**Seattle Metropolitan Aquatic Clubs Commitment to Return in compliance with COVID Guidelines.**

**Objective :** Swimming Safely

**Employee Requirements**

* Coaches will exhibit no Covid 19 symptoms
* Coaches will take their temperature each day they are working and must report any temperature greater than 100.3F.
* Coaches will maintain a minimum six-foot separation between athletes and each other.
* Coaches will wear masks during practice and interaction with other team members

**Athlete Requirements**

* Athletes will not exhibit and Covid 19 symptoms
* Athletes must report temperatures between 99 – 100 and cannot attend practice for temperatures greater than 100.
* Athletes will fill out a participation waiver. [SMAC Waiver](file:///Users/kennethspencer/Desktop/Covid-19_open/SMAC%20Assumption%20of%20Risk_Waiver.docx)
* Athletes will follow all team procedures contained in this document.

**Arrival to the Facility:**

**Traffic Patterns and movement to be determined by facility access and parking. These will be posted on the team website and be distributed with athlete sign up. Please check with your coach.**

* Swimmers will arrive no earlier than 5 minutes before the scheduled start of practice wearing a mask.
* Use of locker rooms are prohibited for changing. All swimmers must arrive at the facility in their bathing suits.
* Swimmers will leave their swim bags at designated area. End of lanes for swimmers starting in wall positions. Marked spots on benches for swimmers in a mid-pool position.
* Coaches will review a safety briefing will be conducted at the start of practice by one of the coaches, reminding swimmers of the safety protocols in place. Swimmers will answer the questions symptom screening form. Temperatures may be checked with a non-touch thermometer.
* Locker rooms and or family changing rooms will be available for use. They are reserved only for going to the bathroom, no changing or showering.
* No observers are allowed on deck.
* Swimmers will arrange drop off and pick up outside of the facility and will not congregate.
* Bring a water bottle, water fountains are off limits. However, the water bottle filling station will be available for use.
* There will be a 10 minute buffer between user groups.

**When Swimming:**

* Capacity will be limited from 2-4 swimmers per lane, starting swims on opposite ends of the pool and marked points in the center keeping swimmers 6 feet apart when not swimming.
* Coaches will be wearing masks at all times.
* No use of community equipment will be allowed (including goggles). All swimmers must bring and use their own personal equipment.
* There is a zero-tolerance policy for all members attending practice when it comes to violating set policies.
* There will be a 10 minute buffer between groups.

**After Swimming:**

* All swimmers will be asked to leave the facility as soon as possible.
* No congregating, or social activity will be allowed after practice. This includes within the parking lot.
* All swimmers must maintain a 6 feet social distancing outside of the facility during pick up.

**If there is a confirmed COVID Case by a Team Member:**

If a SMAC member who has attended a SMAC function is found to have COVID-19:

* SMAC swimmers and coaches in attendance with that individual will suspend operations for 14 days or until a negative COVID 19 test is returned. Each case will be brought to the board for review.
* The facility will be notified immediately.

In addition if someone in a swimmers’ household has symptoms or test positive for COVID 19, that swimmer will remain away from the pool for 14 days or until a negative test is attainted.