



## **Hydro-Sonic Tiburones Standard Operating Procedures**

- **PPE requirements:**
  - All coaches will wear masks at the start of practice or whenever physical distancing cannot be adhered to.
  - All swimmers will wear masks entering and exiting the facility and while on the pool deck
  - All swimmers & coaches will wear masks when using the restroom.
  
- **Social distancing requirements:**
  - Swimmers and coaches must maintain 6 feet distance at all times.
    - There will be markings or cones along the entrance for swimmers to line up 6 feet apart.
    - There will be marked spots on the pool deck for swimmers to leave their personal belongings to ensure social distancing.
      - Once swimmers enter the pool area, they will go to their spot and await instructions from their coach.
      - All personal belongings including clothing must be placed inside of their swim bag.
      - Once instructed, swimmers will take their equipment bags to the end of their assigned lane.
  - In the event of inclement weather, swimmers must remain socially distanced while sheltering.
  
- **Facility procedures:**
  - Locker rooms will be limited to restroom use only.
  - Water fountains will be closed per Montgomery County guidelines. Fill water bottles at home. .
  - The facility will be cleaned daily following all practices.
  - When entering the facility, athletes must be free from all COVID-19 symptoms.
    - Athletes showing any symptoms MUST refrain from attending practice.
  - Coaches will take swimmers' temperature prior to entering the facility.
    - Swimmers with a temperature of 100.4 degrees or more will be sent home.
      - Temperatures will not be recorded.
  
- **Athlete/family protocol:**
  - swimmers must arrive and depart in their swimsuit.

- Swimmers will not be able to change or shower at the facility.
  - Swimmers will only be permitted to line up to enter 10 minutes before their scheduled practice time.
    - If they arrive early, they should wait in their car until the appropriate time to enter the facility.
    - Swimmers must leave the facility immediately at the completion of any practice.
  - Parents/spectators will not be allowed in the pool area at any time and are expected to practice social distancing while waiting for their swimmer..
    - We will ensure that the appropriate number of coaches are present during each practice to comply with MAAPP.
  - Swimmers should bring their own water bottle (**already filled**) and any other equipment required by their coach.
    - **Borrowing equipment will not be permitted.**
  - Criteria that must be met by the athlete and anyone residing in their household in order to be eligible to attend practice:
    - Cannot have had contact with anyone who has tested positive for COVID-19 in the last 14 days.
    - Cannot have had a temperature over 100.4 degrees, a cough or difficulty breathing in the last 14 days.
    - **Cannot have traveled 100 miles or by air in the last 14 days.**
  - Any swimmer or coach experiencing any symptoms of a fever, recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms should remain at home and seek medical treatment.
    - If any swimmer or coach has a fever or symptoms of illnesses, they may not attend practice until 14 days after the fever or symptoms have ceased.
    - Swimmers and coaches must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
  - For us all to stay healthy and be able to keep swimming, we ask our swimmers to please practice responsible social distancing when they are away from the pool as well.
  - Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in TIBU activities may be suspended.
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- **Positive test procedure:**
    - Should someone test positive for COVID-19 within the team (including immediate household), the following measures will take place:
      - The family should let the coaches know immediately.
      - Practice(s) will shut down for no less than 24 hours to ensure proper contact tracing.
      - Notification to practice group will be communicated.
      - Practice(s) will resume once proper contact tracing has been achieved.
      - Only after being cleared by health care provider (in writing) following a 14day self isolation will an athlete be allowed to resume practices.

While not a typical plan, we do expect these guidelines to be strictly adhered to at all times. Swimmers who repeatedly are not prepared or are not following the guidelines will be removed from their group.