

Bellevue Club Swim Team Opening Guidelines and Procedures

The following material is critical for each family to understand as we resume training and includes health screening, safety precautions, practice protocols, and training schedules. All BCST members (swimmers, parents, coaches) are expected to adhere to the guidelines included herein to stay safe and healthy. Any questions should be addressed to your group coach, Head Coach Andrew Nguyen, Athletic Director Jill Clark, or General Manager Connor Eden.

COVID-19 FACTS

- Symptoms in teenagers can be extremely atypical. Unexplained rash, headache, diarrhea, vomiting, body aches, shortness of breath, cough, and fever can all be manifestations of COVID-19.
- COVID-19 is unlikely to be spread in chlorinated water. The risk of spread is notably decreased in an open-air environment. The highest risk of transmission is cough, sneezes, or direct aerosolizing face to face encounters.
- Hand washing with lathered soap and water is unequivocally more effective than wipes, hand sanitizer, or any other form of decontamination in reducing the spread.
- The asymptomatic spread of COVID-19 is possible but less likely due to a lower viral load.
- The key to limiting spread in group settings is to identify and isolate individuals with early symptoms at the beginning of the disease process.
- If an athlete has symptoms self-quarantine is needed until symptoms resolve per infection control recommendations.
- Many of our athletes' risks of COVID-19 remain low though not zero. They are however vectors of transmission. Parents are encouraged to remind athletes that precautions are to protect the athlete but also to limit spread to vulnerable individuals.

HEALTH PRECAUTIONS

- **All BCST families are required to sign the online Bellevue Club COVID-19 Waiver before their swimmer(s) are allowed back to the pool for training.**
- Testing and Return to Practice: Testing and results should be reported to the coaching staff to monitor contacts and early signs of transmission within the team or groups.
 - Athletes should seek testing for any of the symptoms before returning to practice.
 - Positive COVID-19 tests should require all three of the following before return to practice: a minimum of two weeks of self-quarantine from the positive test, 72 hours with no symptoms, and a subsequent negative test.
- Contact Tracing:
 - A swimmer who has close contact of any COVID-19 positive individual should be removed from practice. To return to practice the swimmer should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual.
 - Any COVID positive swimmer should report potential team contacts to coaches. Team contacts should include any teammate who has been within 6 feet of the infected athlete.

SWIMMING SAFELY

Generally, BCST will follow CDC guidelines for staying safe and healthy inside and outside the pool.

Personal Swimmer Conduct: To minimize the risk of transmission and help promote safety, the following personal swimmer conduct is expected. Failure to adhere to these principles will be asked to leave training for the day. If violations continue, further action will be taken up to and including suspension.

- No person-to-person contact
- Stay 6 feet apart
- No splashing or spitting water at other swimmers and coaches
- No horseplay
- Sneeze or cough into a tissue or upper sleeve/arm area

Before Practice and Arriving at the Bellevue Club

- Before heading to the pool, please:
 - Complete Self-Check Health Screen
 - Change into swimsuit (swimmers will arrive and leave in swimming suits)
 - Use the restroom to minimize locker room use at the facility
 - Wash hands with soap and water for at least 20 seconds
 - Bring a full water bottle to avoid touching tap or water fountain
- Do not arrive to practice early; if you arrive early, stay in the car until ten (10) minutes before your designated practice time to avoid unnecessarily congregation at entry points.
- Swimmers, coaches, and parents are required to wear face coverings when entering the Bellevue Club.
- Swimmers, coaches, and parents will enter the Bellevue Club through the Athletic Entrance and will have their temperatures taken upon entry. **Do not use the backdoors to enter for practice.**
- When arriving, stay 6 feet apart and arrive no more than ten (10) minutes before practice is scheduled to begin.
- Swimmers will arrive to the Bellevue Club in their training suits.
- Swimmers will need to bring their own towels. Towels will not be provided by the Bellevue Club.
- Training groups will not be allowed into the facility until the previous training group has left the facility (a 15-minute buffer between training group finish and start times will be maintained).

During Practice

- Coaches will tell the swimmers when they can enter the natatorium; Swimmers will proceed to their assigned area to place their bags and then move to their assigned starting spot in the pool for training.
- Swimmers will not use equipment (e.g., snorkels) during the initial re-opening phase; leave equipment at home until told to bring them to practice by Head Coach Andrew Nguyen.
- Coaches will tell the swimmers when to enter the water as soon as the entire group is in their designated starting spots.
- Parents will not be on the pool deck to keep the number of people at the facility to a minimum; parents can observe practice in the viewing deck as long as social distancing guidelines are followed.
- We will follow USA Swimming recommendations for lane spacing to maintain social distancing; as a result, swimmer count in the lane will be reduced and groups will be split up.
- Maximizing swim time and staying off the wall will decrease opportunities for transmission.
- During the initial re-opening phase, we will continue to do Zoom dryland with some groups.
- Increased ventilation options may include opening doors during practice.
- Locker room use will be limited to use for hand washing and restrooms only. Locker rooms will not be used for showers.
- Only one swimmer at a time in the bathroom/locker room during practice.

At the end of Practice and Leaving the Bellevue Club

- When practices finish, coaches will direct the swimmers to exit the pool and go to their designated bag area.
- Swimmers will not use the hot tubs once practice is finished.
- Leave promptly when practices finish; no changing or showering at the pool as locker room use will be minimized.
- Swimmers will exit through the backdoors.
- Parents viewing practices will exit through the Athletic Entrance and meet your athlete outside.
- Swimmers and parents are required to wear face coverings when exiting the Bellevue Club.
- Parents must be ready to pickup their swimmer no more than five minutes after practices have finished.
- For swimmers who drive themselves to practice, you must leave the parking lot no more than five minutes after practices have finished.