



## CSP Policy and Rules for Restarting Practices

June 15, 2020

The CSP Tideriders mission is to provide a safe return to live practices, following the guidance provided by the CDC, USA Swimming, St. Louis County Health Department, and any of the facilities we operate in. The club, including staff, swimmers, and parents, are required to follow the policies, procedures, and rules below in order to maintain healthy best practices. If National or State governing bodies alter/update COVID-19 re-open policies and best practices, CSP will make necessary updates and communicate them to the membership. Should you have any questions or input regarding CSP's policies or rules please email [cspoffice@cspswim.com](mailto:cspoffice@cspswim.com).

- 1) It is Mandatory for everyone to wear masks while arriving at the facility, through the screening process, and when leaving the facility. Only swimmers may remove their masks to enter the pool to swim or while doing dryland.
- 2) Prior to having any swimmers entering a facility for practice the coaching staff will have their temperature taken and will not be permitted to enter should they show signs of a fever of 100.0F or higher. Each coach will be asked a series of screening questions. All coaches will wear a mask at all times.
- 3) A designated area will be set up by the coaches outside the entrance to all practice facilities. Swimmers will have their temperatures checked upon arrival and will not be permitted to enter should they show signs of a fever 100.4 F or higher. Each swimmer will also be asked a series of screening questions.
- 4) Any swimmer or staff member who has exhibited any of the CDC recognized symptoms (cough, shortness of breath/difficulty breathing, fever, chills, muscle pain, sore throat, and/or new loss of taste or smell) must notify a member of the coaching staff of such prior to reporting for practice. Any swimmer or staff exhibiting symptoms will be asked to not practice for 14 days.
- 5) Any swimmer or staff member who lives with anyone who is ill or has been in contact with someone exhibiting symptoms will be asked to refrain from practice for 14 days.
- 6) Any swimmer or staff member with an underlying health condition should inform the coaching staff. Depending on the relevance to risk factors associated with COVID-19, determination may be made to refrain from swimming.
- 7) Any swimmer or staff member with a sibling or parent / grandparent who lives with them, with an underlying health condition, such as hypertension, diabetes, or any immune compromised condition, should not train in the group setting. Alternative at-home workouts/virtual training will be arranged in this situation.
- 8) Coaches MUST absolutely have accurate attendance records for each session to appropriately track membership. Coaches will also track lane assignments of swimmers.
- 9) The club may consider closing all operations for a 14-day window should a member (swimmer or staff) test positive for COVID-19. Any swimmer or a family member who lives with them, who is confirmed as having COVID -19, must confidentially

advise both their group coach as well as Head Coach/BOD, to allow contact tracing to take place.

- 10) Swimmers will be dropped off & collected outside training facilities. We ask that parents remain in their vehicles in a designated parking spot (not on the curb). No general bleacher areas within the facilities will be made available for parents to congregate.
- 11) Coaches, swimmers, and parents will not congregate in hallways, corridors, parking lots, and sidewalk areas outside the facility. Swimmers will maintain 6 feet social distancing until they enter their vehicle.
- 12) Specific to each facility, site swimmer capacities and unique lane mapping will be determined so that specialized practice plans for each site can be put in place. These plans and any division/splitting of groups will be communicated in advance.
- 13) Swimmers must be dropped off and picked up within 5 minutes of their practice window. Swimmers will not be allowed entry to practice late. Each training group will be designated unique areas on the pool deck and swimmers will be spaced at least 6 feet apart during the pre and post workout timeframe. Practice groups will be scheduled 20 minutes apart in order to allow for adequate flow in & out of the facility as well as cleaning time by the staff.
- 14) Swimmers should make every effort to go to the bathroom before departing for practice. Locker rooms will only be made available for use of the restroom. Swimmers will arrive to practice in suit and dryland gear and be prepared to depart wet in the same clothing and towel. Only one swimmer at a time will be allowed to enter the bathroom.
- 15) Practice groups will be staggered in location and time to provide for no overlap between groups. Larger groups may be split up in order to follow health guidelines. The club will adopt the use of signage to regulate the flow of swimmers and staff in and out of the facility.
- 16) Swimmers will be directed by coaches to start at opposite ends of pool to maintain maximum social distancing. If and when more than 2 swimmers share a lane, larger interval separation will be provided to maintain distancing and lane mapping will be provided.
- 17) Coaches will refrain from gathering swimmers together for group discussions. If whiteboards are used, viewing will be from a distance.
- 18) No training equipment will be used at practice during our start-up phase. At future dates, equipment may be utilized, with mesh bags being stored off-site (at home) and parents will wash equipment on a regular basis.
- 19) Swimmers will ensure that water bottles are not shared. They need to be safely positioned & marked, so that this does not happen in error.
- 20) Swimmers will not share caps or goggles at this time. Please bring ample extras, in case replacements are required.
- 21) Coaches will ensure that they maintain appropriate distance from colleagues, staff, swimmers, lifeguards etc. and make good use of alternative safe communication means.
- 22) Coaches will ensure they do not have any physical contact with swimmers.
- 23) Coaches will not share handheld equipment such as stopwatches, clipboards, whiteboard markers, etc. Staff will wear masks at all times.
- 24) No shared food or treats for birthdays or other occasions will be allowed.