

# **Corvallis Aquatic Team Return to Competition Plan**

## **Local/State Protocols & Requirements**

Oregon Governor Kate Brown has outlined a phased approach to reopening Oregon's communities and economy in an effort to allow individual counties to begin reopening if they have met specific health and safety criteria. Benton County is currently in Phase 2. For all of Oregon, regardless of phase, the following rules are in place:

- Face coverings are required for ages 5 and up in indoor public spaces and outdoors anywhere physical distancing isn't possible, including while exercising.
- Indoor capacity limit for venues is maximum of 100 people, including staff.

## **Guidance on Governor Brown's Executive Orders Relating to Public Pools and Tourist Facilities**

### **Additional Guidelines for Swimming Pools:**

- All persons with any of the symptoms associated with the COVID-19 virus (fever, cough, shortness of breath, etc.) are prohibited from entering the premises.
- Face coverings may be removed only when a person is in the water.
- Physical distancing of at least six (6) feet between people must be maintained at all times. Exceptions are made for those persons from the same household.
- Frequent cleaning and disinfecting of all commonly touched surfaces including but not limited to chairs, door handles, tables, equipment, starting blocks, handrails, and restroom surfaces.
- Availability of hand sanitizer in the facility for the use of all persons.

### **Osborn Aquatic Center (OAC) Additional Guidelines and Restrictions:**

- Physical distancing guidelines extend to a person's time in the water while actively swimming.
- Locker rooms will be closed to use for changing.
  - Restrooms will be accessible.
  - All swimmers must report to and leave the meet wearing their swimsuit under their clothing.
  - Showers are available on deck for rinsing only (no shampoo or conditioner.)
- Water bottle filling stations are available on deck, however no regular water fountains are available.

### **Corvallis Aquatic Team (CAT)– COVID-19 Meet Procedures:**

- **All swimmers, coaches, officials, and volunteers must:**

- Not enter the facility prior to the reported time for their flight (assigned warm-up/competition time within a session,) and exit the facility promptly at the completion of their flight's competition.
  - Entrance to the facility will be through the gate adjacent to the outdoor lap pool, across from the Boys and Girls Club.
  - All persons will be asked to line up and physically distance outside the gate until instructed to enter the facility by meet personnel.
- Complete a verbal health questionnaire before entering the facility, attesting to the absence of COVID-19 symptoms and no exposure to those with the disease
- Be on the attendance roster for the session/flight via meet entry, volunteer or official signup, or submission of name to the meet director
- Agree to comply with the state of Oregon and OAC guidelines regarding face coverings, physical distancing, etc.
- Follow all verbal and posted instructions from meet personnel and OAC employees regarding ingress and egress from the facility, competition staging, physical distancing, face coverings, etc.

***Any person who refuses to comply with any of the above will be asked to leave the facility immediately.***

- **CAT and OAC staff/volunteers will:**

- Provide instructions to and complete health questionnaires of all people before they enter the facility
- Provide instructions to timers as to entering/exiting the facility, operation of timing equipment, etc.
- Provide physical distancing monitors to ensure that all persons are remaining 6 feet apart. Monitors may be OAC lifeguards or other staff, CAT coaches or administrative staff, officials, or CAT volunteers.
- Stage and direct swimmers between warm-up, competition, and cooldown pools prior to and following their races
- Provide chairs or boxes for swimmers to carry to the starting blocks to place their towels, clothing, face masks, etc. during their races.
- Provide chairs for swimmers for use between events. The chairs will be placed no more than 6 feet apart on the swim deck.
- Disinfect all equipment, tables, chairs, and other surfaces in between each flight

- **Additional Information:**

- Food and Drink:
  - No concessions will be available during the meet
  - Hospitality for coaches and officials will be limited to bottled water, coffee, and prepackaged snack items.
- Volunteers must all be USA Swimming non-athlete members and/or have agreed to comply with the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and will be limited to:
  - USA Swimming certified officials (see below)
  - Timers (see below) (8)

- Other volunteers serving in multiple roles (4)
    - Athlete and volunteer staging/health questionnaires
    - Meet director
    - Physical distancing monitors
    - Head timer
    - Meet marshals
  - Announcer (1)
- Parents and guardians will be given equal opportunity to sign up, first come first serve, to fill timing and other limited volunteer positions for the meet. All parents and guardians who are certified USA Swimming officials are highly encouraged to officiate so that other families have the opportunity to volunteer in other positions.
- Live streaming of the meet will be available on social media (Facebook and/or Instagram) for viewing outside of the facility.
- Lane timing will be limited to one timer per lane.
  - Each team will split timing responsibilities equally and should submit names of all timers to the meet director.
  - Timers may be asked to serve as deck marshals during warm-ups of their assigned flight.
  - Timers will each operate a stopwatch at the start and finish of each race, and a timing system button at the finish of each race.
  - All timing equipment and chairs will be disinfected in between flights.
  - Timing assignments for distance sessions will be by event rather than flight
- Officials must sign up prior to the meet with the meet referee. Officials meetings will be held using Zoom. All other instructions or guidelines for officials not covered in this document will be provided by the meet referee.
- For sessions which include only events 400 and longer, swimmers will be expected to arrive at the facility no more than 30 minutes before their competition time and leave no more than 30 minutes following the completion of their race.
- Warm-up Procedures:
  - Each flight will have its own designated warm-up time prior to the flight competition. The length of warm-ups will be dependent on multiple factors including number of entries in the meet and time and age of swimmers in the flight.
  - Changes to the warm-up schedule, times, and lane assignments may be made at the discretion of the meet referee.
  - Swimmers will be assigned to warm-up pools and lanes and should follow all directions by CAT staff and volunteers regarding entering and exiting the pool and lane use while swimming
  - Time permitting, racing starts will be permitted during warm-ups.
    - The meet referee will advise the announcer when to open lanes for starts.
    - Racing starts will be restricted to lanes 1 and 8. All swimmers must swim the length of the pool and exit the pool at the bulkhead following their start.
    - Swimmers must remain at least 6 feet apart from others while returning to the blocks and while in line for starts.