



FISH

**Return to Pool Plan
2020-2021 Season**

Why is it safe to swim?

- Minimal touchable surfaces
- Chlorine and UV light are disinfectants
- New practice process ensures athlete safety
- Social distancing can be maintained both in and out of the water
- Strict adherence and attention to facility sanitization procedures



Can the virus that causes COVID-19 spread through pools?

From the CDC... Proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19

- Maintain proper disinfectant levels (1-10 parts per million free chlorine or 3-8ppm bromine) and pH (7.2-8).
- CDC's [Model Aquatic Health Code](https://www.cdc.gov/mahc) {<https://www.cdc.gov/mahc>} has more recommendations to prevent illness and injuries at public pools in parks. {<https://www.cdc.gov/healthywater/swimming/residential/disinfection-testing.html>}

From the WHO... **[the] Virus type that causes COVID-19 is killed easily**

[the] Enveloped viruses are easier to kill than non-enveloped viruses: “Sars-CoV-2, the virus responsible for the Covid-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses.”

The World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped virus such as Covid-19 would be inactivated at even lower levels. {https://www.who.int/water_sanitation_health/bathing/srwe2full.pdf}

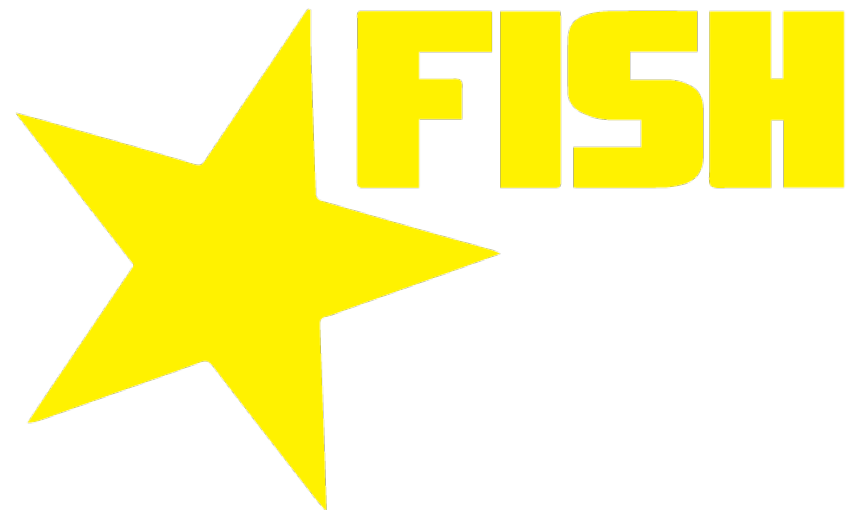
Ensure your swimmer is safe to return

Athletes are NOT permitted to attend practices if...

- They have a fever, cough, shortness of breath, or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC in the last 14 days
- Anyone in household has symptoms or tested positive for COVID-19
- They have been exposed to anyone who has symptoms or tested positive for COVID-19 in the last 14 days
- Traveled internationally within the last 14 days

Athletes should come to practice...

- Wearing their face mask
- Wearing a swimsuit
- Pre-showered at home
- With a green check from Sparrow
www.sparrow.org/OccHealthScreening
- With their own personal water bottle
- Training Equipment



Sparrow Screening Process

1. Follow the web app link or enter the address into your browser:
<https://www.sparrow.org/OccHealthScreening>
2. Agree to the disclaimer and terms of use
3. Answer the screening questions accurately and honestly
4. Once you have completed the screening process, you will be presented with either a green check mark or a red "X" which will be time stamped and valid for 4 hours
5. If you have been cleared, you may continue on to the next steps of the pool entry procedure
6. If you have not been cleared, contact your coach and remain iquarantined for 14 days

Entry Process



1. Arrive and park



2. Wait at Gate



3. Screening Process



Swimming

4. Go to your Assigned Space



5. Swim Practice



Departure

6. Dry Off



7. Exit Gate



Entry Process

During entry and exit processes, remain 6' apart from others, avoid touching common surfaces, and use your personal mask.

01 Arrive and Park

Arrive early to your assigned time and park in alternating spots to allow safe distance when exiting vehicles. Remain in the vehicle and be prepared to exit when directed to line up on markers outside the facility.

02 Wait at the Gate

Athletes will enter through a designated entrance. Athletes will stand on pre-assigned markers to maintain social distancing guidelines. Swimmers will proceed to the next marker one at a time until they reach the next station.

03 Screening Process

Athletes will have their temperature taken by a non-contact thermometer as they present their green Sparrow screening. Athletes without Sparrow will be asked about exhibiting specific symptoms such as fever, cough, or difficulty breathing in the past 14 days and having been in contact with someone who has symptoms or has tested positive within 14 days. Athletes with a 100.4°F fever or answering 'yes' to any of the questions will not be permitted to enter the facility. Athletes who are late may not be allowed into practice. Upon entry, athletes will disinfect their hands with provided sanitizer.

Safe Swimming

04 Go to Assigned Space and Set items Down

Each athlete will be pre-assigned a lane and starting side to conform to guidelines. For example, an athlete may be assigned to “lane 5, shallow end.” Athletes will move to their lane assignment and set items down in the designated space.



05 Swim Practice

Athletes will swim 5 per lane each practice. Athletes will not have access to a water fountain and need to bring a pre-filled water bottle. Athletes will need their equipment bags. No equipment will be available to borrow. Athletes should refrain from using the bathroom during their practice unless absolutely necessary.

Departure



During entry and exit processes, remain 6' apart from others, avoid touching common surfaces, and use your personal mask.

06 Dry Off



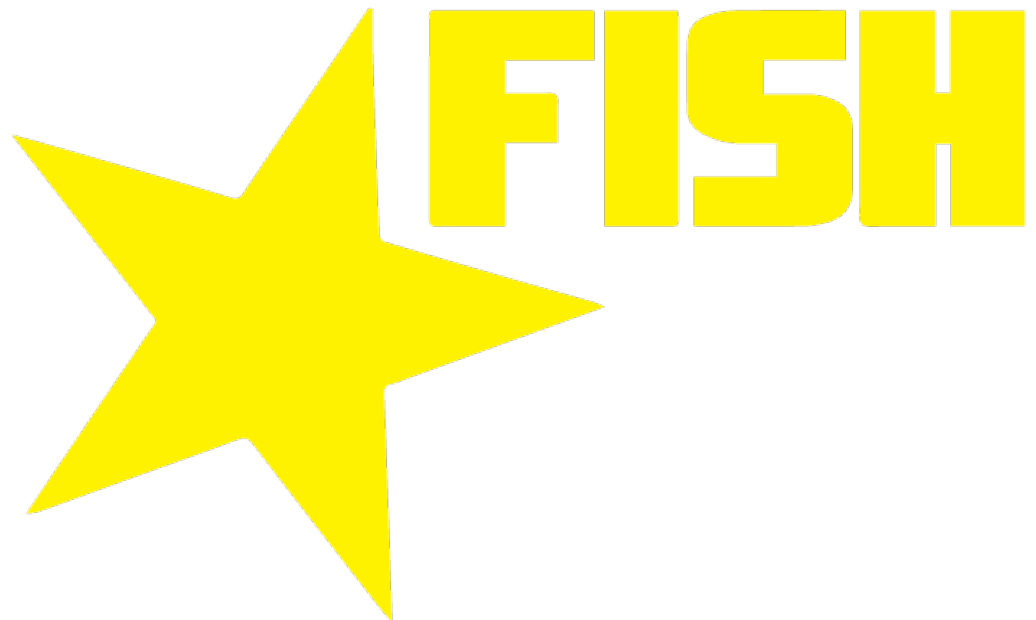
Athletes will dry off at the pool. As locker rooms will be unavailable, athletes will not be able to shower or change on site.

Deck changing is not permitted. Athletes need to plan to arrive and leave in their swim suits.

07 Exit Gate



After packing their belongings, athletes will exit the deck area wearing their mask. They may walk to an awaiting vehicle or stand on social distance markings as they wait for pick up. Athletes are expected to leave immediately after practice.



Frequently Asked Questions

- **My athlete does not have symptoms, but may have been exposed**
 - Athletes who are ill, or who have been exposed to those who are ill, are not to attend practice for 14 days and should quarantine. If your athlete becomes ill, please notify the FISH so we may let others who may have had contact know.
- **What are coaches doing to keep athletes safe?**
 - Coaches will be wearing masks and keeping social distancing requirements throughout practices. They will be cleaning common surfaces for assigned lanes and will have hand sanitizer available. Coaches will be running the facility entry screenings and ensuring safe distancing.
- **Can parents watch practice?**
 - Parents and spectators will not be allowed in the facility at this time. They should be prepared to remain in their vehicles in the parking lot.
- **Can my athlete use the locker rooms to change?**
 - No. Locker rooms will be closed as they cannot be properly cleaned between each group. Athletes should be prepared to refrain from going to the bathroom during their time in the facility and should shower when they return home.
- **What can we do after practice to ensure safety?**
 - Athletes can sanitize their hands as they leave the facility; departing immediately to avoid gathering in a large group. Upon returning home, athletes should shower and clean any items they brought to practice including water bottles, shoes, and their swim bag which have come into contact with common surfaces.

Agreement to Policies

Sign a waiver of agreement to the policies listed above by clicking or going to:
<https://app.waiverelectronic.com/render/templateByRefId/thefish-waiver>

Sparrow Web Application

Click the link or enter the address into your browser:
<https://www.sparrow.org/OccHealthScreening>