

## BAAC Fins Swim Team COVID Protocols

While we can not guarantee no exposure or risk of COVID we will talk all steps we can to mitigate and minimalize it. The following Guidelines will be in effect for the entire season and are based on what we have successfully implemented for our year-round team. By participating you agree to do your part to help minimalize risk for everyone and abide by these.

Please remember that we have many individuals on this team with different comfort levels and different risk factors to consider involving not only participants, but those they live with as well. Please remember that despite your personal beliefs we are open to and inclusive of all individuals at this time and we need to abide by these guidelines not only in letter; but spirit as well.

### **Participation**

At no time will an individual exhibiting COVID like symptoms attend practice or a meet. Additionally, if you have been exposed to an individual with COVID you will follow the applicable CDC guidelines for isolation and refrain from attending any team activities. If there are any travel advisories instituted by the State of Maryland you will also comply with those as well. In addition to being a team expectation this is an HSL expectation.

### **Practice**

To contain any potential exposure practice groups will remain in cohorts this season. Consequently, it will not be possible to substitute practices this season and come with a different group out of convenience. If an individual in a group tests positive in a group. It will be necessary for the entire group to isolate.

During practices we will implement protocols which will necessitate limiting group sizes base don the training methodology of the group. Athletes will stretch while masked and be introduced to practice protocols regularly during the first couple weeks.

### **Meets**

Each facility we swim at will post and it will be shared their COVID protocol and modifications for meets. The league expectation is that all visiting teams will fully comply with these guidelines without complaint. Failure to do so will result

in the individual being barred from further meets under the sportsmanship guidelines of the league.

As a team we will ask that you wear a mask at any meet we attend for the duration of your time in the facility even if the facility expectation is less restrictive.

Some modifications to meets you will see this season may include

- No Relays
- Meets split into sessions
- Limited to no deck access for spectators
- Spectators limited to a certain number
- Spectators being required to be from the same household as the swimmer
- Modified placement of meet personnel
- Designated arrive no earlier than times
- Required Social Distancing

#### **Notification of COVID exposure**

If your swimmer tests positive for COVID and attended practice within 48 hours of the onset of symptoms or sample collection if asymptomatic you will notify Coach Chris. Coach Chris will not share your identity with anyone without your express authorization to do so.

The Team will be notified of an exposure risk and which group it may Affect. The group will be notified that there was an exposure risk involving what date and practice sessions. That particular practice group will be shut down for 24 hours for all in order to ensure notification was received. Those in attendance at those practices will be asked to remain away for 10 days from the last exposure unless the individual is fully vaccinated as outlined by CDC guidelines and isolate based on the recommendation of their physician. All notifications will be via email in TU.

Should you have any questions about these guidelines for participation please feel free to reach out to Coach Chris [cbley@wellbridge.com](mailto:cbley@wellbridge.com)

