

**Dixon
Dolphins
Swim Team**



**COVID-19
Return to the
Water Plan**

Version 5

June 15, 2021

Dixon Dolphins

COVID-19 Return to the Water Plan

The Dixon Dolphins Swim Team is a non-profit organization established for the purpose of providing recreational and competitive swimming for the youth of Dixon. We believe that during this time, it is even more important to provide our youth with a healthy outlet for their energy. Youth sports and recreation, such as swimming, has been shown to be a stress relief and good for well-being.

With this in mind, we also recognize that the health and safety of all our swimmers, staff, and volunteers is our first priority. We believe we can offer this opportunity to improve our kids' physical and mental health, while keeping everyone safe.

The following plan outlines a procedure that includes safety measures that are required by Solano County and the State of California for Outdoor and Indoor Youth and Recreational Adult Sports.

Purpose:

This document provides procedures and activities for employees and members of the Dixon Dolphins Swim organization to support a safe, clean environment for workers and swimmers. NOTE: These guidelines align with state of California guidance for Outdoor and Indoor Youth and Recreational Adult Sports.

Guidance for Outdoor and Indoor Youth and Recreational Adult Sports from State of California and Solano County fall into the following general categories:

1. Required use of face coverings
2. Physical distancing guidelines
3. Informed consent
4. Testing
5. Hygiene and equipment sanitation
6. Limitations on Mixing by Participants
7. Travel Considerations
8. Returning to Sports After Infection

Additional guidelines for staff and facilities from the State of California and Solano County include:

9. Cleaning and disinfecting
10. Topics for worker training

I. Procedure:

This plan includes specific procedures and activities to address all of the categories above.

General Requirements for All Sports: *(as stipulated by CDPH Guidance for Outdoor and Indoor Youth and Recreational Adult Sports, effective April 6, 2021)*

Irrespective of setting (outdoor or indoor) case rate or sport played, the following general guidance requirements must be adhered to at all times:

- Face coverings to be worn when not participating in the activity (e.g., on the sidelines).
See 1. Required Use of Face Coverings below.
- Face coverings to be worn by coaches, support staff and **observers** at all times, and in compliance with the CDPH and Solano County [guidelines](#).
- Observers maintain at least 6 feet from non-household members.
See 2. Physical Distancing Guidelines below.
- No sharing of drink bottles and other personal items and equipment.
Swimmers will not share equipment such as kickboards and fins. All swimmers will be required to bring and take all equipment with them every day. No equipment will be provided by the Dixon Dolphins. Swimmers will be encouraged to clean and disinfect their equipment after every use.
- Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance.
Parents/guardian shall not congregate outside of the Pat Granucci Aquatic Center during their swimmers' swim practice time. Any gatherings before or after a swimmer's swim practice time must strictly adhere to current gathering guidance.
- Limit indoor sports activities (practice, conditioning) to comply with capacity limits (which shall include all athletes, coaches, and observers) indicated in current CDPH [Gym & Fitness Center Guidance Capacity](#).
This currently does not apply to Dixon Dolphins, as all practices are conducted outdoors.
- Associated indoor activities for the team (e.g., dinners, film study) are prohibited if engaged in competition given evidence that transmission is more likely to occur in these indoor higher risk settings.
Dixon Dolphins do not have any planned indoor activities at this time.
- Teams must not participate in out-of-state games and tournaments; several multistate outbreaks have been reported around the nation, including California residents.
Dixon Dolphins does not participate in any out-of-state competitions.

1. Required Use of Face Coverings:

State of California Guidance for Outdoor and Indoor Youth and Recreational Adult Sports requires face coverings to be worn when not participating in the activity (e.g., on the sidelines) and face coverings to be worn by coaches, support staff and **observers** in compliance with the CDPH and Solano County face covering guidelines.

The Dixon Dolphins COVID-19 Return to the Water Plan stipulates:

- Fully vaccinated coaching staff are not required to wear face coverings when coaching. Unvaccinated or partially vaccinated coaching staff will be required to wear a face covering if they will be within 6 feet of any swimmers. Proof of vaccination will be required.
- Swimmers will be required to wear face coverings at ALL times while inside the Pat Granucci Aquatic Center. Staff and swimmers will also be required to wear a face covering while waiting to enter the Pat Granucci Aquatic Center.
- Swimmers will only be permitted to remove face coverings when they are in the water or when entering or exiting their assigned swimming lanes.
- **Signage** will be posted at the entrance reminding staff and swimmers about the face covering order.
- All participants will be met at the gate by the designated COVID-19 monitor, who will be a Dixon Dolphin employee or volunteer, to ensure the face covering order is followed.
- Parents/guardians must wear a face covering if they will be within 6 feet of any swimmer outside their household inside or outside the Pat Granucci Aquatic Center.
- All volunteers at swim meets will be required to wear a face covering if they will be within 6 feet of swimmers for any amount of time. Exemptions may be granted with proof of full vaccination.

2. Physical Distancing Guidelines:

As of June 15, 2021, the State of California and Solano County will be lifting it's physical distancing requirements and capacity limits for business and industry. State of California Guidance for Outdoor and Indoor Youth and Recreational Adult Sports requires maintaining at least six feet of distance between sport participants and others to the maximum extent possible, including when on the sidelines and maintaining at least 6 feet of distance between coaches and participants and facilitate physical distancing between participants to the maximum extent possible (e.g., staggered starts instead of mass starts for races).

The Dixon Dolphins COVID-19 Return to the Water Plan stipulates:

The Dixon Dolphins will assign swim times and practice lanes to maintain a consistent cohort for public health contact tracing purposes. Dixon Dolphins swim practice will be run with no limit of swimmers per lane, as long as they can maintain a distance of six feet apart, until State of California Guidance for Outdoor and Indoor Youth and Recreational Adult Sports lift this restriction. Dixon Dolphins will be lifting the limit on swimmers per lane, but will continue physical distancing wherever possible when swimmers are not wearing face coverings.

A. Outside the Pat Granucci Aquatic Center

- ONLY swimmers get in line and are allowed on the pool deck for practice.
- Swimmers line up outside the gate, with households staying 6 feet apart from each

other on designated spaces (see Image 1). Floor markings will direct swimmers where to stand in line while waiting to enter the Pat Granucci Aquatic Center. The COVID monitor will conduct screening of swimmers while they wait in line, prior to entering the facility.

- Parents/guardians must wear a face covering if they will be within 6 feet of any swimmers who are a member of their household, inside or outside the Pat Granucci Aquatic Center.
- Swimmers should already have their caps and/or goggles on when they enter the Pat Granucci Aquatic Center, or be able to properly don their cap and goggles on their own. They cannot get assistance with caps or goggles unless from their own sibling. Coaches or other swimmers cannot help them with caps or goggles.
- **Signage** will be posted at the entrance reminding staff and swimmers about the physical distancing guidelines (see Image 2).

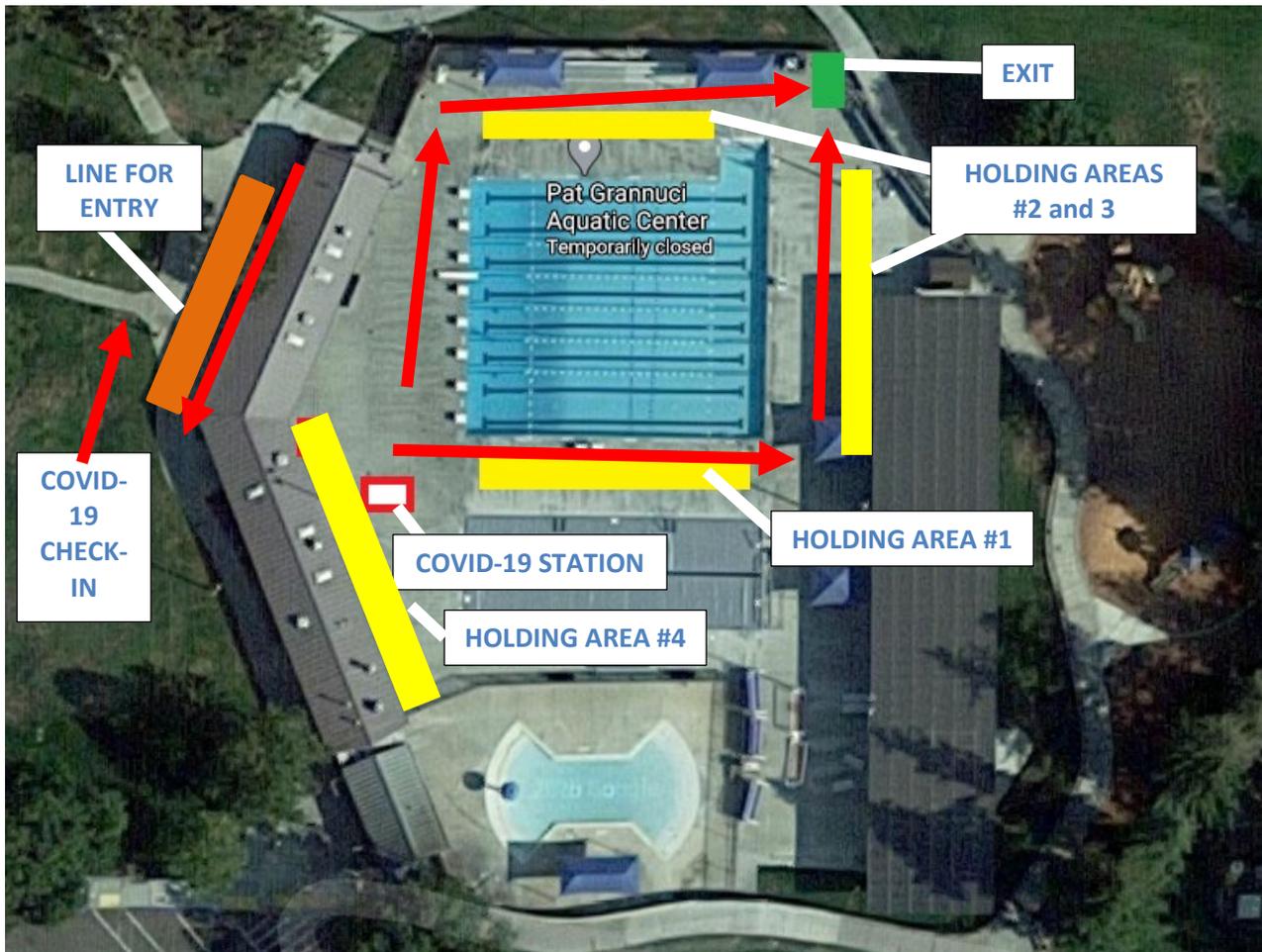


Image 1. Physical distancing plan, traffic flow indicated by red arrows.

B. Inside the Pat Granucci Aquatic Center

- Swimmers will undergo COVID-19 check-in before they enter the gate. Swimmers will be directed by the COVID-19 monitor to a holding area on the pool deck after check-in, where they can place their belongings e.g. towels, extra caps/goggles, sandals. (see Image 1)
- The gate will be closed after the COVID-19 check-in to prevent entrance to the facility for swimmers who are not COVID-19 screened during the scheduled time.
- **Signage** will be posted in high-visibility areas on the pool deck reminding staff and swimmers about the physical distancing guidelines (see Image 2).
- Holding areas will be clearly marked with floor markings.
- Each swimmer will be distanced at least 6 feet apart or more in the holding area.
- There will be alternate holding areas for groups in back to back swim sessions on multiple sides of the pool deck. This allows for swimmers maintain a physical distance of at least six feet apart a while another group is still in the water.
- The COVID-19 monitor will direct swimmers one household at a time to their assigned lanes to enter the water.
- After the workout, the COVID-19 monitor will direct swimmers back to their holding areas.
- When swimmers are ready to leave the pool deck, the COVID-19 monitor will dismiss swimmers one household at a time to exit through the back gate of the Pat Granucci Aquatic Center (park side, see Image 1).
- Water fountain and permanent restroom facilities and showers will be closed and unavailable for use to discourage participants from gathering in those areas.
- A temporary restroom facility (Porta Potty) will be made available for **emergencies only**. The COVID-19 monitor will direct swimmers who need to use the facilities and will be in charge of disinfecting after each use.
- A Dixon Dolphins staff member/volunteer will be the COVID-19 monitor on the pool deck. This COVID-19 monitor will enforce physical distancing and monitor cleaning needs.



Image 2.

C. In the Water:

- Dixon Dolphins will endeavor to maintain a physical distance of 6 feet between participants in the water to the maximum extent possible by utilizing staggered starts and circle swimming. See Image 3, which will be adapted to our 8-lane pool. Specifically:
 - Swimmers at both ends of the pool and one swimmer in the middle.
 - All swimmers will circle swim.
 - Cones outside of the pool will be used for swimmers in the middle so they know where to stop.
 - No maximum number of swimmers per practice.



SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL

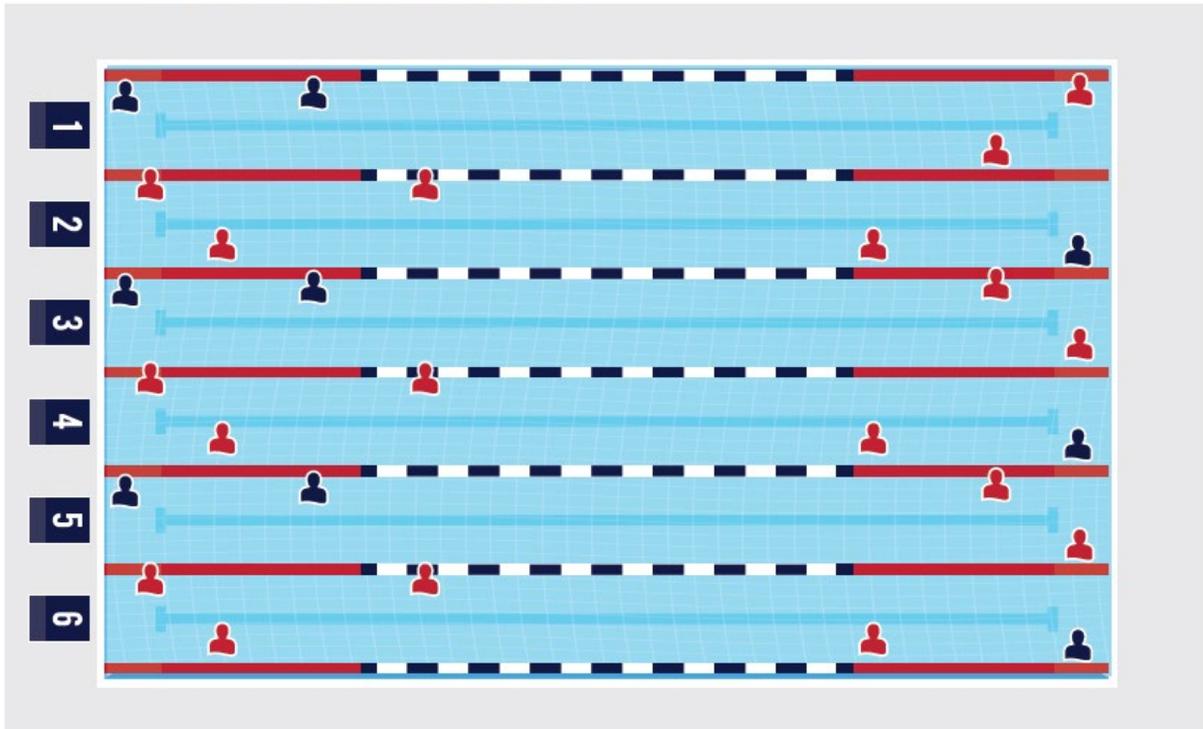


Image 3. Proposed staggered start positions for a 6-lane pool.

3. Informed Consent

Dixon Dolphins will provide information regarding risk to all parents/guardians of minors participating in swim, and will have each parent sign an informed consent during the registration process indicating their understanding and acknowledgement of the risks indicated herein.

4. Testing

Since swimming and diving is categorized as an Outdoor Low-Contact sport, Dixon Dolphins will not require weekly regular and postseason antigen or PCR testing of participants and coaches. If required by leagues or governing bodies for competition, testing will be encouraged with test results made available within 24 hours of competition.

5. Hygiene and Equipment Sanitation

When equipment is shared during an activity, participants perform hand hygiene (wash hands with soap and water or use an alcohol-based hand sanitizer) before play, during breaks, at half time, and after the conclusion of the activity.

The Dixon Dolphins COVID-19 Return to the Water Plan stipulates:

Some equipment may be shared between practice groups, but not between swimmers during practice. Any shared equipment will be disinfected between practices. Swimmers will be encouraged to bring all their equipment and clean and disinfect their equipment after every use.

6. Limitations on Mixing by Participants

Limit participation by athletes and coaches during practice and competition to one team, and refrain from participating with more than one team over the same season or time period. For larger teams, limit mixing by establishing stable smaller training groups for drills and conditioning.

The Dixon Dolphins COVID-19 Return to the Water Plan stipulates:

The Dixon Dolphins will only be hosting and participating in dual meets during the regular season. Should our league (NCSL) choose to host an invitational meet, participation by swimmers will be optional, and not part of the regular season. The Dixon Dolphins will not participate in competitions where current public health guidelines are not required or implemented.

7. Travel Considerations

Dixon Dolphins does not provide travel for any practices or competitions. Travel by private car to and from practice is limited to only those within the immediate household. Per State and County guidelines, any staff, swimmer, or volunteer who has traveled outside of California will not need to quarantine as of June 15, 2021. (<https://covid19.ca.gov/safely-reopening/>)

8. Returning to Sports After Infection

- No one with symptoms of COVID-19 or who is in isolation or quarantine for COVID-19 is permitted to attend practices or competitions. See 9. Individual Control Measures and Screening for more details.
- Anyone with symptoms of COVID-19 should consult their physician for testing and notify the coach or a Dixon Dolphins Board member, of their symptoms and test results.
- Youths recovering from COVID-19 will have different paths to return to sports based on the severity of their illness. See the [American Academy of Pediatrics Interim Guidance on Return to Sports \[1\]](#) for additional guidance for more serious infections.

9. Individual Control Measures and Screening

State of California guidance requires temperature and/or symptom screenings for all workers at the beginning of their shift. Temperature/symptom screener is encouraged to avoid close contact with participants to the extent possible. If requiring self-screening at home, which is an appropriate alternative to providing it at the establishment, ensure that screening was performed prior to the worker leaving the home for their shift and follows Centers for Disease Control and Prevention (CDC) guidelines.

The Dixon Dolphins COVID-19 Return to the Water Plan stipulates:

Coaches, swimmers, and volunteers will be required to undergo symptom screening prior to entering the Pat Granucci Aquatic Center. Dixon Dolphins will require all employees, volunteers,

and swimmers to stay home if they are sick. Coaches will be encouraged to notify the head coach and/or a designated Dixon Dolphins Board member if they are sick. Any individuals, either staff or swimmers, will be directed to go home if they develop any symptoms during practice and will be required to produce a negative COVID-19 test to return to the program. Parents/guardians of symptomatic swimmers will be contacted by the COVID-19 monitor, and the swimmer will be directed to their space in the holding area until the parent/guardian can retrieve them from the parking lot emergency exit.

False statements during screening questions can result in being dismissed from the team and forfeiture of registration fees.

A. Coaches and Lifeguards

Coaches and lifeguards will perform COVID-19 self-screening for symptoms at most 30 minutes prior to their shifts. Coaches and lifeguards will be provided with a log to record their own responses to screening questions and maintain this log for public health purposes. Coaches or lifeguards will notify the head coach and/or a designated Dixon Dolphins Board member if they develop symptoms 30 minutes prior to or during their shift. Those employees will be asked to go home and contact their primary care provider.

B. Swimmers

Coaches will maintain attendance sheets for swimmers for public health purposes. Swimmers are required to conduct a self-screening at home prior to swim times and if the answer is YES to any question, swimmers will be required to stay home from practice. A second screening will be conducted by the COVID-19 monitor at the main gate prior to entering the facility. Answers to questions will be given verbally and will not be recorded. Should the swimmer answer yes to any of the questions, they will not be allowed to enter the facility.

C. Volunteers

The Volunteer Coordinator will maintain volunteer sign in sheets for volunteers for public health purposes. Volunteers are required to conduct a self-screening at home prior to their shift and if the answer is YES to any question, volunteers will be required to stay home. A second screening will be conducted by the COVID-19 monitor at the main gate prior to each volunteer shift. Answers to questions will be given verbally and will not be recorded. Should the volunteer answer yes to any of the questions, they will not be allowed to .

D. COVID-19 Screening Questions

Do you have:

- A sore throat?
- Fever (above 100.4° F) or chills?

- Congestion or runny nose?
- Muscle aches or body aches?
- Fatigue?
- Nausea or vomiting?
- Diarrhea?
- Cough?
- New loss of taste or smell?
- Shortness of breath or difficulty breathing?
- Have you been exposed to anyone with COVID-19 in the past 10 days?

E. Signage

Signage with a list of symptoms and directions for staff and swimmers to go home if they have or develop symptoms at practice will be posted at the entrance and other high-visibility areas on the pool deck (see Image 4).



Image 4.

F. Positive cases

- Should a positive case be reported for a staff member, volunteer, or swimmer, Dixon Dolphins will utilize rosters and attendance sheets to alert affected staff and swimmers of possible exposure.
- All positive cases will be required to produce a medical slip for reinstatement on staff or as a participating member of the team.
- If two or more households per practice group have a case of COVID-19 within two weeks of each other, Dixon Dolphins will consult with Solano County Public Health and practice may be cancelled for that group for two weeks.

10. Cleaning and Disinfecting

State of California and Solano County guidance recommends frequent cleaning and disinfecting of high-touch surfaces. Dixon Dolphins will be responsible for any disinfecting of shared equipment between practices, as well as the Porta Potty.

The Dixon Dolphins COVID-19 Return to the Water Plan stipulates:

- All Dixon Dolphin swimmer clothing and swim gear will be stored in their designated holding area to ensure physical distancing. No furniture or items to touch will be allowed in these areas.
- Some equipment may be shared between practice groups, but not between swimmers during practice. Any shared equipment will be disinfected between practices. Swimmers will be encouraged to bring all their equipment and clean and disinfect their equipment after every use.
- When cleaning, Dixon Dolphins staff will follow appropriate safety guidelines that include the use of appropriate personal protective equipment (PPE), such as gloves or eye protection. Staff will ensure all chemicals are labeled and kept in closed containers, secured safely away from children and any food.
- The City of Dixon maintenance will take chemical readings at most 30 minutes prior to Dixon Dolphins pool rental time to ensure proper water chemistry (1-10 parts per million free chlorine or 3-8 ppm bromine) and pH (7.2-8). City maintenance staff will keep a log or chemistry levels for public health purposes.

11. Topics for Worker Training:

The Dixon Dolphins COVID-19 Return to the Water Plan stipulates:

- A. A COVID-19 orientation and training will be provided to staff and volunteers prior to the return to the water. Topics will include:
 - Information on COVID-19, how to prevent it from spreading, and which underlying health conditions may make individuals more susceptible to contracting the virus.
 - Self-screening at home, including temperature and/or symptom checks using CDC

guidelines.

- The importance of not coming to work.
- Return to work after a staff receives a COVID-19 diagnosis only if 10 days have passed since symptoms first appeared, their symptoms have improved, and the worker has had no fevers (without the use of fever reducing medications) for the last 72 hours. A worker without symptoms who was diagnosed with COVID-19 can return to work only if 10 days have passed since the date of the first positive COVID-19 test.
- The importance of frequent handwashing with soap and water, including scrubbing with soap for 20 seconds or use of 70% isopropanol when staff cannot get to a sink or handwashing station.
- The importance of physical distancing, both at work and off work time.
- Proper use of face coverings, including:
 - Face coverings do not protect the wearer and are not personal protective equipment (PPE).
 - Face coverings can help protect people near the wearer, but do not replace the need for physical distancing and frequent handwashing.
 - Face coverings must cover the nose AND mouth.
 - Workers should wash or sanitize hands before and after using or adjusting face coverings.
 - Avoid touching eyes, nose, and mouth.
 - Face coverings must not be shared and should be washed or discarded after each shift.

B. This COVID-19 Return to the Water Plan will be provided to all staff and volunteers.

C. Participating swimmer families will also receive a COVID-19 orientation to ensure swimmers understand new protocols and expectations for swimmer behavior.

II. Plan Development and Maintenance

1. Plan Development and Maintenance Responsibility

This plan is developed by the Dixon Dolphins Swim Team Board, who has the primary responsibility for ensuring that necessary changes and revisions to this plan are prepared, coordinated, published and distributed.

2. Review and Updating

This plan and its supporting documents will be reviewed regularly when new guidance for COVID-19 is available, with a full document update conducted minimally every year. Changes to the plan will be published and distributed to all Dixon Dolphins staff and team members, and well as City of Dixon staff. Elements of this plan may also be modified by the Dixon Dolphins any time County, State, or Federal mandates, operational requirements or legal statute so require. Dixon Dolphins will confer with the City when this plan is updated. Once distributed, new editions to this plan shall supplant older versions and render them inoperable.

Resources:

- Beyond the Blueprint for Industry and Business Sectors - Effective June 15.
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Beyond-Blueprint-Framework.aspx>
- California Department of Public Health Guidance for Youth and Recreational Sports.
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/outdoor-indoor-recreational-sports.aspx>
- State Public Health Officer Order of June 11, 2021
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Order-of-the-State-Public-Health-Officer-Beyond-Blueprint.aspx>
- Reopening California <https://covid19.ca.gov/safely-reopening/>
- USA Swimming Facility Reopening Guidelines
(<https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/facility-reopening-plan-guidelines.pdf>)

Dixon Dolphins Board June 2021

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The 2019 Dixon Dolphins Swim Team

