

# BAC COVID PROTOCOLS (Revised 9/10/21)

Berkeley Aquatic Club remains committed to maintaining the safest environment possible for all participants: athletes, coaches and staff.

## DAILY PROTOCOLS

Each day prior to workout, please ensure your athlete is "eligible" to participate. Refrain from sending your athlete to workout if they have experienced any signs of illness within the past 72 hours. Once your athlete arrives at BAC, they will report to the rear parking lot. They will be checked in and instructed to enter. (**Daily Google Forms will NOT be required this season**)

These protocols may be adjusted as we progress through the season. Notification will be communicated by primary coaches at that time.

As a part of your 2021-22 TEAM REGISTRATION each family reviewed and acknowledged COVID-19 protocols and mandatory guidelines for swimming at BAC:

- Swimmers will confirm "healthy" for practice per this agreement.
- Swimmers arrive and depart wearing facial masks which are to be removed upon entry into the pool.
- Swimmers arrive and depart in swim attire.
- Swimmers arrive with foot protection.
- Swimmers are to use a zip-lock bag to store facial masks.
- Swimmers approach the facility maintaining Safe Social Distance.
- Swimmers may not enter the facility once the doors are closed.
- Swimmers are not to share any water bottles, etc. **NO FOOD!!** Water Containers with names clearly printed (**NO GLASS**) may be used.
- Swimmers will be assigned groups and warmup lanes at the first day of this practice phase and are to remain in groups/lanes, (for tracking purposes,) until notified by coaches.
- Swimmers, coaches, lifeguards and staff are to maintain safe social distance throughout practice.
- Bathrooms will be available outside, at the rear of the facility
- All Showering is to be done at home during COVID-19 phase.
- Swimmers will be directed to the exits maintaining safe social distance.
- Guardians are to remain in vicinity of practices ensuring "no swimmer left behind". Please ensure you wait to confirm your athlete gains entry into the facility.
- During swim meets, everyone shall wear masks while inside the facility.
- Swimmers shall self-quarantine away BAC for not less than 72 hours after being symptom free following feeling unwell, including but not limited to symptoms of nausea, vomiting, fever and or any other symptoms of illness.

As the COVID-19 Vaccine continues to be administered, we ask the following protocols continue to be maintained while in our facility:

- Facial coverings at all times,
- Safe Social Distance at all times,
- Avoid gathering prior to and following workout, please arrive promptly to collect your athlete after workout.

For those who are "vaccinated"\* we ask they continue abiding with all facility protocols. The only exception, (subject to CDC reversal,) is that should a vaccinated individual come in contact with a person who has contracted COVID-19, we ask for a 72 hour quarantine from all activities inside our facility. (We will ask for proof of vaccination with dates when contact tracing is required.)

\*Someone is considered fully vaccinated **two weeks** after receiving the final required shot.

## COVID 19 EXPOSURE

If your athlete tests positive OR is exposed to someone with COVID-19 please contact [tristan@berkeleyaquaticclub.com](mailto:tristan@berkeleyaquaticclub.com) BEFORE returning to the facility.

## TRAVEL

Travel protocols remain in effect, consistent with the [NJ State Travel Guidelines](#)

### UNVACCINATED DOMESTIC TRAVEL

- Get tested 3-5 days after travel.
- If travelers test positive, they should **self-isolate for at least 10 days and should postpone travel during that time.**
- If travelers test negative, they should **quarantine for a full 7 days after travel.**
- If testing is not available (or if the results are delayed), travelers should **quarantine for 10 days after travel.**