

# Practice Schedule Starting Tuesday 9/8 to Saturday 9/29

All Practices at Madison Community Pool

**NO PRACTICES 9/12**

**Practices are Weather Dependent**

**See Protocol Below**

## **Micro/Mini:**

**Monday 5:15-6:15**

**Wednesday 5:30-6:30**

**Friday 6:00-6:45 \***

**Saturday 1:15-2:15**

## **Novice:**

**Tuesday 4:30-5:30**

**Thursday 4:00-5:00**

**Friday 5:15-6:00 \***

**Saturday 12:15-1:15**

## **White:**

**Monday 4:15-5:15**

**Tuesday 6:45-7:45**

**Wednesday 4:30-5:30 \*\***

**Thursday 3:00-4:00**

**Friday 6:45-7:45 \***

**Saturday 11:00-12:15**

## **Red:**

**Monday 3:00-4:15 \*\***

**Tuesday 5:30-6:45**

**Wednesday and Thursday 6:30-7:45 \***

**Friday 3:00-4:00 \*\***

**Saturday 11:00-12:15**

**Platinum and Gold: Monday 6:15-7:45 \***

**Tuesday and Wednesday 3:00-4:30 \*\***

**Thursday 5:00-6:30 \*\***

**Friday 4:00-5:15 \***

**Saturday 9:30-11:00**

**Dryland for a Half Hour Before \***

## **Dryland Half Hour After \*\***

### **Madison Area YMCA Mariners Return To Swim – Start Phase 2 Updated 9/1/20**

#### **Facility:**

- 1. We will do everything we can to sanitize any touch points between usages.**
- 2. We have to follow any rules that are given to us from the facilities we use.**
- 3. If we have any concerns about the sanitization at said facilities we will address it immediately.**

#### **General Rules:**

- 1. If anything is making you uncomfortable in regards to your safety you must be comfortable saying something immediately.**
- 2. In order for this to work, everyone must be familiar with all rules and follow them.**
- 3. If you don't feel well stay home. Fever of 100.4\* or above, cough, unexplained muscle soreness, shortness of breath, difficulty breathing, chills, headache, sore throat, new loss of taste or smell, etc... means stay home. It may be nothing but it may be something.**
- 4. Stay home if anyone in your home has the symptoms listed above, has Covid 19, is awaiting a test result for Covid 19 or has visited with anyone who has symptoms or is awaiting a test result.**
- 5. If you have traveled in a public plane, you must quarantine for 14 days before returning to swim.**
- 6. If you travel to any states that have a return to NJ quarantine period, you must quarantine for 14 days before returning to swim.**
- 7. Wear a face mask anytime you cannot maintain a distance of 6 feet from other participants. Face Masks MUST be worn in Fish and Game Lobby**
- 8. You must have an active Madison Area YMCA Membership, be registered from the program on Active and have read and signed the participant waiver before coming to practice. We will need to adhere to strict participant numbers so drop in's cannot be accommodated at this time.**
- 9. Your temperature will be checked upon arrival to the facility as well as a health and wellness screening. If you do not "pass" any of these screenings or your temperature is above 100.4 you will be sent home.**
- 10. You must socially distance and wear a mask while waiting in line for the wellness screen and when on facility premises. Please maintain a minimum of 6 feet between you and anyone you do not live with.**
- 11. The bathrooms are for emergencies only. Please come swim ready and leave after swimming. There will be no access to changing rooms.**
- 12. Nothing can be shared between swimmers. Please bring extra goggles and caps.**

- 13. Entrance and Exits will be staggered and one way one way to ensure no one is passing.**
- 14. Kickboards will not be used. Bring fins, paddles, (Red, Gold, Platinum bring a snorkel If your group requires it) every day. Also bring an easily identifiable water bottle.**
- 15. Participants will be assigned to a smaller pod. You will stay in that pod for a minimum two week period. You will be assigned spots on deck, during dryland, and in lanes in that pod. You cannot leave that pod. If someone in that pod contracts Covid 19 we will suspend that pod for up to two weeks on advice from the health department.**
- 16. All breathing will be done to one side of the pool (for example to the east) to be determined by site to ensure no one breathes face to face.**
- 17. Only swimmers will be allowed in the pool area.**
- 18. We will not touch lifeguard stands, ladders, or anything deemed unnecessary.**
- 19. When we use starting blocks, they will not be sanitized, but you will immediately be entering the chlorinated pool just after so do not touch your eyes, face, mouth or goggles until you have already been back in the pool.**
- 20. Athletes may be asked to use a hand sanitizer when entering the facility.**
- 21. There should be no passing and no stopping except in your assigned station. If, however, you are approaching a wall that someone is on the wall, if you flip turn you should be fine. If you open turn, you must turn away from that person.**

#### **Why Return to Swimming?:**

- 1. Outdoor activity**
- 2. Few touch points**
- 3. Chlorine is a disinfectant**
- 4. New Practice Rules should enhance safety over other activities**
- 5. Social distancing can be maintained in and out of the pool.**
- 6. Structured activity that provides physical, emotional, and mental health and well-being for our athletes.**

#### **Stations/Swimming:**

**Station 1: drop belongings and moving to pool.**

**Station 2: pool: We will have no more than 6 athletes per lane, 1 at shallow wall, 1 at shallow flags, 1 in shallow 15 M Mark. 1 at deep 15 M Mark and 1 at deep wall. This is your station and is the only place you can stop. There is no passing during swims but we can swap stations as needed.**

**Station 3: dryland: This area will be spread out.**

**Station 4: gather belongings and exit facility. Please do not congregate and socialize at the pool or on pool deck.**

**Once pods are set, starting stations must be determined and we enter the pool in this order: 1. Middle, 2. Flags, 3. Ends. specified group will help with lanelines.**

**Groups can swap stations every time we move to a new set.**

**We will exit the pool in this order: 1. Ends, 2. Flags, 3. Middle. All athletes can help with removal of lanelines as long as they maintain social distancing while doing it.**

### **Observation:**

**We are asking that anyone who wishes to observe practices does so from outside the fence or through a window. If that is not possible, we will set a designated area but cannot guarantee that the area will be sanitized or social distancing can occur.**

### **Chlorine and 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...*

**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 World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus and coxsackie virus, and an enveloped virus such as Covid-19 would be inactivated at even lower levels.**

### **PHASES:**

## PHASE 2 (June 22nd)

- Return to pool, only the oldest most mature athletes. Virtual Classes could still run for both those swimming and those not swimming and those who are being offered but are not yet comfortable returning to the pool.
- Assuming this works out, we would add middle schoolers week 2 and so on until all but the 10/U are swimming. It is recommended that 8/U don't swim because of the social distancing issues with that age but we will offer clinics.
- Minimum 15-minute buffer between live classes if necessary to ensure sanitization of room – to be performed by staff. Outdoor spaces depend on the flexibility.
- Pre-registration will be required before attending any program to ensure we stay within our new numbers that allow for social distancing
- We can have dedicated MPO or Parent Volunteers observing the practices if requested but in outdoor pools with open fence lines that should suffice.
- We will keep all the athletes in dedicated pods of up to 12. We will have up to 3 groups rotating. 1. Enter, 2. Swim. 3. Dryland not necessarily in that order.
- Realizing it is a pool environment; if we have no hand rails and can get the starting blocks out we don't have as many touch points.

## PHASE 3 (September 2020)

- At this time when we have a good system in place that has been working, we can add our Middle School and Grade School, if we are very comfortable with the results we have achieved so far.
- Hopefully we can expand pod sizes and add more kids into the mix.
- I would worry about the 8/U group but we can try that in a clinic setting and see if it will work as a team group.

## PHASE 4 (Time Period TBD)

- Phase 4 is for if and when we return to almost fully "normal" operations
- Team will continue to be divided into multiple groups to allow for smaller group size and better social distancing until further notice.

**\* These plans are only tentative and will continue to be updated as guidelines and recommendations change.**

**[\\*Link to register For All Groups: This should open by 9/3](#)**

**This will open for 24 hours for those who swam with us this summer, then for 24 hours for those who swam with us last year and then to new members.**

**If you have any membership questions, you can reach out to [membership@madisonymca.org](mailto:membership@madisonymca.org) or by phone M-F 8am-4pm by calling the Welcome Center at 973-822-9622.**