

# Cincinnati Marlins COVID-19 Health and Safety Protocols

## COVID-19 Protocol

We will use the spacing recommendations set forth by USA swimming and our government. We will have no more than **5** athletes to a short course lane. These lanes will be assigned and maintained to limit any potential exposure and for tracing purposes.

### Daily Checklist:

- Self or parent assesses swimmer for COVID symptoms, including:
- Temperature (must be below 100.4°F)
- No headache
- No sore throat
- No persistent cough
- No difficulty breathing
- No loss of smell or taste
- No digestive issues
- Have not been around someone with COVID in the last 48 hours
- Not waiting on COVID test results
- No travel to a “hot spot” state in the last 14 days. See Ohio Travel Advisory below.

\*If all boxes are checked, the swimmer may attend practice. If one or more of the boxes cannot be checked, the swimmer must stay home from practice and the coach must be notified of absence. Symptoms explained as “allergies” or “asthma” need to be accompanied with a doctor’s note.

## EQUIPMENT

- Clean your equipment after each practice. You can use a Clorox wipe or put in the dishwasher.
- Coaches **MUST** wear a mask entering, during practice, and exiting the facility. Marlins staff will be wearing PPE masks (hand made or purchased) during practice times.
- Swimmers **MUST** wear masks upon entering and exiting the facility and anytime in the facility when not swimming. Swimmers must wear masks to the blocks and place it in a ziploc bag prior to entering and upon exiting the pool.
- Bring your own FULL water bottle to each practice; you may use the hands free feature of a water fountain if working.
- All athletes must bring their equipment bag to the pool and home everyday; no storing equipment at any Marlins locations.

- Swimmers are not permitted to share items and must keep track of their belongings at all Marlins practices and events. Bring your own, NO sharing!

## **CLEANING**

- Coaches will sanitize the bleachers and blocks in between practice times.
- Swimmers must use disinfecting supplies to wipe down anything they touch in the restrooms.

## **LOCKER ROOMS**

- Swimmers must come to practice in their swimsuit.
- Locker rooms will be available to be used after practice at our Keating location. We have adjusted practice times to allow a 10 minute gap between each group so only one group is in the locker room at a time. Swimmers will need to change quickly.
- There will be a sign in/out sheet with no more than 10 swimmers in the locker room at one time.
- Swimmers must wear a face mask when changing in the locker room.
- Swimmers must spray down used areas in the locker rooms.

## **SOCIAL DISTANCING**

- Athletes will only be permitted to enter the facility 5 minutes before their scheduled practice time. If an athlete arrives early, the athlete must wait in their car.
- Swimmers with siblings in different practice groups may sit in the stands, on an "X", wearing a mask, while waiting for practice/their sibling to complete practice.
- Parents/spectators will NOT be allowed into any Marlins facility. If you wish to stay at the facility to wait for an athlete(s), please stay in your car or near your car outside. There should be no congregating anywhere when waiting outdoors for athletes.
- Parents: please be prompt when picking your swimmer up from practice.
- Restroom breaks will be allowed during practice, but will be limited to one swimmer in the restroom at a time.
- There will be markings where swimmers can place their belongings at Marlins facilities. When the swimmer enters the facility the swimmer must go straight to an empty "X" to set their belongings down, get their equipment ready, and wait for further instructions from the coach.
- Athletes will swim with a maximum of 5 swimmers per lane at each facility. There will be 2 swimmers staggered at each end of the pool and 1 swimmer staggered in the middle of the pool.

- Athletes must maintain 6ft of social distancing indoors and outdoors at all times. No-Touch rule will be in effect. All individuals will need to avoid physical contact with others including, but not limited to, high fives, handshakes, fist bumps, huddles and other close contact occurring before, during and after training sessions unless the contact is for the purpose of safety.

## **SYMPTOMS**

- Athletes will be asked to take their temperature before leaving their home for practice. If they have a fever of 100.4°F or higher they will not be allowed to practice; please do not bring them or let them come to practice if they have a fever.
- Any athlete or staff experiencing any symptoms of a fever (100.4°F or higher), recent cough, unusual fatigue, headache, or who has had any exposure to someone who has symptoms that are believed could be COVID-19 (which includes family and friends) should remain at home and seek evaluation by their physician to determine whether or not they should be tested.
- A test is recommended by the CDC to assist with contact tracing. Testing should be done if you have any of the symptoms listed above. Hamilton County residents can get free testing without a doctor's order or appointment through the Test and Protect Program: <https://healthcollab.org/testandprotect/>

## **NON COVID ILLNESS**

- Due to the current state of COVID-19, the Marlins require that any athlete or staff who has a fever but no other symptoms isolate and get tested ASAP. (See above) If the test is negative, the athlete or staff may return to practice.
- If symptoms linger or worsen after the negative test, consider getting a repeat COVID test.

## **TRAVEL**

- Ohio Travel Advisory: If your swimmer and/or family travel to a state that is reporting positive testing rates of 15% or higher for COVID-19, you must quarantine for 14 days.

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/>)

## **POSITIVE TEST PROCEDURE**

Any athlete or staff who tests positive must adhere to the following quarantine and safety measures:

1. The positive individual should let the staff know immediately and begin isolation for 10 days.
2. Your physician or testing site should notify the county Health Department and follow their guidance.
3. We will notify the group(s) impacted, will send an email to the appropriate affected contacts, and review protocols about when that individual can return to practice.
4. The individual or individuals exposed to the positive athlete will be expected to self-quarantine for 10 days after the last known contact/exposure. If your swimmer develops any symptoms during that time period, they will need to be tested and follow the above protocol.
  - \*You may also test on day 5 or after from your last exposure and, IF you test NEGATIVE, you may return after a 7 day quarantine. (A letter from your doctor or a copy of the negative test is requested)
  - \*Please be vigilant in monitoring for ANY symptoms for a total of 14 days after the exposure. The gold standard of quarantine remains 14 days.
  - \*<https://coronavirus.ohio.gov/static/docs/covid-19-guidance-quarantine.pdf>
5. Any athlete or staff that tests positive should seek advice from their doctor about returning to swimming. Instructions on this process will be provided in communications from the Marlins.
6. The facility will undergo a deep clean.
7. Individuals with a positive test may return after 10 days of quarantine **AND** are symptom free for 24 hours without taking medication to treat symptoms.
8. Individuals with an exposure may return after 10 days from the last known exposure - OR - Individuals may return after 7 days IF they are symptom free AND have a NEGATIVE test on day 5 or after.

## **COVID-19 SCENARIOS**

- Close Contact: If your swimmer comes in close contact with a COVID-19 positive person they must quarantine for 10 days after the last known contact/exposure. If your swimmer develops any symptoms during that time period, they will need to be tested and follow the above protocol.
  - \*You may also test on day 5 or after from your last known exposure and, IF you test NEGATIVE, you may return after a 7 day quarantine. (A letter from your doctor or a copy of the negative test is requested)
  - \*Please be vigilant in monitoring for ANY symptoms for a total of 14 days after the exposure. The gold standard of quarantine remains 14 days.
  - \*<https://coronavirus.ohio.gov/static/docs/covid-19-guidance-quarantine.pdf>

*(Definition of close contact: A person is 6 ft or less away for more than cumulative 15 minutes in a 24-hour period - with or without a mask. This automatically includes ALL members of a carpool.)*

- **Household COVID -19 Positive Contact:** If your swimmer has a household member who has tested positive for COVID-19, they require a 10 day quarantine (no testing needed) or a 7 day quarantine (with a NEGATIVE test on or after day 5) after their last known contact with that individual.  
\*Please be vigilant in monitoring for ANY symptoms for a total of 14 days after the exposure. The gold standard of quarantine remains 14 days.  
\*<https://coronavirus.ohio.gov/static/docs/covid-19-guidance-quarantine.pdf>

*(If the positive person is unable to be **completely separate** from the rest of the household, the other household members begin quarantine on day 10 of the positive person's illness, for a total of 20 days of quarantine)*

- **Symptomatic Swimmer:** Swimmers should stay home when they register a fever of 100.4°F or higher or have any symptoms related to COVID-19.
  - Please contact your physician to obtain a test (a PCR molecular test is preferred) and inform us of the results when you get them. Hamilton County residents can get free testing without a doctor's order or appointment through the Test and Protect Program: <https://healthcollab.org/testandprotect/>
- **Symptomatic Household Member:** Swimmers should also stay home if any member of their household is registering a fever of 100.4°F or higher or HAS any symptoms related to COVID-19. Swimmers may return if the symptomatic household member has a negative COVID test.
- **Waiting on COVID-19 Test Result:** Please notify Marlins staff if you are waiting on test results. Swimmers must stay home and isolate themselves if they are waiting on a test result or any member of their household is waiting on a test result.

## **COVID DEFINITIONS**

- **Quarantine / Isolation.** This means the swimmer will not participate in practice in person. They should not be in school. They should not participate in any activities with

other children. They should not go out to eat at a restaurant nor should they go shopping. They should not have contact with any person except for those in their household who are planning to isolate with them.

- **Close contact.** Contact with a person who is 6 ft or less away for more than cumulative 15 minutes in a 24-hour period - with or without a mask. This includes ALL members of a carpool. Other contact includes sharing eating or drinking utensils of a positive person. and/or, direct physical contact with a person who is positive (touching, hugging, kissing).

### **ATTENDANCE**

- Please let your child's coach know of any absences.
- Swimmers will not be allowed to rejoin practice until their coach is notified as to why they missed any practice.
- Excused Examples: Family emergency, illness, broken bone, mandatory school event
- Unexcused Examples: homework, going to a friends house, other sports conflicts

### **HAVE SEEN, ACKNOWLEDGE, AND AGREE:**

I have been provided a copy of the Cincinnati Marlins COVID-19 Health and Safety Protocols and have reviewed the same. I understand my duty to make reports to the Marlins consistent with the protocols, I understand the isolation/quarantine procedures triggered in various circumstances, and I agree to make reports and to comply with all isolation/quarantine procedures set forth in the protocols. If I am not able to or do not comply with these protocols, it will result in my athlete being asked to sit out of Marlins practices or events due to the risks it will impose for the health and safety of all our athletes, coaches, and their families.

On behalf of myself, my children who swim for the Marlins, and my entire family, I understand the risks associated with COVID-19 and swimming for the Marlins during the pandemic, I agree that the Cincinnati Marlins are taking all reasonable precautions to make a healthy and safe environment for me, my children who swim for the Marlins, and my entire family, and I agree to assume all risks associated with Marlins participation on behalf of myself, my children who swim for the Marlins, and my entire family.

**SIGNATURE:**

**DATE:**