



Health & Safety Guidelines

Protocols for Maintaining Safety during Covid-19



Group Guidelines

Albany Armada Aquatics will take place at the Albany Aquatic Center (AAC). We will use the outdoor & indoor pool for the 2021-2022 season.

- Masks must be worn at all times when entering the pool building or locker rooms or any indoor space.
- Swimmers in Mini Blue, Blue, Yellow, RBG & Juniors must wear a mask at all times when inside the pool area, outdoor areas included. These groups have swimmers 11 & under too young to be vaccinated.
- Coaches of Mini Blue, Blue, Yellow, RBG & Juniors will wear a mask at all times.
- Swimmers in Mini Blue, Blue, Yellow, RBG & Juniors will be assigned a specific lane assignment.
- Each group will have a specific capacity determined by the age range of each swim group. 11 & under swim groups will have smaller number of swimmers per group
- Each swim group is considered a cohort. Athletes will participate in one Armada swim group only.
- Swimmer will place their belongings on the the north side of the pool area to avoid commingling with lap swimmers or people not associated with our program.
- Swimmers may use the locker room or restroom at their own risk. Masks must be worn after exiting the pool and before entering the pool building. Masks must be worn inside the locker room except when showering.
- Parents of our younger swimmers are allowed to enter the facility, limited to one parent per swimmer.
- Parents are allowed in the facility but encouraged to wait outside or watch from the fence to reduce the number of people on the pool deck. Masks must be worn in and around exit and entrance areas.

Armada Vaccination Policy

- Armada will require all athletes to submit proof of vaccination by January 3rd, 2021. A photocopy or picture of the vaccination card emailed to vaccineverification@albanyarmada.com will serve as sufficient proof.
- Athletes without the vaccine will be asked to submit weekly negative PCR test results on Friday of each week. Proof of a negative test result will be required starting the week of January 3rd 2022, which means a PCR test will need to be completed by Friday, December 31st.
covidtest@albanyarmada.com

If you have any questions, please do not hesitate to reach out. We are doing our best to keep everyone in the Armada community and surrounding areas safe, and we thank you for doing your part.



Self Screening



Parents are required to screen their children for COVID symptoms each day before coming to practice using the symptom list below provided by the CDC.

Athletes are **NOT permitted to attend practices regardless of vaccination status if they have any of the following symptoms...**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



When to stay home: Quarantining



Please note the policy for quarantining are different for vaccinated and unvaccinated individuals.

- If a swimmer is **vaccinated**, has been in close contact* with someone who has tested positive for COVID-19, the swimmer must stay home and get tested 3-5 days after their exposure, even if they don't have symptoms. A vaccinated swimmer may return to practice after producing a negative test taken 3-5 days after their exposure.
- If a **non vaccinated** swimmer has been in close contact* with someone who has tested positive for COVID-19, the swimmer must stay home and will need to quarantine for 10 days after the last exposure, or 7 days if they test negative on a test that is collected after Day 5 from the date of last exposure.
- If a **non vaccinated** swimmers confirmed COVID case is living in the same household AND the close contact* is unable to avoid close contact exposure, the close contact would need to stay home for either 17 days (w/ negative test collected after Day 5 from the date of last exposure) or 20 total days.

*close contact = within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period.

Please note Armada's protocols are more strict than school mandated policies since our swimmers are unmasked during swim practice activity.



Travel Policy: Safe to Return



Non Vaccinated Travel Policy:

Swimmers who have travelled on an airplane must get tested with a antigen and PCR test 3-5 days after travel AND stay home for a full 7 days after travel.

Vaccinated Travel Policy:

Swimmers who are fully vaccinated can return to practice after air travel.

Swimmers must self-monitor for COVID-19 symptoms

If symptoms develop, inform your coach, isolate and get tested. Swimmers can return to swim practice when they no longer have symptoms and have a negative Covid-19 test result taken within 3-5 days of when symptoms started.

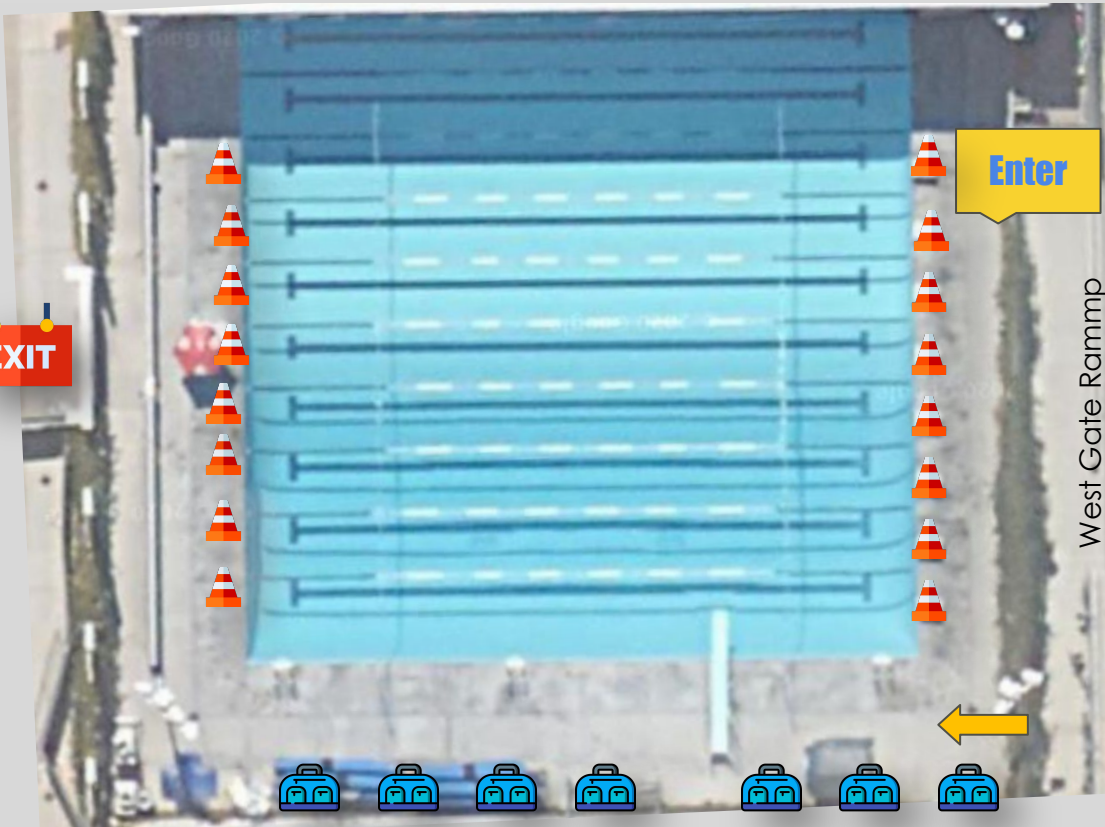
Portland Avenue

Pick Up

Memorial Park



East Gate Ramp



Enter

West Gate Ramp

- 5
- 4
- 3
- 2
- 1
- 1
- 2
- 3
- 4
- 5

Albany High School

Key Route

Drop Off

AHS Main Building

Return to Pool *Entry Check Instructions*



01 Wait at Gate

Athlete drop off on Key Route. Swimmers & accompanying parents or family members must wear a mask. Swimmers will enter through the outdoor pool West gates adjacent to the AHS campus. Coaches will open the West gates for each swim group and check that all swimmers are properly masked prior to entering the pool area.

Temperature checks and sanitizing are no longer required.



02 Set Down Items

Swimmers will set down their personal belongings on the North side of the pool deck to avoid commingling with non Armada affiliated people.

Social distancing is no longer required but still recommended.



03 Set Down Items

Each athlete in Mini Blue, Blue, Yellow, RBG & Juniors will be assigned a specific lane. Proceed to assigned lane.

04 Swim Groups

Athletes will be assigned to smaller groups, rather than regular practice groups.. Each group will have 15-25 swimmers max.

Mini Blue group swimmers will have 4-5 swimmers per lane.

Juniors, Yellow & Blue group swimmers will have 5-6 swimmers per lane.

RBG, Gold & Navy will have up to 7 per lane.

Return to Pool *Departure Instructions*



05 Dry Off

Athletes will dry off on the pool deck. The locker rooms will be open and can be used at your own risk. Masks must be worn at all times while indoors by all individuals except when showering.



09 Put Face Covering On

Athletes in Mini Blue, Blue, Yellow RBG & Juniors will immediately put on their mask after the swimmer has dried off and before they proceed out of the gate.



10 Exit Gate

Athletes will exit through the East gate, which is next to the basketball court and portable classrooms.

Parents or family members must wear a mask when meeting your swimmer for pick up.

Athletes may either walk to awaiting parents parked on Portland Ave or wait for pick up. Please keep the fire lane in front of the pool clear and for active pick up and drop off only.

Parents must be prompt in picking up their swimmer. .

Covid19 Practice FAQs



COVID 19 SYMPTOMS

- What if my athlete has symptoms or suspected exposure?
 - Athletes who are ill are not allowed to attend practice. Swimmers with ill or symptomatic members in their household may not attend practice. See slide 6 for detailed information. Report any illness to the group and head coach.
- What precautions are coaches taking to keep athletes safe?
 - Coaches will wear face coverings when coaching indoors and when coaching groups with unvaccinated swimmers: Mini Blue, Blue Group, Yellow Group, Royal Blue Group & Junior Group.

PRACTICE PREPAREDNESS

- Can my swimmer borrow equipment?
 - There will be limited shared equipment. Kickboards will be needed and swimmers will bring them each day and take them home after each practice. Limited equipment will be available to borrow. Swimmers are responsible for bringing all of their required practice equipment to the pool.
- Can my swimmer leave their equipment at the pool?
 - Swimmers in the Gold, Navy & Junior group can leave their equipment bags at the pool in the storage cage area.
 - Please mark all equipment bags and equipment with your swimmers name.
 - Please keep this area neat. Swimmers must put their equipment bags on the hooks provided in the area designated for your group. Swimmers not adhering to this will not be allowed to leave their equipment bags at the pool.

Covid19 Practice FAQs



PARENTS & SPECTATORS

- Are parents or spectators allowed into the facility?
 - Parents and spectators are not allowed into the facility at this time in order to reduce the number of individuals gathering.
 - Parents can watch through the fence as long as they are practicing social distancing and not disrupting the practice.

CHANGING & LOCKER ROOM ACCESS

- Can my swimmer take a shower or change after practice?
 - Yes, the locker rooms will be open but swimmers electing to use the locker room do so at their own risk. Masks are required when in the locker room area except when showering.
- Can my swimmer use the restroom during practice?
 - Yes the restroom and locker room will be open. Masks are required when entering the pool building.