**SMAC Plan for Dryland and Open Water Swimming – Youth Sports Teams Phase 2 (Phase 1.5)**

We’ve been waiting a long time for this day to come, and while we still don’t have access to the pools, we can get together in small groups for dryland and open water swimming based on guidelines from King County. Understanding procedures put in place for your safety by local governments and the CDC is critical for a successful restart. All participating members (Swimmers, Coaches & Parents) are expected to adhere to these guidelines.

King County

<https://www.kingcounty.gov/depts/health/covid-19/safe-start.aspx>

[Phase 2 & 3 Sporting Activity Requirements](COVID19%20Phase%202%20and%203%20Sporting%20Activities%20Guidance%20copy.pdf)

For the week of June 8:

* Run live dryland Age Group and Older.
* We’ll start live dryland for SD and CF next week of June 15 with the experience we gain from operation.
* Dryland - Initially coaches will only work with two 5 person groups to ensure all distancing rules and procedures are followed.
* Open water will be a 5 to 1 ration and will start later in the week, we’re planning for a June 11 roll out.

**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](SMAC%20Assumption%20of%20Risk_Waiver.docx)
* Athletes will follow all team procedures contained in this document.

**Procedures Outdoor Dryland**

Athletes will be dropped off at their dryland area and procedure to their practice location to be determined by their coach on site.

* Athletes must wait in their designated waiting area at a minimum six-foot intervals until their practice session begins.
* Athletes will wear masks to practice replace them when leaving practice.
* Athletes joining a practice will be directed to markers spaced 5 feet apart.
* Coaches will check in individually with each athlete to ensure they are not exhibiting symptoms as listed here. [Covid-19 Symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)
* During practice there will not be any physical contract between athletes.
* Initially, no equipment will be used. When added, equipment used will be disinfected between sessions by the coaching staff.
* There will be a 10-minute buffer between practices.
* Athletes must leave the practice area immediately after practice
* Parents must be ready to pick up athletes before practice is over. Parents should park with at least one empty space between cars (as permitted by space).

**How to sign up for Dryland times?**

Please reach out to your individual coach for a dryland slot and actual meeting locations. The published schedule will be divided into time slots. Your coach will assign you actual start time within that time block. We’re trying to keep Dryland locations as close to pools a possible with the understanding that there will be other teams and sports looking to use the same areas. There will be a learning curve initially as teams restart and various groups share the area.

**Open Water**

We’re still finalizing details for organized open water swimming, but plan on starting on Thursday June 11. Times and locations TBA. Our general guidelines are below:

Open Water Safety Guidelines

1. Location
2. Practice only at locations approved for swimming by local government
3. Water Temperature: 60.8 – 85 degrees Fahrenheit. Wetsuits mandatory if 65 or less.
4. Easy access to water from shore (and shore from water).
5. No boat traffic.
6. Safety Personnel – goal is 20 second response time to distressed swimmer.
7. 5 swimmers/1 coach
8. Coaches may walk on shore or use paddle drive water craft to monitor swimmers.
9. Airhorn for evacuation in case of emergency.
10. Standup paddleboards/kayaks and lifejackets for coaches on water.
11. Designate signals to indicate “OK” and “NEED ASSISTANCE”
12. Socially distant safety meeting before practice starts.
13. Course Set Up
14. Clearly marked/designated points (buoys or coaches in watercraft)
15. Apex near shore
16. Swimmer Responsibilities
17. Appropriate goggles (clear for clouds, darker for sun)
18. A bright Cap or swim buoy
19. Sunscreen on exposed areas
20. Prevent wetsuit chaffing

Procedures

1. Arrive with face mask on.
2. No changing areas will be provided. Bring appropriate clothes to wear after you swim.
3. Maintain 6 feet of distance between non-household teammates while waiting for start.
4. The course, safety signals and procedures will be reviewed in small group before the swim begins.
5. Do not attend if you are feeling ill or have been exposed to someone with a positive COVID-19 test
6. Bring your own food and drink. No sharing water bottles or snacks.