**Storm Swim Club**

**Safe Re-entry Plan**

**Guidelines & Protocols for Safe Swim Practice**

All members of the Storm Swim Club will be asked to sign a waiver acknowledging the following guidelines and protocols for safe swim practice at Brackets, Kenwood Trail and Hidden Oaks Middle School pools for practice July 6th – August 14th, 2020.

**Pre-Practice Guidelines/Protocols**

- No athletes should come to practice if they are feeling any of the Covid-19 symptoms, if anyone in their household is experiencing symptoms, or if anyone in the household has knowingly come into contact with someone who has symptoms. See attachment for symptoms.

- Parents will be asked to drop their athletes off at the sidewalk leading into our Pools or, for athletes of driving age, park in the lot allowing a one spot separation between vehicles.

- Athletes will take a shower at home with soap and hot water before entry into the pool

o Athletes must be dropped off one car at a time.

- Athletes will enter/exit the building through the main doors for the pools.

o Athletes will be permitted to enter the building five minutes before the beginning of the scheduled practice time. If athletes arrive early, they must remain in their vehicles until five minutes prior to practice.

o A Storm coach or parent volunteer will take each person’s temperature before they enter the pool area. A reading of 100.4 F or greater is considered a fever. If an athlete has a fever, they will be sent home and not allowed into the building.

- Athletes must wear a mask as they enter/exit the building.

- Athletes must come prepared to swim in their swimming suits. Use of the facility locker rooms are prohibited.

- Once inside the pool area there will be an “X” marked on the benches for athletes to place their swimming bags. The “Xs” will be measured at least six feet apart.

**During Practice Guidelines/Protocols**

- There will be no more than the maximum number of people allowed in a group setting (set by the MN Department of Health) in Storm pools at any one time or the agreed upon capacity by the Minnesota Department of Health. We are currently allowed 50% capacity at pools and will be utilizing a 3 or 4 person per lane model.

o Athletes will be assigned lanes as they enter the pool area and will be directed to their lanes individually in order to maintain social distance of six feet. (These are posted)

o See updated diagrams (attached) for what lanes will look like for group sizes 24-32 athletes in the pool.

- Any coaches or adults in the indoor pool areas must wear a mask.

- If athletes need to use the restroom during practice they will be allowed into (????)

o After each use of the restroom, a Storm coach or parent volunteer will disinfect the bathroom.

- Athletes must bring their own, prefilled water bottles. Use of the water fountains will be prohibited.

- Athletes will not be permitted to use the equipment at the facility (i.e. kickboards, fins, or pull buoys). Athletes will be permitted to bring their personal equipment. Only necessary equipment for swimming will be permitted such as, cap, goggles, swim suit, and water bottles.

- Upon completion of practice, athletes will exit the pool one at a time, gather their belongings, and exit through the southwest perimeter pool doors.

o Changing on the pool deck will be prohibited, athletes may wrap themselves in a towel.

o There will be no extra social time after practice. Athletes must exit the building and return to their vehicles. Social congregation is prohibited.

**Post Practice Guidelines/Protocols**

- If back to back training sessions are scheduled, dependent on time allotted in the pool, practices will be staggered with a 15 minute gap between sessions to allow for cleaning.

**Other Considerations addressing Covid-19**

- If any athlete, coach, or member of our club is feeling any of the symptoms associated with Covid-19 they should remain at home and seek medical treatment. Furthermore, if any athlete or staff member has a fever or symptoms of Covid-19, they may not attend a practice until 14 days after the fever or symptom has ceased.

- If an athlete, coach, or a household member of an athlete or coach, has been diagnosed the athlete or coach must be cleared by a physician before returning to practice.

o **POSITIVE TEST PROCEDURE**

§ Should an athlete test positive the following measures will take place:

1. The individual or individual’s family will be required to inform staff immediately.

2. The individual or individuals swimming on either side of that athlete will be expected to self quarantine for 14 day or receive a negative COVID-19 Test.

3. The facility will be shut down for no less than 24 hours to deep clean.

- We will repeatedly communicate to our members that they should not practice with our club if they, or anyone in their household, exhibit any of the symptoms including mild to severe respiratory illness with fever, cough & difficulty breathing, or other symptoms identified by the CDC, or if they have come in contact with someone who tested positive for Covid-19 in the past 14 days or if they are vulnerable individual.