2020 Summer Return to Practice

Swimmer Rules and Guidelines for Return to NAAC Practices

1. Arrive 15 minutes early for practice, enter through the designated entrance, with face covering and/or mask on.
2. Swimmers leave cars and walk in separately, 6 feet + apart.
3. Parents stay in the cars - do not enter the pool area. Athletes only.
4. Swimmers arrive at the pool prepared to swim. No locker rooms or showers. No deck changing. Wear your suit to & from the pool.
5. Swimmers shall use hand sanitizer upon entry to the facility.
6. Swimmers place clothes & belongings in designated group area and get ready for practice while maintaining personal space.
7. Swimmers may take face covering and/or mask off once they are prepared to enter the water.
8. Swimmers report to your assigned lane at the beginning of your practice and put swim equipment at your end of the lane or at the side of the pool, separated if 2 swimmers equipment at one end.
9. Four swimmers per lane to begin the summer – one at each end, one at each 15m mark. Swimmers should attempt to maintain distance apart +/- within sets.
10. Six swimmers per lane +/- as we move through the summer and are comfortable and confident with new protocols, still maintaining social distancing.
11. Dryland will be conducted with only swimmer's own towels & team bands @ Links and/or with yoga mats, pull-up bars and other equipment @ NAHS. All NAHS equipment must be cleaned by swimmer before use (disinfectant provided).
12. Locker rooms will be in use ONLY for restroom use, and swimmers must disinfect the toilet after use (disinfectant provided). Cone in front of restroom doorway for one-at-a-time restroom use.
13. Depart each practice immediately after practice, through the designated exit, with face covering and/or mask on.
14. Athletes may not loiter in parking lot.
15. Parents/rides must be ready to pick athlete up as soon as practice finishes.
16. Swimmers should exit practices 6+ feet apart.
17. Swimmers that do not follow these rules will be removed from the group.

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2020 Summer Return to Practice Coaches

Coaches Rules and Guidelines for Return to NAAC Practices

1. No coach should be on deck if feeling ill or having a temp – you must self-monitor daily.
2. Arrive 15 minutes + early for practice, enter through the designated entrance, with face covering and./or mask on.
3. Coaches leave cars and walk in separately, 6 feet + apart.
4. Coaches arrive at the pool prepared to coach and help set up as needed.
5. Coaches shall use hand sanitizer upon entry to the facility.
6. Coaches maintain 6 feet separation from swimmers. Face covering and/or mask should be worn while swimmers are on deck as a group. Always have a mask with or near you, and a note from NAAC indicating why it is impractical for you to regularly wear a mask while giving clear instructions safely during practice.
7. Coaches will have a thermometer and a pulse-ox monitor available if anyone appears and/or is feeling ill.
8. Coaches help set up swimmers per lane – one at each end, one at each 15m mark (4 swimmers per lane), and as we move through the summer 2 additional swimmers near the center of the pool (6 swimmers per lane). Swimmers should attempt to maintain distance apart +/- within sets, coaches should set lanes by swimmer speed +/-.
9. Dryland will be conducted with only swimmer's own towels & team bands @ Links and/or with yoga mats, pull-up bars and other equipment @ NAHS. All NAHS equipment must be cleaned by swimmer before use (disinfectant provided). If a split group, attempt to split the group 50/50 for swimming and dryland, with a split designed to keep swim practice flowing well per split.
10. Locker rooms will be in use ONLY for restroom use, and swimmers must disinfect the toilet after use (disinfectant provided). Cone in front of restroom doorway for one-at-a-time restroom use – always coach reminders.
11. Depart each practice only after cleaning & disinfecting (or assuring the facility will clean & disinfect) all touched surfaces aside from pool & pool deck, or as per facility guidelines.
12. Parents/rides must be ready to pick athlete up as soon as practice finishes – if a ride is late for pick up please call the parent/ride ASAP. If this happens more than once or twice the swimmer will be removed from practices for a time.
13. Coaches should exit practices 6+ feet apart, face covering and/or mask on.
14. Swimmers that do not follow their rules should be removed from practices immediately, return to practice decided by coaches.

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2020 Summer Covid 19 positive test, quarantine and NAAC travel protocols v8-07

In the event that a currently practicing swimmer or a current coach on deck (defined as a participant), or household member of either, test positive for Covid 19 the following protocols shall generally apply (as of June/July, now updated Aug 2020), as well as Travel protocols noted for all NAAC participants:

1. Any participant testing positive for an active Covid 19 infection will be required to quarantine for a minimum of 14 days post-positive test, and must present a doctor's note of approval to return to practice thereafter, having been cleared of current infection and possible transmissibility.

2. Any participant testing positive for an active Covid 19 infection should notify Head Coach John Coffman so that the following protocols may be followed for the group and the team to prevent added risk of infection across participants. Your information will remain confidential within the NAAC Board Members and Coaching Staff.

   2.a. **If positive test within 72 hours of NAAC practice attendance** - All NAAC Team practices shall be cancelled the day following participant positive test notification & all common areas to be thoroughly disinfected that day.

   2.b. **If positive test within 72 hours of NAAC practice attendance** - All Same-Group practices of positive participant shall be cancelled for 3 days following positive test notification to allow adequate time for possible positive infection symptoms to potentially appear.

   2.c. If positive test post 72 hours of NAAC practice attendance – Swimmer shall follow item #1 above, and practice group will be notified of positive test post 72 hours of NAAC practice attendance.

   2.d. **Any/all Same-Group swimmers and/or coaches that are feeling unwell in any portion of the 14-day window following a positive participant test for active Covid 19 shall not attend any practices until cleared by a doctor, note of approval from doctor required to return to practice, having been cleared of current infection and possible transmissibility.** Any "sick days" in a 14-day post positive participant test window shall require a doctor's note of approval for return to practice.

3. We are requesting that any participants that vacation out-of-State in any State with a 15%+ positive case-rate remain away from NAAC practices for a 7-day minimum period after returning home, and to self-monitor for any symptoms during these 7 days to help ensure the safety of all participants. This protocol is updated as of 7-24-20 per the July 22 Ohio Travel Advisory, with a National Map & protocols posted at the web address below.

https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/COVID-19-Travel-Advisory

4. These guidelines are subject to revision over time as context and circumstances dictate. Review will take place at the start of each month, and more often if warranted.

Last Updated 8-7-20

NAAC Board of Directors

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