



California Capital Aquatics

COVID Updates/Protocols for all CCA Members

Hi CCA Families,

I wanted to address a few points related to our COVID Protocols. With changes in Placer County's designation, along with many swimmers back in class, we have a few points to address.

1) Release area for the Block 1 Groups (SR/PS/VAR/TG): Beginning today we will be exiting out the FRONT MAIN DOORS of the facility. Swimmers will walk through the locker rooms to exit out the facility. We are asking families picking up the swimmers in those groups to PARK in the lot that is closest to the gravel lot. Do not pick up your swimmer on the circle drive+that is in front of the doors- we will have athletes coming to the facility from the BLOCK 2 Groups and this could hinder traffic flow. Please be careful when driving and keeping an eye out for fellow swimmers as the lot can be pretty dark.

All other groups (Block 2 Groups/Fall Clinic/Masters) will continue to exit out the gates nearest to the competition pool as they have been doing.

2) If your swimmer is out due to illness/shows symptoms the swimmer needs to stay out of practices for at least **48 hours** after those symptoms subside.

3) If you are outside of the facility to pick up/drop off your swimmer or step out of your vehicle to speak with someone outside your household you are required to have your mask on.

4) While we have begun workouts with the ability to go %swimmers per lane+, whenever we have had extra space we have utilized that space to spread the swimmers out to 2 or 1 swimmer per lane.

5) School %Quarantine+Protocols: We will be following the same protocols on quarantine/time out of the water as the public schools.

- If your school %shuts down+due to COVID issues but your swimmer was not directly exposed to any known cases, they still may attend workouts but continue to monitor for symptoms.
- If your swimmer was in a class with a known case but not designated as in %close contact+with that person we ask you do not attend workouts until the swimmer is allowed to attend school again. It appears that the local schools are following approximately 7 days out in this situation.
- If your swimmer was in class with a known case and WAS designated to be in %close contact+with that person and are recommended to quarantine they are not to return to the pool until that quarantine is deemed complete AND they are not showing symptoms.

I am in regular contact with City Officials who are able to pass along information to our program rather quickly. As of right now they have no news on expected changes in protocols from the City, but we will keep you posted. It will take ALL of us doing our part to keep things going smooth and safely at the pool, please always keep this in mind. Thank you all for following our protocols- our goals are to keep our CCA families safe and our swimmers in the water!

Coach Justin