



CASCADE SWIM CLUB
Return To Swim Guidelines
Phase 1.5/2.0

Arrival to the Pool

Swimmers will arrive no earlier than 5 minutes before the scheduled start of practice.

Use of locker rooms for changing and showering is prohibited. All swimmers must arrive at the facility in their suits.

Swimmers may use available bathroom, or Family Changing Rooms if available, for going to the bathroom only and only one at a time.

No observers are allowed on the pool deck or lobby areas.

Swimmers will arrange drop off and pick up outside of the facility, and will not congregate.

Swimmers need to bring their own water bottles and they will be allowed to refill at a filling station if facility has one. Water fountains are off limits for direct drinking.

Do not attend practice if you or a member of your household are not feeling well.

Swimmers and coaches shall wear mask entering and exiting if required by local or state ordinance.

Coaches will remind swimmers of the safety protocols in place at each practice.

When Swimming

Capacity will be limited to no more than four swimmers per lane when swimming laps, two stationed at each end always 6 feet apart—one at the wall and one at the flags (15 feet from the wall).

No two swimmers are allowed to remain within 6 feet of each other during resting periods.

All swimmers must bring and use their own personal training equipment if facility equipment is not made available for use.

There is a zero tolerance policy for all members attending practice when it comes to violating protocols.

After Swimming

All swimmers will leave the facility as soon as possible after practice is over.

No congregating or social activity will be allowed after practice. This includes within the parking lot.

All swimmers must maintain 6 feet social distancing outside of the facility during pick up.



Health Assessments

Parents are expected to provide daily health assessments at home and prior to leaving to go to the Aquatic Center. By sending a swimmer to practice, parents are confirming that they have provided the necessary health assessments and have cleared their child to swim. Coaches will monitor swimmers throughout their time at practice and may provide additional assessments by asking swimmers some or all of the following questions:

- Have you been in close contact with a confirmed case of COVID-19?
- Are you experiencing a cough, shortness of breath, or sore throat?
- Have you had a fever in the last 48 hours?
- Have you had a loss of taste or smell?
- Have you had vomiting or diarrhea in the last 48 hours?

If a swimmer answers “yes” to any of these questions, they will be sent home.

If a swimmer complains or shows signs of COVID-like symptoms during practice, they will be sent home.

Should a swimmer be sent home for any of these reasons, facility staff will be immediately notified and allowed to disinfect all “high-touch” surfaces.

A swimmer who had signs of suspected or confirmed COVID-19 can return to practice when:

- At least three days (72 hours) have passed since recovery – defined as no fever without the use of medications and improvement in respiratory signs like cough and shortness of breath; **AND**
- At least 10 days have passed since signs first showed up. **OR**
- It has been at least three days (72 hours) since recovery **AND** a health care provider has certified that the swimmer does not have suspected or confirmed COVID-19.

In the event there is a confirmed COVID-19 case by a Team Member

In the event a Cascade member that has attended a recent practice tests positive for COVID-19, Aquatic Center will be notified immediately of a confirmed case within the team and coaches will review to determine if any lapses in social distancing may have taken place involving the contracted swimmer. For all potential lapses, coaches will notify parents of swimmers who have high potential exposure risk. Parents contacted are encouraged to closely monitor and have their at-risk swimmer checked by a health care provider, and to self-quarantine if concern is warranted and as advised.

COVID-19 contact:

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