

OCST Summer re-start policies and procedures:

While there are many different views regarding the current pandemic when we come together as a team we will respect each person, their feelings, and their space. This is not about me, but about we. Our intention is to make sure we do what we can to keep the broader community well. Anyone that fails to understand that will not be allowed to practice with the team.

POOL

1. Before leaving your home please take your child's temperature, make sure that they aren't feeling sick or demonstrating any symptoms like, runny nose, sore throat, and a cough. Also, have them use the restroom as restrooms will be available but it would be best to limit use to emergencies.
2. Swimmers will only be allowed to come at their designated time and already in their swimsuits. If you are early please wait in your car.
3. Swimmers will wear a mask and line up at the designated spots outside by the single entry door near the locker rooms of the pool.
4. Swimmers will be directed by their coach to window side location where they will have designated spots to put their backpacks. There will also be a parent designated to keep athletes at 6 feet apart.
5. In the case of restrooms only so many athletes will be allowed in the locker room at once.
6. On deck athletes will stand at their designated locations to remain 6 feet apart as well as they receive instruction for practice.
7. In the pool athletes will have specific locations to maintain a physical distance of 6 feet while waiting in-between intervals and sets.
8. Upon the completion of practice athletes will exit the pool maintaining 6 feet physical distance, gather their belongings and prepare to leave. The coach will direct athletes to the exit location out the sliding glass door and exiting at the patio gate.

Swimmers will only be allowed to go to a single bathroom in case of emergency and key touch points will be wiped down after use.

IN CASE OF COVID-19 POSITIVE SWIMMER OR FAMILY

Practices must be observable and interruptible by a parent. While we may be limited on the number of bodies allowed in the building we cannot deny anyone the right to observe practice. If you desire to observe practice we would need to know ahead of time so we can prepare accordingly. Parents will also need to wear a covering over the nose and mouth when in the building. At the Oregon City and Molalla pool there is a patio where parents could watch practice while physical distancing if they so desire as well.

Coaches will be maintaining a physical distance during practice as well and OSHA guidelines will be followed in order to maintain safety for the coaching staff.

Upon signing this form you are confirming you have gone over these procedures with your athlete and that you understand there is some risk associated with gathering for an activity at this time. You also understand that if your swimmer fails to abide by the physical distancing guidelines along with the policies and procedures they will:

1. Be eliminated from practice and not allowed to swim in the next practice.
2. Be eliminated from practice and not allowed to swim for the next 3 practices. Allowed back in after coach/parent/athlete meeting.
3. Done with practicing for the foreseeable future.

ATHLETE _____

PARENT NAME _____

Signature _____ Date _____