

## **Emerald Aquatics Safety and Swim Policy during Covid-19**

The top priority of Emerald Aquatics Swim Team has always been, and especially now, the safety of our swimmers, coaches, and families, both youth and Masters. We desire to keep swimming available to all of us and our community. For that to continue, the EA Board and coaches have developed the following policy based on USA Swimming and current State guidelines.

### **Amazon Pool**

Amazon requires a participant card for contact tracing purposes. If you have not done so already, go to the Eugene Recreation website to start the process. If you wish, pool staff can print the card after taking your picture. Everyone who enters the pool premises must have one.

### **Disinfection**

Pool staff will sanitize kickboards and pool buoys, bathrooms, and rails around the pool between practice/lap swim sessions.

### **Arrival**

- Coaches will arrive 10 minutes early to set out lane markers, ask health questions and set out red markers 6 ft apart to designate where swimmers will place their belongings and wait before entering the pool if swimmers cannot maintain 6 ft on their own. When blue tape is present red markers are not needed.
- Coaches will always wear masks.
- Swimmers will wear masks while waiting to enter the facility, while on deck until ready to enter the pool, and immediately after exiting the pool until they leave the facility.
- Youth swimmers should line up 6 ft apart outside the northwest gate near the staff parking lot up to 10 minutes before practice begins. The gate will open 5 minutes before practice begins. Masters will enter the main doors except on Saturdays when they will join youth at the NW gate.
- Family members can be closer than 6 ft while waiting to enter the facility, on deck, or in the pool.
- Before entering the facility, swimmers will be asked the following question:  
Do you have symptoms, been diagnosed or exposed? This is our shorthand for the following more thorough questions. Please make sure all swimmers have read and understand these.
  1. Do you feel sick or have you felt sick in the last 24 hours?
  2. Do you have a fever, cough, difficulty breathing, loss of sense of taste or smell?
  3. Have you been around anyone who is sick or tested positive for Covid-19 in the last 14 days?

If they answer 'yes' to any of these questions, they will not be allowed to attend practice at that time.

- A coach will mark their answers on the sheet provided by the Amazon pool and will also take attendance using our OnDeck App.

- After checking in, swimmers will place their things next to a red marker or blue tape or 6 ft from others and get ready to swim, continuing to wear their masks even after putting on swim caps. They should remain there until a coach tells them where to swim.
- Once assigned a lane, take a plastic container with you to the end of the lane. Just before entering the water, remove your mask and store it in the container.
- Our youth swimmers will come wearing their swimsuits. They will not change in the locker rooms before or after practice. Exceptions can be arranged for special circumstances.
- Bathrooms ARE available during practice.
- Parents may watch practices from the east parking lot or from outside the fence on the west or south side of the pool. Please follow masking and 6 ft distance protocols.

### **Practice**

- Swim teams are allowed up to 4 swimmers per lane by the facility. 'Extreme risk' allows two, 'High Risk' will allow three. Swimmers need to keep at least 6 ft apart in the pool. We will use station markers to define where swimmers will stop and rest or flag. One swimmer will be on the wall and should stay in the middle of the lane when resting. A second swimmer will attach a marker to the left side lane line at the yellow 10m mark. A third swimmer will clip a different color marker at the yellow 15m mark. A fourth swimmer would be at the far wall and should rest in the middle of the lane.
- Swimmers will not share equipment, goggles, or caps unless they are family members.
- If a swimmer needs extra rest during a set, they should get out of the pool and rest 6 ft or more from the pool edge.
- There is no passing in a lane. Adjustments to lane order can be made between sets.

### **Departure**

- After practice is finished, swimmers in the lane will unclip and bring the lane marker to the end of the lane, waiting until the swimmer in front of them leaves the pool.
- Swimmers will have a container to hold a cloth and mask at the end of the lane. They will dry their face and put on the mask before exiting the pool or if needed, sit on the edge and put on their mask.
- After climbing out of the pool, swimmers then go directly to their spot to finish getting ready to leave.
- Swimmers will wear their mask while returning kickboards and pull buoys to the blue bin.
- Masters may use the locker rooms and exit through the lobby if the pool allows. Masks must be worn in the locker room.
- Youth will exit the pool through the southeast gate, maintaining their 6 ft distance. Amazon staff will open the gate and close it once our swimmers have exited.
- Swimmers should maintain 6 ft distance while walking to cars or waiting to leave.
- Parents should arrive 5 minutes before practice ends so they can promptly pick up their swimmers.

- A coach will return the health question sheet to the front desk before leaving. Coaches will also store the spacing and lane markers after the end of practice.
- If a parent is late, swimmers should walk to the front office and wait outside there.

## **Illness Policy**

- In general, a swimmer should stay home if they have:
  1. A temperature of 99 or higher until they have had a 'normal' temperature for 48 hours.
  2. Acute stage of a cold
  3. Rash
  4. Nausea, vomiting or diarrhea
  5. Earache
  6. Inflamed and/or discharge from the eyes
  7. If a physician has ordered antibiotics for a contagious illness, you should not return to practice for 48 hours after the initiation of the antibiotics.
- For covid-19, a swimmer who has been in contact with anyone who has Covid-19 or suspects they have it may not attend practice for 14 days. If the suspected person tests negative, the swimmer may return to practice.
- If a swimmer has Covid-19, they must inform the coach immediately and then show a negative test to return to practice.
- If a swimmer must miss practice for Covid-19 reasons, EA will prorate that month's fees. We do not want financial reasons to interfere with following the health and safety policy.
- We will cooperate with local and state health departments regarding all positive cases and contact tracing.

### **Travel**

- If a swimmer travels, our team asks each family to use their best judgement to determine eligibility for practice. Our club relies exclusively on swimmers and their families to monitor health conditions and contacts outside EA and to answer the screening questions thoughtfully and truthfully. Did you follow current Oregon guidelines/mandates? If not, you might decide to pause. There are several states that are requiring quarantines if you have visited certain other states with high Covid-19 occurrences. Did you visit one of those states? We realize these areas change over time and we ask you to be aware of the situation.

## **General Thoughts from the Coach**

- The state guidelines and mandates change over time. We will comply with them.
- My understanding is that our USA and USMS insurance require we follow these guidelines.
- Mask requirements were expanded after our earlier policy was written. This policy reflects that.

- I have observed that when on deck, swimmers have a difficult time maintaining 6 ft distancing- we tend to move closer to talk to each other and when getting into the pool; we forget to wear masks while getting or returning equipment and while leaving the facility. Be diligent about leaving masks on as long as possible before entering the pool and putting masks on as soon as possible after getting out of the pool. Also, masks are required to enter the locker room.
- Please do not use masks with valves. These protect the person wearing them but not others.
- I expect our swimmers to follow state guidelines outside swim team to protect the health of our fellow swimmers, their families, coaches, and pool staff.

### **FAQ**

- If I go to the beach for the day but maintain at least 6ft from non-household members or wear a mask if closer, do I need to stay away from practice? No, you may come to practice.
- If I go camping or backpacking, do I need to wait 14 days before coming to practice? You may come to practice if you kept 6 ft from non-household members or wore a mask.
- I was on the bike path and someone ran by me and I didn't have my mask on. Do I have to skip practice? No. That was a very brief encounter.
- I went to a Covid-19 'hot spot'. Not everyone was maintaining distance or wearing masks. What should I do? Please use your best judgement. Perhaps take a week off or get tested.