

Lake Oswego Swim Club - COVID19 Protocols

LOSC will comply fully with local, state, and facility rules and regulations.

- LOSC requires all athletes to show up in swimsuits to minimize time spent in the locker room.
- Single-user toilets should be used if possible for bathroom usage. We will follow facility rules regarding bathroom and locker room use. If no facility policy, LOSC will designate volunteers or staff members to clean bathrooms after use.
- LOSC to only allow one person at a time (unless shared household) in the locker room if locker rooms are open.
- Masks required at all times in locker rooms unless showering. Masks required on deck unless swimming, including all staff/coaches at all times.
- Athletes come pre-showered from home.
- Between squad groups, all common high touch surfaces should be disinfected. We will follow facility rules regarding cleaning. If no facility policy, LOSC will designate volunteers or staff members to clean after use.
- Swimmers required to leave in suits and shower fully at home post-workout

LOSC Requires all Members:

- Coach or Staff is responsible for enforcing mask wearing by all members on the Facility Grounds (this includes the parking lot, surrounding area of the facility that is still facility property). Social distancing is required and will be enforced by LOSC staff and volunteers at all times.
- Carpooling is discouraged. For those needing to carpool, standard [carpool covid safety guidance](#) must be followed. This includes but is not limited to:
 - ◇ Use disinfectant wipes and spray to clean vehicles and carry hand sanitizer. Before and after the commute, we recommend you wipe down vehicle surface areas, including door handles (inside and out), steering wheel, armrests, seatbelts/seatbelt buckles, seats, and knobs (including climate control, radio, glove box, etc.). Keys and cards used to pay for gas should also be wiped down.
 - ◇ Limit the number of passengers in your vehicle as much as possible.

◊ Riders should keep their distance by sitting in the backseat if possible. Masks must be worn by all riders. Windows should be open when possible to provide added ventilation.

◊ Limit carpooling to those in your immediate circle/chosen pod; ensure these people are following the same social and personal safety guidelines as your family.

- LOSC will comply with facility entrance/exit plans to minimize crossover of paths with athletes. If no plan, LOSC will create our own.
- LOSC requires and documents daily health screenings of all athletes participating [includes temperature and symptom checks]. LOSC keeps records for 6 weeks to ensure contact tracing is supported if needed. Records available upon request.
- Lane assignments [lane number, lane position] are completed for each practice session to ensure attendance is tracked and contact tracing is possible if needed. Per OHA guidelines, LOSC will swim between 1-4 athletes in a 25y lane and ensure social distancing is met at all times via coordination of practices.
- Travel policy [72 hour quarantine policy for any airplane ride, 10 day mandatory quarantine for any state deemed a “hot spot” state, if athletes want to come back earlier, 2x negative covid tests within 3 days required.
- Any positive test, LOSC provides full cooperation with facility and local/state health authorities to support contact tracing and quarantine measures.