

A E S C



American Energy Swim Club

Return to Swim Plan – May 2020



Back in the Water Safely

AESC Families – Thank you all so much for your support of our club and our coaches through the COVID-19 pandemic. In unprecedented times, our club has shown tremendous team unity and support and we all greatly appreciate your efforts!

After much discussion and research into the different policies and regulations pertinent to a return to the pool, we are resuming practices May 15. There will be a tiered return to practice, with older swimmers resuming first then progressing through age groups to younger swimmers.

We have developed a plan to return safely to the pool based on the recommendations and guidelines from the CDC, local health and city officials, and USA Swimming, in collaboration with other regional swim clubs.

The success of our return-to-swim plan will require a team effort. That means swimmers, coaches and parents will need to follow the plan, and help others adhere to the plan. We expect everyone to adhere to these plans, practice social distancing and proper hygiene at all times. Should any member not adhere to these guidelines their participation in practices may be suspended. **Following these guidelines will help to protect everyone on the team as well as to ensure our continued access to Mitch Park, Oklahoma Christian, Stillwater YMCA and Oak Tree.**

We realize returning to practice is a very personal decision and that not everyone will feel comfortable returning to this level of activity. To address this, AESC will also continue to offer a modified remote training plan for swimmers and families that wish to remain with the club but chose to remain away from the pool at this time.



Tiered Return to Practice

Older swimmers will return to practice before younger swimmers.

- Older swimmers are likely more capable of socially distancing, practicing proper hygiene and wearing masks properly than the younger swimmers.
- Younger swimmers can return to peak training and form more quickly than our older swimmers. The approximate schedule for when each of our groups will return to the pool is outlined here.

Tentative Tiered Return Plan:

May 15: 12 and Older swimmers

Early June: 8 and Older swimmers

Mid June: All swimmers



Before Leaving Home

Any swimmer experiencing any of these symptoms below **should remain at home** and seek medical treatment.

- A fever (100.4°F or higher)
- Recent cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain (unusual fatigue)
- Sore throat
- New loss of taste or smell

Swimmers must be fever-free for 24 hours before returning to practice.



Arriving at the Pool

Parking Lot

- Swimmers must not congregate in the parking lots.
- Swimmers will maintain social distancing (6 feet) if waiting in line.
- If parents are dropping off a swimmer, **the parent must stay until their swimmer has temperature taken and is admitted to the pool deck.**



Entering the Facility

- Do not arrive at the pool until 15 min before your practice time. If you have multiple swimmers, they must arrive only 15 min before their assigned time. Please do not drop off early.
- Masks are encouraged
- Enter through main doors.
- Your temperature will be taken by YMCA/AESC staff.
- Parents DO NOT leave until your child has had their temperature taken and it is normal.
- Please place your swim bag on chair behind your designated lane.
- Coaches will assign a lane for each athlete.
- Only 1 swimmer in restroom at a time.
- Come dressed to swim and leave in your suit.



Swimmer Health Checks

Only one swimmer may enter at a time following verbal confirmation of the swimmer's health status and a non-invasive temperature check, following best practices from the CDC.

- I. **“Have you or anyone you live with had a positive COVID-19 test in the past 14 days?”**

While waiting to enter the pool, swimmers must stand in single file line 6 feet apart. **Parents dropping swimmers off must remain in the parking lot until they see their swimmer go past the front doors.**

Once inside, swimmers must go directly to assigned lane and position, which will be assigned prior to their arrival at the pool. This protocol is based upon guidance from the CDC and local health experts.



Health Checks and COVID-19 Tests

Any swimmer who has a fever (100.4 F or higher), or who reports “yes” to any of the health check questions, will not be allowed to enter. Parents should discuss their swimmer’s symptoms with a medical professional. If the medical professional recommends a COVID-19 test, the swimmer should not return until COVID-19 testing returns negative. Returning to the pool will require a doctor's note confirming the swimmer is cleared to return.

Reporting a Positive COVID-19 Test

We ask parents report a positive test for their child to Coach V. Parents should also report if any of their family’s close contacts test positive. In the case of a reported positive test, the coaching staff will alert the rest of the swimmers who are in the positive swimmer’s group, without naming the swimmer who tested positive. Families in that group will be encouraged to consult with a medical professional to determine if a COVID-19 test is needed. If any swimmer begins to experience any symptom of COVID-19, the swimmer should stay home from practice and seek advice from a medical professional.



Practice Observation

Mitch Park:

No parents/spectators will be allowed in the pool/stands. Parents are encouraged to drop off their swimmers along the North walkway close to the leisure pool water slide. This will allow for less congestion at the Y main entrance. For pick up, we encourage parents parking in the North lot and waiting for their swimmer to walk to them. Swimmers will be able to stay on the sidewalk the entire time and will not have to enter the parking lot until they get to the North end where the parent is parked.

Oklahoma Christian:

No parents/spectators will be allowed in the pool/stands. Parents are encouraged to drop off their swimmers at the front door of the pool. For pick up, please park in the parking lot and wait for your child to come out.

Stillwater YMCA:

No parents/spectators will be allowed in the pool/stands. Parents are encouraged to drop off their swimmers at the front door of the pool. For pick up, please park in the parking lot and wait for your child to come out.



Exiting the Pool

- Swimmers must exit the facility per the coach's instructions.
- Swimmers must leave immediately at the conclusion of their practice.
- Swimmers must go directly to their car or their parent's car.
- No congregating in the parking lot.
- All swimmers must be picked up/leave immediately at the conclusion of practice.

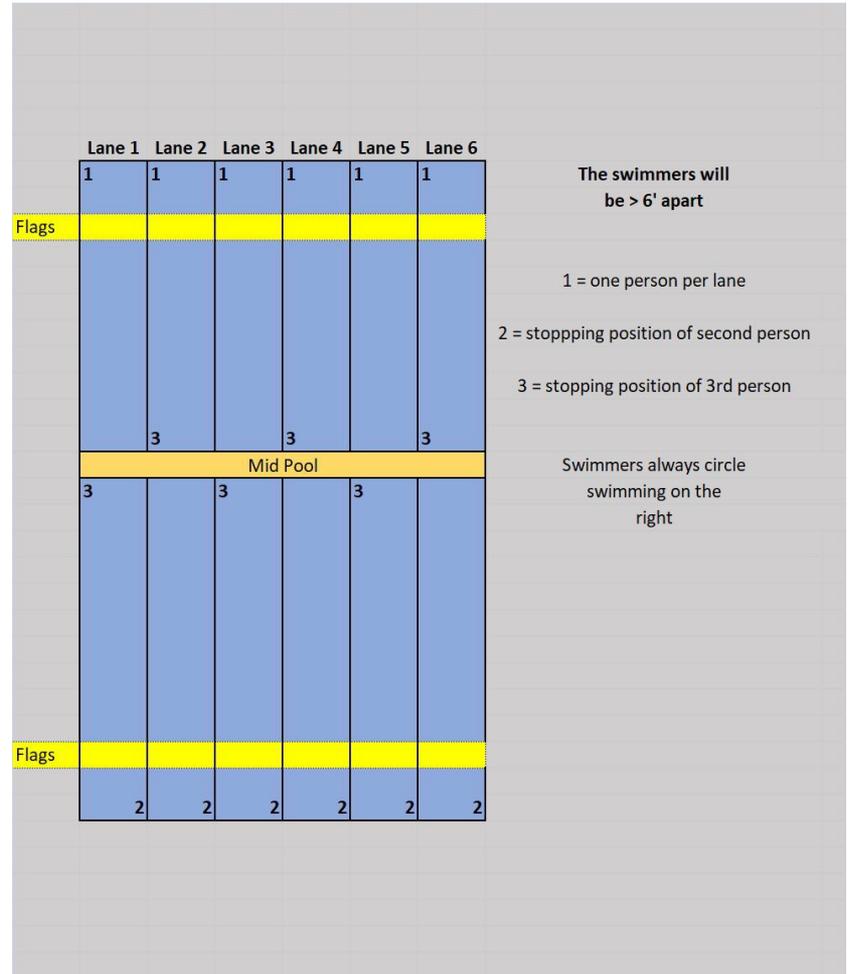


Social Distancing on the Deck

- Coaches will mark the pool deck to ensure that everyone can easily stay at least six feet away from each other while moving around the pool deck.
- If swimmers bring bags, bags must be placed at least six feet apart and coaches will designate where each swimmer may place their bag.
- Swimmers are not to drag their equipment bag on the pool deck or throw it to their spot.

Social Distancing in the Pool

- Swimmers will be kept more than 6 feet apart in the pool whenever their heads are out of the water.
- Number of people per lane is dictated by the facility.
- We have developed social distancing scenarios for each possibility, based on guidelines from USA Swimming.





Swimmer/Family Responsibilities

- If any swimmer experiences symptoms of COVID-19, they will not attend practice until cleared by a medical professional.
- Swimmers will come dressed to swim. Swimmers will be turned away if they are not in a swimsuit.
- Swimmers must have a water bottle already filled.
- No use of the water fountain is allowed.
- No sharing of equipment.
- **No changing at the pool.**



Coach Responsibilities

- There will be a minimum of 2 USA Certified coaches in the facility for each practice.
- Coaches will maintain social distancing (6 ft apart at all times).
- Coaches will provide health checks.
- If any coach experiences symptoms of COVID-19, they will not attend practice until cleared by a medical professional.



Storm Contingency Plans

- When there is a threat of storm, coaches monitor weather developments via weather apps.
- If severe weather is pending, thunder is heard, or if lightning is observed, coaches will tell the swimmers to exit the pool.
- Swimmers need to maintain social distancing policies as they proceed into the building.
- Coaches will ensure that the swimmers stay at least 6 ft apart while inside.
- Swimmers must stay in one spot while inside.
- Coaches will monitor the storm. If practice must be cancelled, parents will be notified.
- If it becomes safe to return to the pool, swimmers must go back to their assigned lanes/locations.



Locker Rooms & Restroom Access

Locker rooms will be CLOSED.

No changing allowed at the pool. Swimmers will arrive and depart in swimsuits.

Restrooms

Restrooms will be for emergency use only. Since practices will be shortened compared to previous seasons, please try to use the bathroom at home. Restrooms will be sanitized as needed per CDC guidelines.



AESC Responsibilities

- Provide personal protective equipment for coaches.
- Keep abreast of city, facility, USA Swimming & CDC guidelines and make changes as directed.
- Provide waivers, as necessary, to families before swimmers return to practice.
- Clear and timely updates for AESC families about the ongoing situation.
- Clear and timely updates to our practice locations about facility use.