



# **Baldwinsville Sharks Swim Club**

## **Return to the Pool Plan**



# Ensure Athletes are Safe

## **Athletes are NOT permitted to attend practice if...**

- They are showing any of the symptoms of COVID-19. They have a fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC.
- They have tested positive for COVID-19.
- Traveled within the last 14 days.
- Anyone in household has symptoms or tested positive for COVID-19.
- They have been exposed to anyone who has symptoms or tested positive for COVID-19.
- They are awaiting the results of testing for COVID-19.

## **Athletes must come to practice with...**

- Cloth face mask
- Practice equipment
- Wearing a swimsuit
- Pre-showered at home
- Using the restroom



# Screening Questions

**Athletes are NOT permitted to attend practice if they answer YES to any of the following questions...**

- Do you or do any of the swimmers you are dropping off have a fever, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or head ache?
- Have you or any of the swimmers you are dropping off had any of these symptoms since last time you were last here? Been in contact with anyone with fever, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or head ache since the last time you were here?
- Have you or any of the swimmers you are dropping off potentially been exposed to COVID-19 or have reason to believe you/they have COVID-19?

**Athletes who are sick or believe they might have COVID-19 should stay home until you can answer YES to the following questions...**

- Has it been at least 14 day since you first had symptoms?
- Have you been without fever for 3 days (72 hours) without any medicine?
- Has it been 3 days (72 hours) since your symptoms have improved?

**IMPORTANT: Household members and athletes who have been in close contact with someone who has had symptoms of COVID-19 should stay home for 14 days and monitor themselves for symptoms.**



# Why Return to the Pool?

- Activity that provides health and well being for the athletes.
- Minimal touchable surfaces.
- Chlorine is a disinfectant.
- New practice process to ensure athlete safety.
- Social distancing of 6'+ can be maintained both in and out of the water. during organized swim practices.
- During dryland athletes will maintain 10'+ while exercising.



# Chlorine & COVID-19

From the CDC...

Can the virus that causes COVID-19 spread through pools?

Proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19.

- Maintain proper disinfectant levels (1-10 parts per million free chlorine or 3-8 ppm bromine) and pH (7.2-8)
- CDC's [Model Aquatic Health Code](#) has more recommendations to prevent illness and injuries at public pools in parks.

From the WHO...(World Health Organization)

Virus type that causes COVID-19 is killed easily.

Enveloped viruses are easier to kill than non-enveloped viruses: “Sars-CoV-2, the virus responsible for the COVID-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses.”

The WHO recommended chlorination level of 15mg min/liter is sufficient to kill non-enveloped viruses, and an enveloped virus such as COVID-19 would be inactivated at even lower levels.

Research

[CDC](#)

[World Health Organization](#)

Articles

[USA Swimming](#)

[Aquatics International](#)

[Swimswam Pt.1](#)

[Swimswam Pt.2](#)

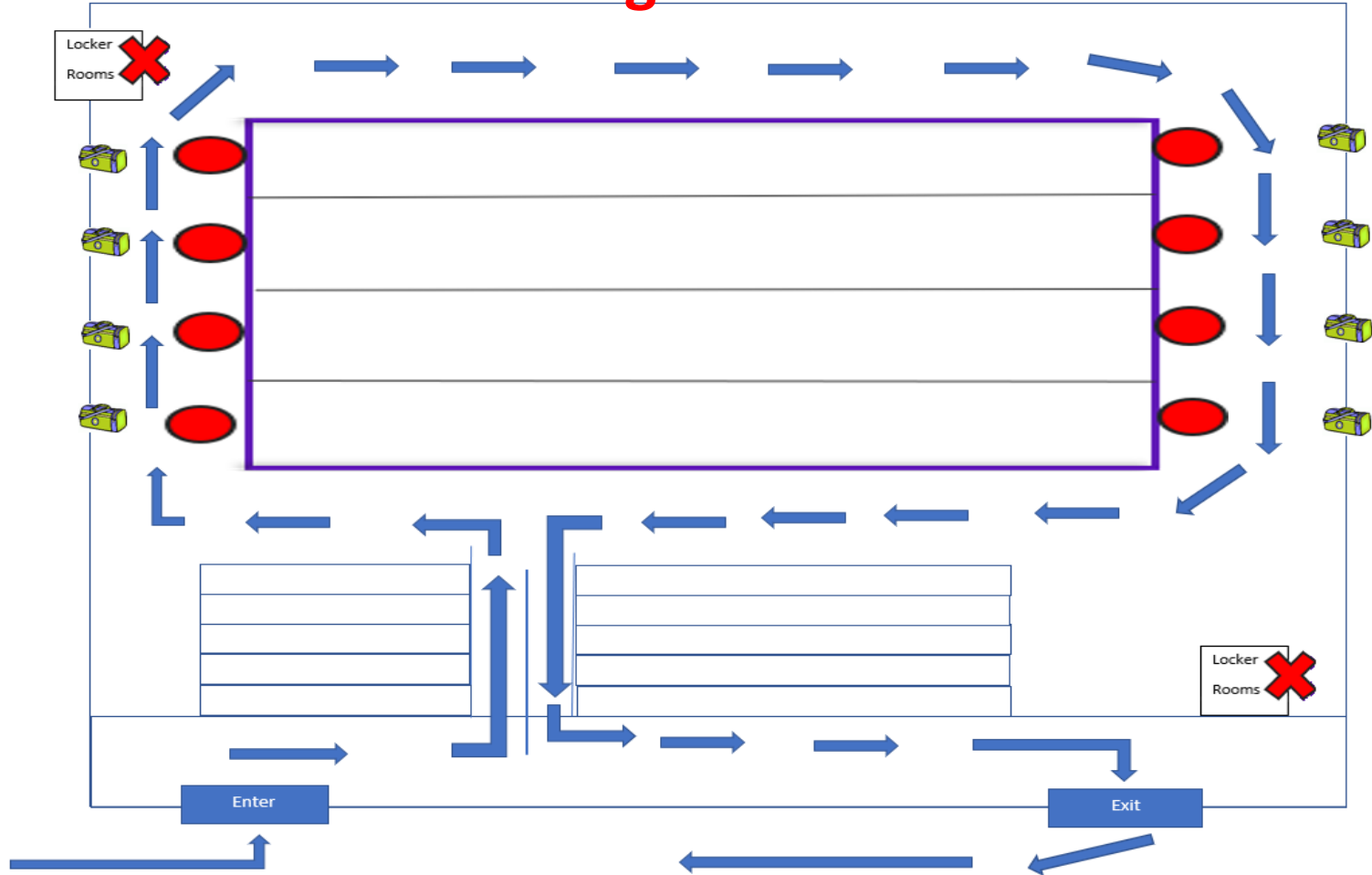


# NYSDOH Guidance for Pools

## Operating conditions defined NYSDOH...

- The operation of pools must be following [NYShyDOH](#) guidance.
  - Ensure that all individuals always maintain a distance of at least six feet from other individuals, or the core activity requires a shorter distance.
  - For health and safety concerns, ensure face coverings are not worn by individuals while they are in the water.
  - Limit the maximum size of any single **group** of people on the premise or in the water to 10 or fewer individuals; however, there may be more than one group on premise or in water so long as they are able to be separated by at least six feet.
- CDC's [Model Aquatic Health Code](#) has more recommendations to prevent illness and injuries at public pools in parks.

# Baker High School Pool





# Return to the Pool Road Map

1. Wait at pool door
2. Go to assigned lane
3. Set down items
4. 3 - point entry into the pool
5. Swim practice
6. Dry off & Retrieve items
7. Exit using appropriate door





# COVID-19 Practice FAQs

## PRACTICE PREPAREDNESS

Can my swimmer participate if they are late to practice?

- No, swimmers will not be permitted to enter the facility or participate if they are late to practice.

Can my swimmer borrow equipment?

- Due to an abundance of caution, equipment will not be available to borrow.

Can my swimmer leave their equipment at the pool?

- Swimmers will not be permitted to leave personal belongings at the facility.

## PARENTS & SPECTATORS

Are parents and spectators allowed into the facility?

- At this time, NO parents or spectators will be allowed into the facility/pool deck.
- Parents will stay in parking area inside their vehicle during the duration of swim practice.



# COVID-19 Practice FAQs

## TRAVEL

What if someone travels outside the state of NY?

- As of June 25, 2021, the New York State Travel Advisory is no longer in effect. As such, travelers arriving in New York are no longer required to submit traveler health forms per [New York State guidelines](#).
- Please make the best decision for your family and the BSSC program to limit your exposure and keep all safe.

Can we carpool?

- We highly discourage carpooling, however, if you choose to do so, adhere to social distancing standards.

Where to park?

- If you or your child are driving to practice, we recommend you park in a space that allows one empty parking spot on either side of you.