



2021 Summer Guidelines

We are excited to offer a season that looks more like our seasons pre-Covid. We know that Swim & Dive Team offers a much-needed respite from the monotony of home and a great opportunity for physical exercise. While we are able to allow more kids in the water, joining the Goodman Waves will be similar in some respects to last summer. We will still require the cooperation and compliance of all of our athletes, families and coaches. We want to be clear on the expectations of this modified 2021 season as a member of the Goodman Swim & Dive Team. Please let us know at any time if you have questions.

The situation with the COVID-19 crisis and the impact on the pool and team are ever-evolving. The guidelines that follow outline the plans for implementing this program. In order to keep all athletes and families safe, the Coaches and the Board reserve the right to make adjustments to these policies over the course of the season.

Please consider these factors carefully and speak with your children to ensure that this is the right choice for your family this summer. If you think your child will not be able to adhere to the expectations below then it is advised that they don't participate in swim and dive team this year and join us in 2022.

The criteria laid out in this document and by Friends of Goodman Waves Board and City of Madison Parks are based on current public health guidelines to avoid the spread of COVID-19. We cannot guarantee that you or your athlete(s) are safe from possible transmission.

OVERVIEW

How will the Waves team look in 2021?

1. **Practice** is scheduled to Monday thru Friday from June 14 - July 31, 2021. Much like past years!
2. **Dual Meets** are currently scheduled to take place. The 13 league pools will have documented Covid plans in place based on a dual meet template developed by the All City Board. We will link these plans on our website and share them prior to our away competitions. It is important that families read these plans and are prepared to follow these plans. Not following pool plans may disqualify your athlete from the meet and possibly the season.
3. **All City Championship Meets** At this time, the All-City League has decided to decentralize Championship meets for the 2021 season. Alternative plans are in the works. Ridgewood will host All City Swim 2022 and Goodman will host All City Dive 2022.
4. All **Social activities** previously included with the Waves are cancelled. These include but are not limited to water polo, potlucks, tie-dying, and Bernie's Beach trip.
5. 8 & unders **must** be able to swim a length of the pool independently (25 meters) and will be enforced.
6. Because physical distancing in the pool may be more difficult for younger athletes, practice offerings may be more limited for the younger age groups.
7. To maintain safe physical distancing in a lane, there will be 6 swimmers per lane, however, we may make accommodations for siblings dependent on age and ability. This number may be modified as we consult with the City of Madison and local health authorities..
8. Kickboards and pull buoys may be used during the season.
9. Coaches will have transition phases between practice groups.
10. Once registrations have been received, a practice schedule will be developed based on age, ability and sibling groupings (where possible). You will receive an email with the group assignments for your child(ren). **Athletes may not switch practice spots once groups have been created.**
11. Locker rooms will be closed and open for emergency bathroom use only.
12. In an effort to maintain safe physical distancing of 6-feet and limit the congregating of groups, the cabana area will be closed.

EXPECTATIONS

What will we expect from our athletes in 2021?

1. Each athlete must understand 6-foot physical distancing and be willing to practice it with coaches, aquatic staff and teammates alike in and out of the swimming pool.
2. Per Goodman pool requirements, each athlete must wear a mask when arriving at the pool, at all times when on the pool deck and when leaving the pool. No masks to be worn in the water.
3. Athletes are asked not to share personal belongings including but not limited to goggles, swim caps, nose plugs, masks or any personal belongings.
4. Athletes who demonstrate an inability to follow these rules will be asked to leave the team and join us in 2022 when we will hopefully be back to a “new normal.”

What will we expect from our adults in 2021?

1. Parents, guardians and child care providers **will limit** their time on the pool grounds during practice.
2. When on-site, adults should view themselves as role models for all pool policies, including practicing 6-foot physical distancing, wearing masks, and demonstrating good hygiene practices.
3. Adults who are picking up their athletes must be on-site immediately at the end of scheduled practice. If they are late more than once, they may be asked to withdraw their athlete from the team.
4. We **may** ask for a limited number of adult volunteers at practices to ensure that entry and exit patterns are respected and that 6-foot physical distancing requirements are maintained.
5. In addition to our regular waivers, families will need to ensure they understand all Covid policies at the Goodman pool and sign off on waivers provided at registration.

POOL GUIDELINES

Arriving at the Pool

- No changing or showering allowed at the pool. Athletes will arrive and depart in swimsuits. Use the bathroom before coming to practice. Locker rooms are strictly for emergency bathroom use only.
- Athletes must not congregate outside the pool gates or in the parking lot.
- Athletes must wear a mask at all times with the exception of when in the water.
- Athletes must maintain physical distancing of 6 feet at all times.
- Athletes will enter the pool through the lessons/practice gate as in years past.
- Once inside, athletes must go directly to their beginning practice group, which will be assigned by their coaches.

Coach Responsibilities

- Coaches will be required to adhere to all pool rules as determined by the City of Madison.
- Coaches are expected and empowered to enforce adherence to these rules with any athletes, parents and caregivers.
- Any coach experiencing symptoms of COVID-19 will not attend practice and will follow the same guidelines issued here for athletes.

POOL GUIDELINES Cont

Athlete Responsibilities

- Follow your coach for instructions.
- If an athlete experiences symptoms of COVID-19, they will not attend practice, and are asked to follow the guidelines below regarding health checks and COVID-19 tests.
- Athletes will come dressed prepared to begin practice. No changing clothes at the pool.
- Athletes are advised to use the restrooms only in case of emergency. Please plan to use the restroom at home prior to coming to practice.
- Athletes should arrive with a water bottle already filled.
- No use of the drinking fountain will be allowed during practice.
- No sharing of equipment or any personal belongings.
- Athletes' belongings must be placed at least six feet apart and in designated areas.

Exiting the Pool

- Athletes will exit the pool through the lessons/practice gate as in years past.
- Athletes must leave the pool grounds immediately after practice. No congregating outside the pool gates or in the parking lot.
- Athletes are NOT permitted to use locker rooms to change clothes, shower, etc. after practice.
- All athletes must be picked up/leave immediately at the conclusion of practice.

Physical Distancing in the Pool

- Swimmers will maintain 6-foot distancing in the pool whenever their heads are out of the water.
- Our goal is to provide as much quality, in-water instruction as possible for every swimmer. In the water, we are currently working to develop physical distancing scenarios based on local and state requirements and guidelines from the CDC and USA Swimming.

ADDITIONAL GUIDELINES

Before Leaving Home & When to Stay Home

Any athlete experiencing any of the symptoms below should remain at home and seek medical treatment. Parents should discuss their athlete's symptoms with a medical professional. If the medical professional recommends a COVID-19 test, the athlete should not return until COVID-19 testing returns negative. **Stay home if you're sick or feel off.**

If you can answer "yes" to any of the following, athletes must stay home. Athletes should be prepared to answer the following questions upon arrival and all answers must be "no".

1. "In the past couple of days or today are you experiencing any of the following symptoms?"

- Cough
- Shortness of breath or difficulty breathing
- A fever (100°F or higher)
- Chills
- Muscle pain (unusual fatigue)
- Sore throat
- New loss of taste or smell
- Nausea, vomiting or diarrhea

If you answered "yes" to any of these symptoms, stay home.

2. "Have you or anyone you live with or come in close contact with had a positive COVID-19 test in the past 14 days?"

If you answer "yes", stay home. If an athlete comes into contact with COVID-19, they will need to self-quarantine for 14 days and test negative before returning to practice.

**In the case of an athlete who tests positive for COVID-19, public health guidelines are in place which instigate protocols regarding contact tracing, reporting, etc.