



York Return to Swim Summer Program

York Swim Club will be following our state and local authority requirements to get the swimmers back in the water safely and we will adjust accordingly. Please take time to review the plan below.

Social Distancing

- For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible physical distancing when they are away from the pool as well.
- Athletes and coaches must maintain 6 feet distance at all times.

Mask Requirements

- All coaches will wear masks when athletes are entering and exiting the facility.
- All athletes will wear masks at all times when not in the water.
 - Exceptions will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation. York must be notified about this upon registration.

Facility Procedures

- There will be defined entrance and exit plans for each facility. Athletes will not enter and/or exit the facility at the same time.
 - There will be cones along the entrance at all facilities for athletes to line up 6 feet apart prior to entering the pool.
 - Once athletes enter the facility, they will go to their assigned lane and await instructions from their coach.
 - There will be defined areas on the pool deck for athletes to leave their personal belongings to ensure physical distancing.
- There will be NO locker room use.
- There will be NO bathroom use, unless it is an emergency.
- There will be a 10 minute window between practices.

Arrival/Departure Procedures

- Athletes **must** line up to enter 10 minutes before their scheduled practice time. If athletes arrive earlier than 10 minutes before practice, they should wait in their car until the appropriate time to enter the facility.
- Please DO NOT arrive late to practice. In order to minimize the number of athletes at the facility entrance,

if an athlete arrives after their group has entered, the athlete must wait in their car for further instructions.

- Athletes must arrive and depart in their swimsuit. Towels, clothing, and everything else must be in their swim and/or gear bag. Athletes will not be able to change or shower at the facility.
- Make sure your swimmer knows how to put their cap on by themselves. If not, they must arrive with their cap already on. Coaches and athletes will NOT be capping each other.
- Athletes should bring their own water bottle (already filled) and any other equipment required by their coach (fins, hand paddles, buoy's).
- Athletes must leave the facility immediately at the completion of any practice.
- Parents will not be allowed in the facility at any time. They are expected to practice physical distancing while waiting for their athlete. Please remain in your car and do not congregate in the parking lots of the facilities.

Health Screening Procedures

- Prior to **each** practice athletes must fill out a Health Screening Questionnaire, a sample of this questionnaire can be reviewed by clicking [HERE](#). To make things easier, each facility has its own questionnaire. You will select the questionnaire that is associated with the pool your athlete is practicing at that day. Any athlete that has not filled out the questionnaire will not be permitted to enter the facility.
- Any athlete or staff member experiencing any symptoms of a fever, recent cough, chills, muscle pain, shortness of breath or difficulty breathing, sore throat, or new loss of taste or smell, or has had any exposure to someone who has any symptoms, should remain at home and seek medical treatment.
- All coaches will have their temperature checked upon arrival at the pool prior to their shift.
 - Coaches with a temperature of 100.4 degrees or higher will be sent home.
- If any athlete or staff member has a fever or symptoms of a respiratory illness of unknown cause, they may not attend practice until 14 days after the fever or symptoms have ceased.
- Athletes and coaches cannot have had close contact with anyone who has tested positive for COVID-19 in the last 14 days.
- If an athlete or coach has ever been diagnosed or suspected to have COVID-19, they must be deemed no longer contagious by a physician.

Positive COVID-19 Test Procedure

- Once practice has begun, should an athlete or coach test positive for COVID-19, the following measures will take place:
 - The individual should let the staff know immediately.
 - The facility will be shut down for no less than 24 hours for a thorough cleaning.
 - The individual will not be allowed back to practice until they test negative for COVID-19 and a physician has deemed the athlete or coach is no longer contagious.

York Swim Club reserves the right to request families not adhering to these policies and procedures to be removed from the program.