

M.E. Lyons YMCA/Anderson Barracudas Team Operations

COVID 19-Protocol Updates – Revised Jan 2021



The following protocols will be in effect immediately for all Barracuda athletes, including our Masters and Pre-Competitive programs. All information is based on current CDC and local health department guidelines.

Please continue to Page 2 of this document if a family member in your household, or your athlete is experiencing symptoms OR have been exposed to a COVID-19 positive individual.

PRACTICE PROTOCOLS

- Athletes will be positioned on the wall and at the flags to allow a safe distance between swimmers.
- All athletes are to follow social distancing procedures at all times.
- Masks and face coverings are required to be worn to the Y and remain on before and after practice, during all dryland activities, and in all locker rooms/weight rooms.
- Athletes should arrive no earlier than 15 minutes before their scheduled practice time. If you arrive early, please wait in your vehicle.
- **A designated viewing area has been established for the parents/spectators for the indoor pool only. Please abide by the distancing/masking requirements set forth by the YMA, avoid congregating and clean all surfaces you come into contact with.**
- Temperatures will continue to be taken upon entering the YMCA and any persons with a temperature exceeding 100.4 F will not be admitted. Athletes and families must therefore enter the facility thru the Main Entrance everyday.
- Hand sanitizer is located at all entrances, athletes should use prior to entering/upon exiting the pool area.
- Do not share equipment. Put your name on all equipment.

RETURNING TO PRACTICE AFTER A POSITIVE TEST

All athletes who test positive for COVID-19, whether symptomatic or asymptomatic may not return to practice or competition until a documented medical exam is performed clearing the athlete to return to sports. The documented medical exam must specifically include an assessment of the cardiac risk of high intensity exercise due to potential myocarditis occurring in some COVID-19 patients.

ADDITIONAL COVID-19 SAFETY

- Stay home if you are symptomatic or not feeling well in the slightest and alert your coach.
- Wash hands with soap and water for at least twenty seconds.
- Use hand sanitizer frequently, particularly after collecting belongings and departing the facility.
- Maintain 6-foot distances at all times when in public.
- Cover coughs and sneezes into your sleeve/elbow.

COVID-19 Exposure/Quarantine Protocol

COVID-19 SYMPTOMS

Symptoms may appear 2-14 days after exposure to the virus

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

