swimmers will rest at assigned lane areas; they will refrain from a gutter huddle.
- Swimmers will be placed in lane assignments (pods); those lanes will not move regardless of attendance - reducing the number of swimmers & households athletes are exposed to. For this reason, swimmers will not be able to make up swim sessions that are missed.
- Coaches will wear a mask.

### **Extended Health Protocol:**

- If a swimmer has been in contact with a COVID-19 positive person; please stay home for the CDC recommended time; do not return to practice until you have been cleared.
- If a swimmer simply “does not feel well” please keep them home as a precautionary measure.
- In the event that any of our swimmers contracts COVID-19 we will follow CDC guidelines of communication, shut down and tracing. If you have any questions about what that process looks like please contact the board or a RAYS coach.
- If a swimmer has a positive COVID-19 screen, they will not be financially responsible for additional fees / dues collected by the RAYS until the swimmer is cleared to return to activity per the health department’s guidelines.

**Let’s stay healthy, stay smart & swim!**

