



# Return to Pool Plan

Protocol for Maintaining Safety during Covid-19 &  
Social Distancing CDC guidelines



# Chlorine & COVID-19



*From the CDC...*

## **Can the virus that causes COVID-19 spread through pools?**

Proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19.

- Maintain proper disinfectant levels (1–10 parts per million free chlorine or 3–8 ppm bromine) and pH (7.2–8).
- CDC's [Model Aquatic Health Code](#) has more recommendations to prevent illness and injuries at public pools in parks.

*From the WHO...*

## **Virus type that causes COVID-19 is killed easily**

Enveloped viruses are easier to kill than non-enveloped viruses: “Sars-CoV-2, the virus responsible for the Covid-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses”.

The World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus and coxsackievirus, and an enveloped virus such as Covid-19 would be inactivated at even lower levels.



# *Is returning to the Pool safe?*

- **New practice procedure & AAA Youth Extracurricular Activity Unit (YEA) Model to ensure athlete safety**
- **Chlorine is a disinfectant**
- **Minimal touchable surfaces**
- **Social distancing of 6'+ can be maintained both in and out of the water during organized swim practices**
- **Safe outdoor activity**



# Albany Armada Aquatics Group Guidelines

Albany Armada Aquatics will take place at the Albany Aquatic Center (AAC). We will use the outdoor pool only for our workouts. Each will have a maximum of 19 swimmers organized into specific, stable groups. Each group will be assigned a specific coach for the duration of the camp. Each camp will have 1-2 coaches.

- Swimmers can participate in one Armada swim group and up to 1 other activity group with same safety protocols.
- Each group will be assigned a specific lane assignment
- Throughout the practice, each group will comply with social distancing requirements and wear face masks before and after practice.
- Each swimmer will have a designated area for his/her individual equipment so that it will not be commingled.
- Swimmers are not allowed in the locker room. They will wear their suits to the pool and leave with them on. **NO DECK CHANGING.**
- There will be limited shared equipment. Swimmers will sanitize after using any shared equipment.
- Each group will exit the facility before the next group of swimmers enters the pool deck.
- Parents will need to be prompt with drop off and pick up to prevent groups from commingling outside of the pool.
- Safeguards will include a social distancing plan for pick up/drop off.



# Ensure Athletes are Safe to Return to the Pool



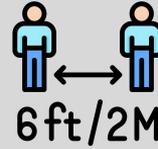
## Athletes are **NOT** permitted to attend practices if...

- They have any Covid-19 related symptoms:  
fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC
- Anyone in household has symptoms or tested positive for COVID-19
- They have been exposed to anyone who has symptoms or tested positive for Covid-19
- Traveled on a plane within the last 14 days
  - Swimmers that have traveled on a plane must either quarantine for 14 days or get tested before resuming practice

## Athletes must come to practice with...

- Face covering of the nose and mouth
- Practice equipment (take home each day)
- Swimsuit on (limit use of locker room)

# Return to Pool *Road Map*



## Entry Checks



**Wait at Gate**



**Temp Check**



**Sanitize Hands**



**Set Items Down**



**Go to Assigned Lane**



**Safely enter pool**



**Swim Practice**



**Dry Off & Put Face Covering on**



**Exit Gate**

Pick Up

Portland Avenue

Memorial Park

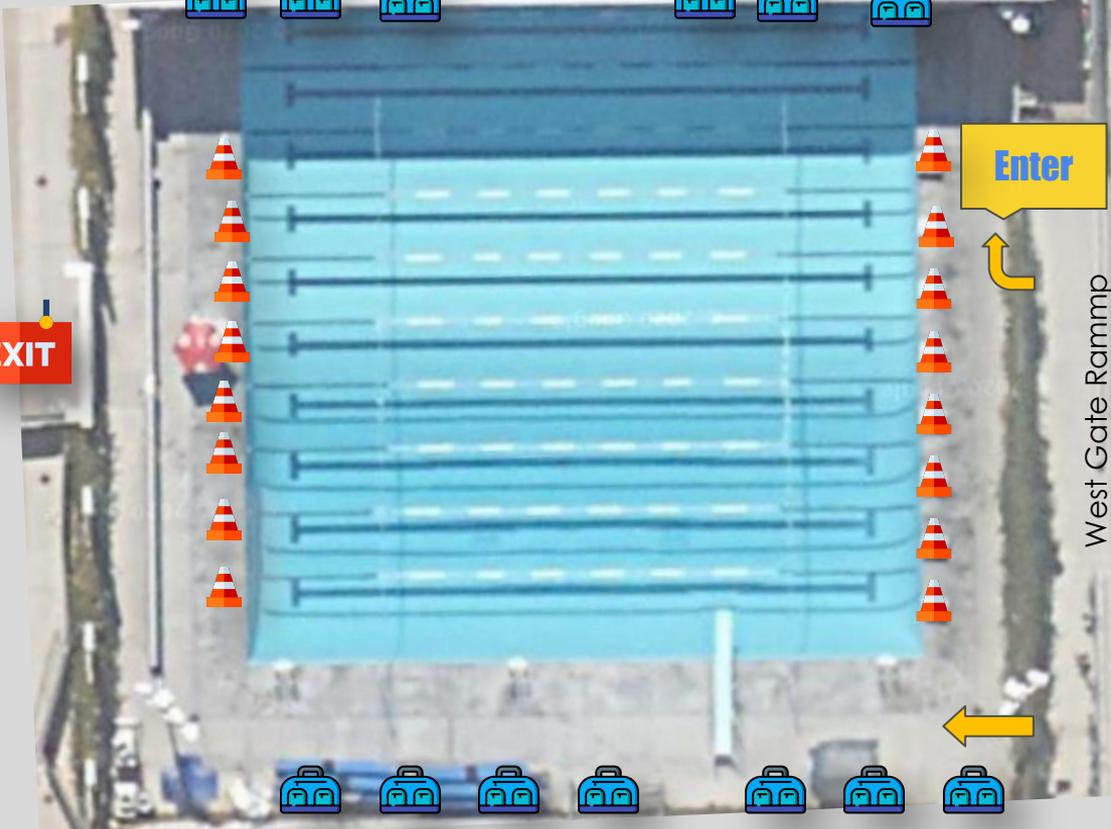
Ocean View

Ocean View

Ocean View

East Gate Ramp

EXIT



Enter

West Gate Ramp

Albany High School

Key Route

Drop Off

AHS Main Building

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



# Return to Pool *Entry Check Instructions*

## 01 Wait at Gate



Athlete drop off on Key Route. Swimmers will enter through the outdoor pool West gate adjacent AHS campus. Athletes will stand on social distance marker to maintain 6 ft between individuals.

## 02 Temperature Check



Athletes will have their temperature taken by a laser thermometer upon entry. Athletes will be asked if they have (1) specific symptoms such as fever, cough, or difficulty breathing, or (2) have been in contact with someone who has symptoms or has tested positive

Athletes with a 100.4 F/38 C fever or answering yes to any of the questions will not be permitted to enter the facility, Parents will be notified to pick up their swimmer.



## 03 Sanitize Hands

Athletes are required to sanitize their hands with provided hand sanitizer. Social distance markers will be placed on the ground to ensure athletes waiting their turn to sanitize hands are at a safe distance.

## 04 Set Down Items



Any items brought into the facility (such as a towel, clothes, shoes, or gear) shall be placed in the designated area. Each athlete will have a square for their lane to ensure social distancing at all times. After practices, it is the athlete/families responsibility to disinfect any items set down at the facility.

# Return to Pool *Safe Swimming Instructions*



## **05 Go to Assigned Lane**

Each athlete will be pre-assigned a lane. Lanes will be marked with numbered cones.

Athletes are assigned specific lane, and side. For example, an athlete will be assigned to "lane 5E". They will swim in Lane 5 enter on the East side of the pool and stay on the right side at of the lane or circle swim if there are more than 2 swimmers per lane.



## **06 Swim Groups**

Athletes will be assigned to smaller groups, rather than regular practice groups, since we can only allow a limited number of athletes into the facility at a time. Each group will have 14-19 swimmers max.

Mini & Blue group swimmers will have 2-3 swimmers per lane.

Yellow, Juniors, Navy & Gold group swimmers will have up to 3-4 per lane.



## **07 Swim Groups**

Due to social distancing measures, athletes with 3-4 swimmers per lane will circle swim. 2 swimmers will be stationed at opposite ends. When stopping one swimmer will stop at the wall, the next swimmer will stop at the flags while.

## **08 Swim Practice**

Swim practices will have 1-2 coaches on deck. Since coaches will be wearing masks, the practice will be printed and posted in each lane for the Junior, Navy & Gold Groups.

Athletes will need to bring all of the required practice equipment for their group level. Equipment, such as fins, will not be available to borrow. Kickboards will issued to each swimmer.

# Return to Pool *Departure Instructions*



## **09 Dry Off**

Athletes will dry off on the pool deck. The locker rooms will be closed. Athletes will not be permitted to shower or change on site.

Per USA Swimming rules, deck changing is not permitted. Athletes need to plan to arrive and leave in their swimsuits.



## **09 Put Face Covering On**

Athletes will immediately put on their face covering after the swimmer has dried off and before they proceed out of the gate.



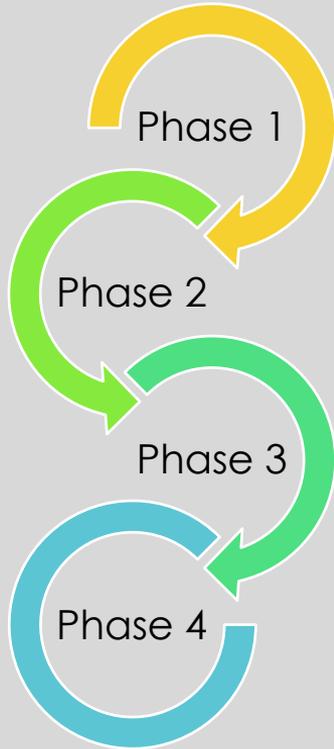
## **10 Exit Gate**

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

Athletes may either walk to awaiting parents parked on Portland Ave or stand socially distanced and wait for pick up. Parents must be prompt in picking up their swimmer to help maintain social distancing.

Athletes are expected to be picked up directly at the end of their practice slot.

# AAA Phased Approach



## Phase 1

Safety measures including temperature checks, sanitizing station, 6'+ social distancing in and out of the water, two-three swimmers per lane, dual start ends, limited group sizes, starting at 15, no locker room use, no changing on site, no parents/spectators on deck, different entry and exit gates, time gaps between practice groups, required signage and social distancing markers in place.

## Phase 2

Expand from group size to 20 with up to four swimmers per lane with dual start sides and one person stopping at mid pool and at flags.

## Phase 3

Take away temperature checks and allow swimmers to utilize locker rooms with appropriate social distancing.

## Phase 4

Return to normal-like practice schedule and full facility capability. Additional measures will stay in place as needed.

\*\*This is AAA phased plan but please keep in mind as information from Alameda County, State and Federal Government comes in our plans may be adjusted. AAA will monitor information as it becomes available and we will keep everyone informed of changes to our 4 phase plan.\*\*

# 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 for 14 days. Report any illness to [albanyarmada@gmail.com](mailto:albanyarmada@gmail.com)
- What protective equipment is required?
  - Swimmers are required to wear a face covering at all times except when in the water.
- What precautions are coaches taking to keep athletes safe?
  - Coaches will wear face coverings and have hand sanitizer available. Coaches will keep 6' social distancing except in emergency situations.

## PRACTICE PREPAREDNESS

- Can my swimmer participate if they are late to practice?
  - Punctuality will help make our safety protocols function best. Swimmers arriving late will have to wait till a coach is available to perform the entrance protocol. Swimmers must do their best to be on their pre-assigned number outside the gate 10 minutes before their practice time. Any members who are late and have missed temperature checks will have to wait till the group has entered the pool and a coach can assist them.
- 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. Equipment will not 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 will not be permitted to leave personal belonging at the facility.

# 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?
  - No, the locker rooms will not be available for changing or showering after practice. Athletes are advised to shower when they return home.
- Can my athlete deck change?
  - No, USA Swimming rules prohibit deck changing. Athletes will be required to enter and leave the facility with their swimsuits on.
- Can my swimmer use the restroom during practice?
  - The family restroom will be open for bathroom use only one person at a time. Athletes should come prepared having used the restroom at home before practice. Our goal is to minimize bathroom use as much as possible.

# Covid19 Practice FAQs



## **TRAINING GROUPS & PRACTICES**

- Will my swimmer be in the same training group as before COVID 19?
  - In order to comply with Alameda County mandates and reduce risk, AAA will be running in much smaller groups than normal. Swimmers will be assigned a practice slot with swimmers of the same age and skill level.
- Will my swimmer be able to move-up a group?
  - Current AAA group structures do not apply since we are not able to operate with normal sized practice groups. Our priority is to ensure each athlete has an opportunity to return to the pool.
- When will my swimmer be permitted to move up a group?
  - Group changes will occur when we are back to semi-normal operations and can allow more athletes in the water a time.
- Will practices times be our normal practice schedule?
  - Due to social distancing measures, practices will be shorter, have a 5-10 minute gap interval between practice slots, and smaller number athletes. Thus, AAA cannot maintain a normal practice schedule. Athletes will be slated into smaller groups to ensure safe social distancing. Practice groups will be created by age and skill level.

# Covid19 Practice FAQs



## **AFTER PRACTICES**

What are swimmers advised to do after practice?

- Swimmers should shower and rinse out their suits at home. Remember to clean off shoes and any items set down at facility.

## **ADDITIONAL TRAINING OPTIONS**

Will AAA continue to host dryland?

- Dryland will be offered to the Yellow, Juniors, Navy & Gold groups.
- Dryland will continue online only.

Will AAA continue to host Goal Setting?

- Yes we will continue offering Goal Setting Session for all swim groups.

Can AAA coaches offer private lessons?

- At this time we do not have private lesson opportunities at the Albany pool.
- Coach Jesus is offering weekend lessons at Lakeridge Athletic Club on Sunday's
- We hope to continue with weekend time slots for private lessons at other pools.

## **JOINING AAA**

◦ Can swimmers join AAA at this time?

- AAA may not be able to add new swimmers until social distancing measures are relaxed. Swimmers will be added, if space permits, to practice groups where a space is available. Otherwise, swimmers will be added to a waitlist.