

Date: 6/13/2020

PDST COVID-19 SAFE SWIM Practice Team Guidelines

(Must Read and Follow!)

For Parents/Swimmers/Coaches:

- Any athlete or staff member experiencing any symptoms of a fever, recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms should remain at home and seek medical treatment. - If any athlete or staff member has a fever or symptoms of illnesses, they may not attend practice until 14 days after the fever or symptoms has ceased. - Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Because your swimmer will now be sharing a single lane with 1-3 or more swimmers so the coaching and safety instructions need to be strictly followed.
- Swimmers will be asked a few questions whether they feel ill or sick, have a fever, or shortness of breath prior to entering the pools each day they swim. CDC/State Guidelines.
- If they show any signs or symptoms, they will not be allowed to enter any facility.
- If you have been out of state for the last 14 days, you and your swimmer will not be allowed into swim practice.
- 6 feet of social distancing for all patrons. **If we cannot maintain this distance, we will lose the opportunity to continue to practice.**
- Facial masks are not required for all patrons but is highly encouraged.
- Coaches must wear face masks while coaching. The masks will be provided by PDST or you can use your own. Coaches must stay 6 feet away from all swimmers.
- Indoor Pool: Men's and Women's Locker rooms will not be available.
- Indoor Pool: Family Changing rooms will be available for minimal usage (bathroom break, shower prior to entering the pool). Be extra early because these are the only bathrooms available in the center.
- No changing or showering after practice is over for all pools we will use. Swimmers must dry off, wrap their towels around them, put on flip flops or shoes and leave directly after practice is over.
- Please have your swimmer's ready in their suits prior to showing at to the pool.
- ***No swimmer will be allowed to swim 5 minutes after the session has started for those that show up late! Your assigned lane will be given away to a lap swimmer for that session or will stay empty.***
- Swimmers will have access to use the restroom if they need to use but must leave immediately after using the restroom.
- Parents/Family/Friends are asked to wait in their cars during practice or facility designated waiting area if provided. If you are there to use the indoor facility, after you are done with your workout, please return to your car and wait.
- If your swimmer is 14 or under, you may walk them into the lobby for the indoor pool but must return to your car.

For Swimmers:

- Swimmers must arrive and depart in their swimsuit. - Athletes will not be able to change or shower at the facility.
- **Indoor Pool:** Swimmers must be behind their assigned lane standing close to the wall and 6 feet apart from other swimmers 10 minutes prior to their practice start time. A Coach will indicate when the swimmers can get into their assigned lane once the previous group is out and gone. ***Do not stand close to each other prior to practice.***
- In the pool, you will always stop and start at the same place.

PDST- Return to Practice Plan and Guidelines- Phase 2.5

- No stopping where you did not start from.
- In your lane when you stop make sure you are keeping that social distance of six feet.
- Do not move close to other swimmers during practice so that you can talk. Keep the 6 foot social distance.
- Once you are in the pool, you are not to get out till your practice time is over. Please use the restroom prior to practice starting.
- You may bring your equipment bag, but NO equipment will be loaned out or borrow from another swimmer or coach. If you do bring your equipment bag, it is your responsibility to take it home.
- If you do not have equipment or missing equipment please make sure Mom or Dad order your equipment from our team website or contact coach Leon for what you need and where to order.
- No spitting pool water. No sharing water bottles. No sharing equipment.
- Disclosure: The State Government can change the Covid 19 Dial to go back to any Covid Category at any time. Practices can change or be suspended due to any unforeseen circumstances.

Positive Test Procedure:

- Should someone test positive for COVID-19 and be determined to have the exposure within the program, the following measures will take place:
 - The individual should let the PDST staff know immediately.
 - All further practices will be shut down and PDST President/PDST Team Manger will let the school district/Pool facility contact coordinator know immediately.
 - PDST COVID-19 emergency reporting hotline: PDswimTeam@gmail.com, address to Coach Leon Li
 - PDST COVID Volunteer Coordinator [Wilson Zhang](#); 425-737-6376; wilson_zhang2002@hotmail.com