

M.E. Lyons YMCA/Anderson Barracudas Team Operations

COVID 19-Protocol Updates



The following protocols will be in effect for all Barracuda athletes, including our Masters and Pre-Competitive programs. All information is based on current CDC and local health department guidelines. **Families must notify the Head Coach (Ed Bachman) *immediately* if a swimmer has been in contact with an individual who has tested positive for COVID-19.** If the swimmer is notified by school or the Health Department to quarantine, please contact the coach with the date your swimmer was in contact with the person and date tested.

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 and including 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.
- Parents/spectators will not be allowed to stay inside the pool facility during practice to limit pool deck capacity. If you wish to stay at the facility please stay in your car, or near your car, and avoid congregating.
- Temperatures will continue to be taken upon entering the YMCA. Athletes and families must enter the facility thru the Main Entrance.
- Hand sanitizer is located at all entrances, athletes should use prior to entering/upon exiting the pool area.
- Do not share equipment under any circumstance. Put your name on all equipment. Equipment must return home with the swimmer each day.

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.

CONTACT: Ed Bachman (Head Coach) | ebachman@myy.org

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

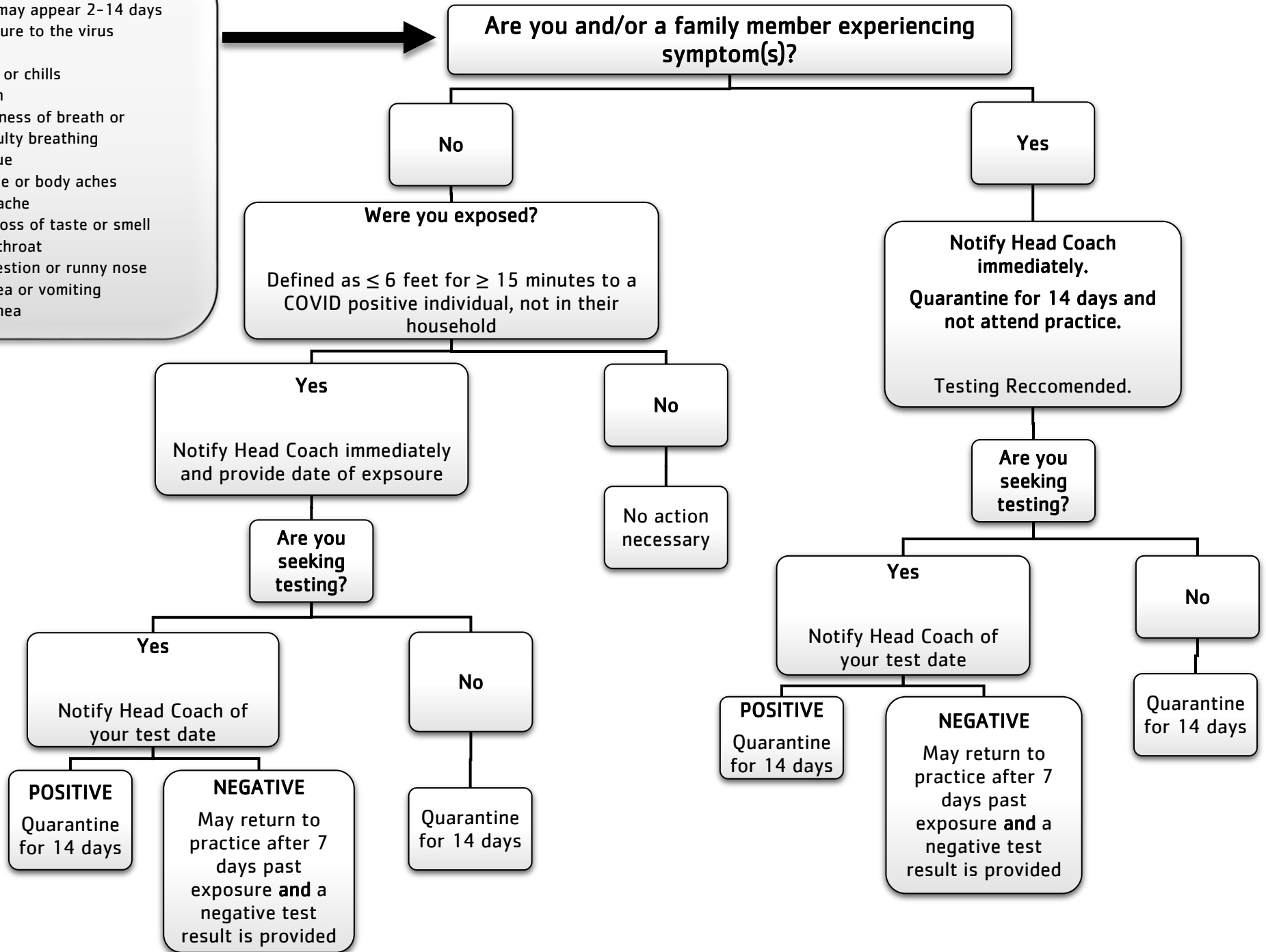
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

COVID-19 Contact Tracing 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



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