

UASC COVID-19 Practice Procedures

Upper Arlington Swim Club (“UASC”) 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 UASC, Aquatic Adventure Outfitters (“AAO”) and Northwest Swim Club (“NWSC”). UASC swimmers and members must also comply with facility policies and any local/state mandates.

Attending Practice

- 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.*
- Athletes should not attend practice if they 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 a physician before returning to the pool.
- If an athlete or their household member tests positive for COVID-19, UASC coaching staff must be notified of such positive test. UASC 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*), UASC 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 either facility. Parents/guardians will not congregate in the parking lot.
- Athletes attending practice at AAO will wear masks upon entry per AAO’s policies. Athletes are not required, although encouraged, to wear masks when entering NWSC.
- Athletes will be picked up immediately after practice. For the summer, UASC is changing its late pick-up policy. Members will be charged if athletes are not picked up 10 minutes after practice (formerly, 15 minutes).

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.
- Athletes at AAO will place their bags in AAO's designated areas. *See AAO'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. UASC intends to use USA Swimming's pool diagrams for staggered 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

- 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 UASC Board, UASC coaches.