

Columbia Swim Club



Return to Swim Plan - May 2020

Back in the Water Safely



CSC Families – Thank you all so much for your support of our club and our coaches through the COVID-19 pandemic. In unprecedented times, our club has shown tremendous team unity and support and we all greatly appreciate your efforts!

After much discussion and research into the different policies and regulations pertinent to a return to the pool, we are planning on resuming practices in late May pending the availability of **Albert Oakland Family Aquatic Center**. There will be a tiered return to practice, with older swimmers resuming first then progressing through age groups to younger swimmers. We have developed a plan to return safely to the pool based on the recommendations and guidelines from the CDC, local health and city officials, and USA Swimming, in collaboration with other regional swim clubs.

The success of our return-to-swim plan will require a team effort. That means swimmers, coaches and parents will need to follow the plan, and help others adhere to the plan. We expect everyone to adhere to these plans, practice social distancing and proper hygiene at all times. Should any member not adhere to these guidelines their participation in practices may be suspended. **Following these guidelines will help to protect everyone on the team as well as to ensure our continued access to Albert Oakland Family Aquatic Center.**

We realize returning to practice is a very personal decision and that not everyone will feel comfortable returning to this level of activity. To address this, CSC will also continue to offer a modified remote training plan for swimmers and families that wish to remain with the club but chose to remain away from the pool at this time.

Tiered Return to Practice

Older swimmers will return to practice before younger swimmers.

- Older swimmers are likely more capable of socially distancing, practicing proper hygiene and wearing masks properly than the younger swimmers.
- Younger swimmers can return to peak training and form more quickly than our older swimmers. The approximate schedule for when each of our groups will return to the pool is outlined here.
- As the summer progresses, water temperature will increase and younger swimmers will have more tolerance for being in the pool. Without access to locker rooms, we want to ensure that swimmers can stay warm in the water and on the deck.



Tentative Tiered Return Plan:

Late May: 13 and Older swimmers

Early June: 10 to 12 year old swimmers in Transition Jr., Explorers or Foundations 2

Mid-June: 7-9 year olds in Explorers & Foundations 2

Early July: Foundations 1 and new swimmer clinics

Before Leaving Home

Any swimmer experiencing any of these symptoms below **should remain at home** and seek medical treatment.

- A fever (100.4°F or higher)
- Recent cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain (unusual fatigue)
- Sore throat
- New loss of taste or smell

Swimmers must be fever-free for 24 hours before returning to practice.

Arriving at the Pool



Parking Lot

- Cars must leave 1 space between parked cars.
- Swimmers must not congregate in the parking lots.
- Swimmers will maintain social distancing (6 feet) if waiting in line.
- If parents are dropping off a swimmer, **the parent must stay until their swimmer is admitted to the pool deck.**

Entering the Facility

- Swimmers will enter through the gate at the east corner of the facility (our normal entrance).
- Swimmers will maintain social distancing if waiting in line.
- Swimmers will not enter the facility until previous group has exited the facility. The check-in coach at the gate will let groups know when swimmers may enter.
- Only one swimmer may enter at a time and may enter only after a health check, following best practices from the CDC.

Swimmer Health Checks



Only one swimmer may enter at a time following verbal confirmation of the swimmer's health status and a non-invasive temperature check, following best practices from the CDC. During the health check a coach will ask:

1. “Today are you experiencing any of the following symptoms?”
 - Cough
 - Shortness of breath or difficulty breathing
 - Fever
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste or smell

2. “Have you or anyone you live with had a positive COVID-19 test in the past 14 days?”

While waiting to enter the pool, swimmers must stand in single file line 6 feet apart. **Parents dropping swimmers off must remain in the parking lot until they see their swimmer go past the gates.**

Once inside, swimmers must go directly to assigned lane and position, which will be assigned prior to their arrival at the pool. This protocol is based upon guidance from the CDC and local health experts.

Health Checks and COVID-19 Tests



Any swimmer who has a fever (100.4 F or higher), or who reports “yes” to any of the health check questions, will not be allowed to enter. Parents should discuss their swimmer’s symptoms with a medical professional. If the medical professional recommends a COVID-19 test, the swimmer should not return until COVID-19 testing returns negative. Returning to the pool will require a doctor’s note confirming the swimmer is cleared to return.

Reporting a Positive COVID-19 Test

We ask parents report a positive test for their child to CSC coaches. Parents should also report if any of their family’s close contacts test positive. In the case of a reported positive test, the coaching staff will alert the rest of the swimmers who are in the positive swimmer’s group, without naming the swimmer who tested positive. Families in that group will be encouraged to consult with a medical professional to determine if a COVID-19 test is needed. If any swimmer begins to experience any symptom of COVID-19, the swimmer should stay home from practice and seek advice from a medical professional.

Practice Observation

- Parents are welcome to observe practice, but must remain outside of the fence and maintain proper social distancing.
- Parents of younger swimmers may be asked to stay at the pool during practice.

Exiting the Pool

- Swimmers must exit the facility per the coach's instructions.
- Swimmers must leave immediately at the conclusion of their practice.
- Swimmers must leave one at a time.
- Swimmers must go directly to their car or their parent's car.
- No congregating in the parking lot.
- All swimmers must be picked up/leave immediately at the conclusion of practice.

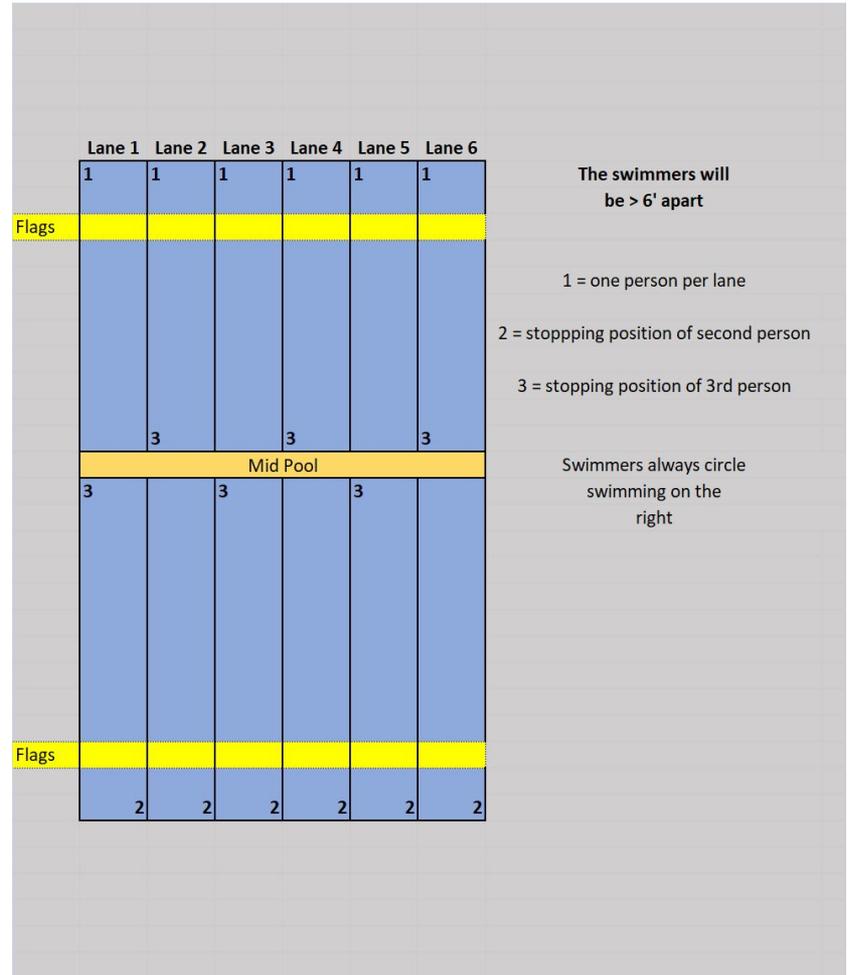


Social Distancing on the Deck

- Coaches will mark the pool deck to ensure that everyone can easily stay at least six feet away from each other while moving around the pool deck.
- If swimmers bring bags, bags must be placed at least six feet apart and coaches will designate where each swimmer may place their bag.
- Swimmers are not to drag their equipment bag on the pool deck or throw it to their spot.

Social Distancing in the Pool

- Swimmers will be kept more than 6 feet apart in the pool whenever their heads are out of the water.
- Number of people per lane is dictated by the Boone County Health Department
- We have developed social distancing scenarios for each possibility, based on guidelines from USA Swimming.





Swimmer/Family Responsibilities

- If any swimmer experiences symptoms of COVID-19, they will not attend practice until cleared by a medical professional.
- Swimmers will come dressed to swim. Swimmers will be turned away if they are not in a swimsuit.
- Swimmers must have a water bottle already filled.
- No use of the water fountain is allowed.
- No sharing of equipment.
- **No changing at the pool.**



Coach Responsibilities

- There will be a minimum of 3 USA Certified coaches in the facility for each practice.
- Coaches will maintain social distancing (6 ft apart at all times).
- Coaches will provide health checks.
- Coaches will wear recommended protective face coverings at all times during practice.
- Coaches will clean restrooms between sessions, according to CDC guidelines.
- If any coach experiences symptoms of COVID-19, they will not attend practice until cleared by a medical professional.



Storm Contingency Plans

- When there is a threat of storm, coaches monitor weather developments via weather apps.
- If severe weather is pending, thunder is heard, or if lightning is observed, coaches will tell the swimmers to exit the pool.
- Swimmers need to maintain social distancing policies as they proceed into the building.
- Coaches will ensure that the swimmers stay at least 6 ft apart while inside.
- Swimmers must stay in one spot while inside.
- Coaches will monitor the storm. If practice must be cancelled, parents will be notified.
- If it becomes safe to return to the pool, swimmers must go back to their assigned lanes/locations.



Locker Rooms & Restroom Access

Locker rooms will be CLOSED.

No changing allowed at the pool. Swimmers will arrive and depart in swimsuits.

Restrooms

Restrooms will be for emergency use only. Since practices will be shortened compared to previous summers, please try to use the bathroom at home. Restrooms will be sanitized as needed per CDC guidelines.

Columbia Swim Club Responsibilities

- Provide personal protective equipment for coaches.
- Keep abreast of city, facility, USA Swimming & CDC guidelines and make changes as directed.
- Provide disinfectants for cleaning between and after practices.
- Provide waivers, as necessary, to families before swimmers return to practice.
- Clear and timely updates for CSC families about the ongoing situation.
- Clear and timely updates to Columbia Parks and Recreation about facility use.