



Aquastorm Swim Club

Smart Restart Plan

To: Aquastorm Swim Club Members
From: Aquastorm Coaching Staff and Board of Directors
Date: 31 May 2020

On behalf of the Aquastorm Coaching Staff and the Board of Directors, we would like to begin welcoming swimmers back to the pool and introduce our Smart Restart plan. The coaching staff and Board of Directors have been monitoring the evolving situation regarding facility closures, re-openings, and recommendations for public gatherings to determine the appropriate next steps for restarting the Club's swimming program. Based on the guidelines and recommendations from several resources (see Appendix 1), the club has developed a plan for returning to limited operations and adjusting those operations as the situation evolves. These plans align with USA Swimming's phased approach to returning to competition.

Starting Monday, June 1st the club will begin a limited practice schedule for Senior and National level swimmers who indicated their intent by May 26. Practice will be from 7-9am Monday thru Friday. Swimmers may attend as many or as few days each week as they wish initially. Members will be billed at the regular monthly membership rates regardless of the number of days practiced and must have a current USA Swimming membership. The situation will be evaluated every 2 weeks and may result in additional opportunities for more swimmers and age groups to return. Updates will be provided to members by e-mail, the team website, and the team's Facebook feed.

The following rules will be in effect and enforced as a condition of participation. These rules may be expanded or revised by Aquastorm or the Bismarck Aquatic and Wellness Center at any time.

- Members must have a current (paid up) account balance BEFORE swimmers are allowed to return and on a monthly basis thereafter.
- Swimmers will arrive 5 min early for practice. After leaving their respective cars, athletes walk in separately, spaced 10 feet apart.
- Athletes will enter the Aquatic Center and follow the building requirements when coming in the facility. Once on deck, they will put their belongings in designated areas by the bleachers.
- Athletes will arrive at the pool prepared to swim. No showering or deck changing is allowed. Athletes will wear their suits to the pool. Locker rooms are available to Aquastorm swimmers ONLY FOR RESTROOM USE during practice.
- Swimmers may, but are not required to, wear face masks while out of the water. Due to the nature of the verbal communication required during practice, coaches will typically not be wearing face masks during practice.
- Swimmers are encouraged, but not required, to bring their own practice equipment (i.e. flippers, kick board, snorkels). Shared practice equipment will be sanitized by Aquatic Center staff after each session.

- Parents must remain in their cars and not enter the Aquatic Center. Parents are not allowed in the stands.
- Once in the water, swimmers will be organized to fit the Bismarck Aquatic and Wellness Center and USA Swimming guidelines. A maximum of 4 swimmers will be allowed per lane.
- After practice, swimmers will collect their belongings and depart practice immediately.
- Athletes cannot loiter in the parking lot of the Aquatic Center before or after practice.
- Parents must be ready to pick up athletes as soon as practice ends.

At the discretion of Aquastorm coaching staff, swimmers who do not follow these rules will not be allowed back to practice.

The Aquastorm Board of Directors and staff pledge to continue to monitor and interpret the latest COVID-19 regulations and recommendations from federal, state, and local officials, USA Swimming, North Dakota LSC and Bismarck Parks and Recreation and adapt the club's practices and procedures to ensure they comply with the appropriate regulations.

If you have any questions regarding the Aquastorm Smart Restart plan, please contact Coach Steele, Coach Wheeling, or any board member. We look forward to continuing a safe and fun reopening and communicating further updates to members as the situation changes.

Thank You from your Coaching staff and Board of Directors!

<i>Jeff Steele</i>	<i>Head Coach</i>	<i>coachsteele@aquastormswimming.com</i>
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<i>Mary Palmer</i>	<i>Director</i>	
<i>Scott Becker</i>	<i>Director</i>	
<i>Chris Knudson</i>	<i>Director</i>	

Appendix 1 – Resources

1. [USA Swimming Re-opening Messaging and Planning](#)
2. [North Dakota Smart Restart Guide for Recreational Pools and Water Playgrounds](#)
3. [North Dakota Smart Restart Guide for Large Gatherings](#)
4. [CDC Recommendations for Large Gatherings](#)
5. E-mail from Bismarck Parks and Recreation (see Appendix 2)

Appendix 2 – Bismarck Parks and Recreation E-mail sent May 21, 2020

Below is a copy of the e-mail sent to members of the BSC Aquatic and Wellness Center. It has not been edited or revised and may contain information that has changed since it was sent.

Dear valued members of the BSC Aquatic & Wellness Center (BSC AWC) and Capital Racquet & Fitness Center (CRFC) –

GREAT NEWS! The indoor pools at the BSC Aquatic & Wellness Center will open on Friday, May 22 at 5:30am. Here are some more details about the safe opening of the pools:

-We're following all of Governor Burgum's Smart Restart protocols that you are familiar with, including NOT coming to a facility if you are ill, frequent washing of hands, safe social distancing and limiting unnecessary contact. There are plenty of bacterial wipes and hand sanitizer on hand throughout the BSC AWC and CRFC. Staff continues to clean touch points and restrooms throughout the day and evening.

-The pools will be open during regular fitness facility hours with limited capacity based on state guidelines. Facility hours [through May 31](#) are [Monday-Thursday, 5:30am-10pm](#); [Friday 5:30am-9pm](#); [Saturday 7am-7pm](#) and [Sunday 10am-7 pm](#). **Please note:** Summer hours will take effect June 1.

-Showers will be open. There is no use of the diving board nor the wibit water toys at this time.

-Aquatic fitness classes will resume in June. A pool schedule and the aquatic fitness schedule will be available online when finalized. The Aquastorm swim club will resume practices in June.

-Details for indoor swim lessons held at the BSC AWC are still in the planning stages. More information on registration and dates for swim lessons will be announced on the Bismarck Parks and Recreation District (BPRD) website, www.bisparks.org, when finalized.

-We are in desperate need of lifeguards. There are lifeguard training classes set for [May 26-28](#), [May 29-31](#), [June 1-3](#) and [June 8-10](#). The sessions run [from 9am to 6pm](#) each day. Please ask us how you – **YES, YOU** – can come to work for us! Email jgardiner@bisparks.org with questions.

-The community rooms and the Turtle Beach indoor playground remain closed at this time. No birthday parties are being scheduled.

Capital Racquet & Fitness Center News

- The showers at Capital Racquet & Fitness Center are now open!
- The birthday party rooms, sauna, and hot tubs will remain closed.

Thanks for being a member of the BSC Aquatic & Wellness Center and Capital Racquet & Fitness Center! Please watch the BPRD website, social media and emails as we work to keep you informed. We hope to see you soon. In the meantime, if you have any questions about what's happening at the facilities, please don't hesitate to reach out to Lindsay Berg, lberg@bisparks.org at BSC AWC or Katrina Hanenberg, khanenberg@bisparks.org at CRFC.

Thank you!

Bismarck Parks and Recreation District

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