



Kansas City Blazers

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Dear Blazers Families:

As we continue to watch the state of affairs in Kansas, Missouri, and around the country, we are keenly aware that circumstances keep changing. We have just learned that Missouri Valley has had its first case of an athlete testing positive for COVID-19 since most teams returned to swimming. While we are fortunate that this was not an athlete from our team or that had contact with our team, it is a strong reminder that we must continue to be vigilant in our efforts to protect our athletes and their families. As such, please review our policies regarding COVID-19 and understand that there are wide-ranging impacts for our team. We are asking our families to review these with their athletes and remind them of the importance of these procedures so that we can continue to practice without interruption.

On a more positive note, we have been granted permits for Blue Valley Schools starting after the 4th of July. While this does not solve all our scheduling and space issues, it gives us more options. The coaching staff will be working on schedules for practices starting July 6th and hope to have those finalized and out to you next week.

We understand that our return to swimming and our athletes' summer swimming calendar does not look "normal" for the typical middle of summer. However, we believe our athletes will be in a great place to be able to perform when the opportunity safely arises. We are looking at ways to keep our athletes in the water through August instead of taking our usual 3-4 week break. The careful return to activities over this summer will provide a great base to start the short course season with no let-up. A focused approach to technique, balance, feel for the water and athleticism while slowly increasing intensity and volume, will give our athletes an excellent foundation for their continued swimming and help prevent injuries.

Myself and the coaching staff feel grateful for having families that trust and want to be a part of our organization. As always, all our decisions are made in the best interest of our athletes and members of our team, regarding their safety and development as swimmers and members of our community. We appreciate your understanding and patience through these trying times and continue to look forward to a time where we can safely interact in a more natural manner with our team as a whole.

If you have any questions or concerns about our plan for returning to the pool, please don't hesitate to reach out to your individual coach or myself. We are happy to answer your questions.


George Adcock

PRACTICE PROCEDURES:

Athletes must remain 6 feet apart throughout practices including arriving and leaving to vehicles.

Athletes will have their temperatures taken when entering the facility. Any athlete with a temp over 100.4 will be required along with any members of their car pool to remain home for the required quarantine period or has proof of a negative COVID swab of the symptomatic individual by a healthcare professional.

Athletes need to be in a mask when not participating in dryland or swimming. Athletes not wearing masks will not be able to be screened, therefore will not be allowed to enter the facility.

Swimmers must arrive and leave in their swimsuits.

Swimmers will be assigned starting positions in the pool and will continue at those spots to minimize contact while resting between efforts. This will also limit the number of athletes per lane.

Swimmers must bring their own equipment there will be no communal equipment available.

Coaches will be in masks and will maintain 6 foot distancing throughout practices.

Bags and equipment should be placed in designated areas so that they can be collected maintaining social distancing.

Pick up and drop off information for each location will be published prior to practices starting.

ATHLETES SHOWING SYMPTOMS:

If an athlete or coach exhibits symptoms that may suggest COVID-19, they will be unable to return for 72 hours from when they no longer present symptoms (that is three full days of no fever **without** the use of medicine that reduces fevers) or 14 days from the onset of symptoms, or has proof of a negative COVID test result, whichever is longer.

Symptoms which require exclusion include but are not limited to:

- Fever over 100.4 degrees
- Dry Cough
- Shortness of breath
- Vomiting
- Diarrhea
- Persistent runny nose
- Loss of taste/smell
- Fatigue
- Sore throat

If an athlete or coach is determined to be in close contact with someone with COVID-19 they will need to be quarantined and not attend practice for 14 days and be symptom free.

TRAVEL:

If an athlete or coach has traveled to an area that is considered to be a [risk area by KDHE](#) or the CDC, they will need to be quarantined and not attend practice for 14 days and be symptom free.

POSSIBLE CLOSURE:

If any athlete or staff is diagnosed with COVID-19 while participating in practices, we will need to use an abundance of caution and presume that the entire practice group has been exposed to the virus. Should such an unfortunate event occur, it is likely that their practice group or any groups practicing in proximity will be suspended for a period of time. Suspension of practice could vary depending on recommendations from Johnson County Department of Health and Environment and Kansas Department of Health and Environment. If your athletes' practices are suspended due to a presumed or confirmed COVID-19 case, your athlete will not be able to attend a different Blazers group or facility due to the quarantine recommendation.

Those exposed to a person with COVID-19 will be informed to stay home and self-monitor for symptoms for 14 days, and follow CDC guidance if symptoms develop.