



## Swim Team

### Return To Swim Guidelines

The health and safety of staff, coaches, members, swimmers, and their families is very important to Aqua Club, Inc. ("Aqua Club"). Aqua Club has put in place several measures to minimize the spread of the novel coronavirus, also known as COVID-19. As part of those measures, the Aqua Club Swim Team will follow social distancing guidelines for all of its practices, both in the pool and dryland.

The guidelines below are applicable to coaches as well as swimmers and their families. These guidelines are not exhaustive and are not intended to be a substitute for professional medical advice. Nor are these guidelines intended to supersede or replace orders and recommendations from federal, state, and local governments and health agencies. Coaches, swimmers, and their families are expected to comply with all applicable federal, state, and local orders and recommendations and to follow these Return-to-Swim Guidelines as well as signage posted at the facility.

#### Arrival to the Pool

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

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

Swimmers should enter the pool deck through the gate next to the office.

Parents should drop off swimmers and remain in the car. If parents need to come to the facility for drop-off or pick-up, they should wear a face covering coming and going and maintain at least 6 feet of distance from staff, coaches, swimmers, and other parents.

Use of locker rooms and showers is prohibited. All swimmers must arrive at the facility in their suits, ready to swim.

Locker rooms will NOT be open. Bathrooms will be available. Any person using the bathroom must wash their hands or use hand sanitizer.

Swimmers and coaches must use hand sanitizer upon entry at the hand sanitizing station.

No observers are allowed inside the facility, on the pool deck, bleachers, or grass lawn area.

Water fountains have been turned off. Swimmers need to bring their own water bottles. There is no refilling station.

Coaches and swimmers must NOT attend practice if he or she, or a member of his or her household, is not feeling well.

Swimmers should wear a face covering coming and going to the facility; face coverings should not be worn in the pool.

A short safety briefing will be conducted at the start of practice by one of the coaches reminding swimmers of the safety protocols in place.

## When Swimming

Capacity will be limited. During the week of June 15, swimmers will be limited to those ages 13 and older, and capacity will be limited to two swimmers per lane. Capacity for older swimmers may be expanded later to a maximum of four swimmers per lane, while maintaining 6-foot distancing. Swimmers under the age of 13 will be allowed to practice through a phasing-in process over time.

All swimmers must bring and use their own towel and personal training equipment, including kick boards, fins, pull buoys, hand paddles, and dryland equipment. No sharing or use of community equipment will be allowed.

Swimmers and coaches will maintain at least 6 feet of distance from each other throughout the practice.

Coaches will wear face coverings and will follow all applicable state, local, and facility safety guidelines.

Coaches must wash their hands or use hand sanitizer frequently. Hand sanitizer stations are available at the entrance and on the pool deck.

There is a zero-tolerance policy for all swim team members and coaches attending practice when it comes to violating set policies.

## After Swimming

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

Swimmers should exit the pool deck through the upper gate by the baby pool.

No congregating or social activity will be allowed after practice. This includes within the bleachers, lawn area, basketball court, and parking lot. All swimmers must maintain 6 feet social distancing outside of the facility during pick up.

Swimmers and coaches must use hand sanitizer after practice upon exiting the facility.

Swimmers should sanitize all personal training equipment after every practice.



## Health Assessments

Parents are expected to take a swimmer's temperature and provide daily health assessments to swimmers at home and prior to leaving to go to the facility. 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 conduct a temperature screening and/or ask swimmers some or all of the following questions:

- **Have you been diagnosed with COVID-19 and have not recovered or are still within the state-required 14-day quarantine?**
- **Have you been in close contact with a confirmed case of COVID-19 within the last 14 days?**
- **Are you experienced a cough, shortness of breath, or sore throat in the last 48 hours?**
- **Have you had a fever in the last 48 hours?**
- **Have you had a loss of taste or smell in the last 48 hours?**
- **Have you had vomiting or diarrhea in the last 48 hours?**

If a swimmer answers "yes" to any one of these questions, he or she will be sent home. If a swimmer complains or shows signs of COVID-like symptoms before or during practice, he or she 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 14 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 an Aqua Club Swim Team member that has attended a recent practice tests positive for COVID-19, the facility will be notified immediately of a confirmed case, and coaches will review to determine if any lapses in social distancing may have taken place involving the contracted swimmer. For any potential lapses, coaches will notify parents of swimmers who have high potential exposure risk, while maintaining confidentiality as required by the Americans with Disabilities Act. Parents who are 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.

