

COVID Guidelines

PARENTS – It is essential that you sit with your athlete(s) and go through these procedures very, very carefully.

Note: These are subject to change in terms of amendments, additions and deletions based on conditions as we adapt to the concerns of these new times. By registering for this program all participants and their parents/guardians/attendees agree to abide by these guidelines.

COVID SCREENING PROCEDURE: We will ask each athlete the same question each day upon entry (which is suggested by various agencies and governing bodies):

1. Are you, or does anyone in your household have any COVID signs such as a temperature, coughing, sore throat, or shortness of breath? A “YES” answer to this will require us to turn the athlete away from practice. We will notify you in such cases.
2. Swimmers will have their temperature taken before being allowed entrance to the facility. A temperature higher than 100.4 will be turned away from practice. We will notify you in such cases.

FRCE COVID-19 Practice Procedures

Force Aquatic Swim Team (“FRCE”) will be adhering to the following practice procedures during the summer swim season. These practice procedures are required and further supplement the policies of facilities used by FRCE. FRCE swimmers and members **must also comply with facility policies and any local/state mandates.**

- All practices this summer are optional. No swimmer is required to attend any practice.
- Athletes will not be permitted to attend practice until returning the assumption of risk and liability waiver. See COVID-19 Waiver on web site registration.
- Athletes should not attend practice if they are not feeling well and/or experiencing any symptoms related to COVID-19, such as coughing, fever, headaches, etc. When in doubt, **STAY HOME.**
- If an athlete has a pre-existing or underlying medical condition, a physician should be consulted before returning to the pool.
- If an athlete or their household member tests positive for COVID-19, Force Aquatics coaching staff must be notified of such positive test. Force Aquatics will notify the appropriate facility and officials of the positive test and follow the facility's response. An athlete will stay home from practice until they are symptom-free for 14 days.
- If registration numbers for a particular practice group exceeds the number of swimmers permitted in the water according to lane space and facility (see USA Swimming Diagrams), Force Aquatics may require a reservation procedure per practice.

Drop-Off / Pick-Up

- Athletes may not enter the facility early.
- Athletes will enter and exit through designated areas.
- Athletes may not congregate after practice.
- When entering and exiting, athletes and coaches will maintain appropriate social distancing of at least six feet.
- Parents/guardians will not be permitted into the facility. Parents/guardians will not congregate in the parking lot.
- Athletes attending practice at WJC will wear masks upon entry per Westerville JC Pool policies.

Pool Facility

- Locker rooms will be closed. Athletes must arrive with their swimsuits on. Athletes must leave with their swimsuits on.
- Restrooms will be available. No more than one person may be in the restroom at a time.
- Water fountains will not be available. Swimmers should bring a full water bottle labeled with his/her name.
- Athletes and coaches will wash their hands or use hand sanitizer upon entering the facility.
- Coaches will wear masks at all practices when social distancing is not an option.
- Athletes at WJC will place their bags in Force Aquatic's designated areas. See WJC's Policies.

During Practice

- Athletes will not share equipment. Athletes must use their personal equipment only.
- Athletes and coaches will avoid touching gates, fences, benches, blocks, etc. if possible.
- All parties on deck will not make physical contact with others, such as ***shaking hands or giving a high five***.
- Athletes will avoid sharing drinks or towels.
- Athletes and coaches will maintain social distancing when taking breaks.
- Athletes will follow **coaches' instructions** regarding entering the pool and maintaining social distancing. FRCE intends to use USA Swimming's pool diagrams for start positions in the pool. See USA Swimming Diagrams.
- Athletes and coaches who begin to cough or sneeze for any reason, must move away from others until coughing or sneezing dissipates.

Violation of Policies

POLICY ENFORCEMENT: This will be strict so that we do not allow a few individual instances jeopardize the entire team's status at the facility nor jeopardize the facilities operational status (whether they can remain open or not to other teams or to the public). We cannot have either circumstance so policies will be enforced. Those not adhering will be required to leave facility grounds. Additional infractions will/can potentially lead to the individual not being able to come back at all or to the athlete's complete removal from the program.

- **Already the issues of parents/spectators being in athlete staging areas, not wearing masks inside the pool and not maintaining the 6 feet social distancing rule have all been raised within the first few days of practice at several of the clubs that have returned to the pool. We understand that everyone has personal preferences and opinions in relation to matters related to sickness, COVID included, but we are bound by CDC, ODH, FRCE, and facility guidelines and all must obey these in order to insure we can continue to operate during these times.**

•Athletes failing to adhere to facility and practice policies will be removed from the water. Continuous violations can lead to dismissal from practices for the remainder of the summer season.

These practice procedures are/were generated in response to COVID-19, the re-opening of pools, and facility policies and guidelines. The

procedures are subject to change at any time at the discretion of the FRCE Board, FRCE coaches.