



Practice Guidelines

Fall 2020

TO ALL OUR COMMUNITY

- Wahoo's of Jacksonville's goal is to provide a safe environment to ALL our athletes, parents, and coaches. Due to COVID-19, we have implemented guidelines to help maintain our safe practices using social distancing guidelines and USA Swimming Guidelines for ALL swim team. Wahoo's of Jacksonville is part of the USA Swimming, a govern body that oversees our sport in the United States.
- We are committed to create clear and specific guidelines so our team can maintain a safe atmosphere before, during and after practice. These guidelines will be communicated to coaches, swimmers, and parents. The communication venues are website, social media, newsletter, and emails.
- Thanks to USA Swimming guidelines, we, the Wahoo's of Jacksonville will implement these guidelines and educate our coaches, parents and swimmers.
- In addition, Wahoo's of Jacksonville will partner with communities and other rental facilities to adapt to their required guidelines.

GUIDELINES FOR SAFE SWIM TEAM PRACTICES

The following information is coming from USA Swimming's Facility Re-Opening handout given to ALL swim teams that are part of USA Swimming.

“The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance of this facilities should inactive the virus in the water”.

GENEAL REMINDERS

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

BEFORE PRACTICE

Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

There is no penalty for missing practice and that if an athlete, or any member of their family does not feel well, they should stay home.

From USA Swimming handout, "Increase water sanitation level – as example keep chlorine closer to 2.0 PPM.

- WOJ (Wahoo's of Jacksonville) actions:
 - We will check chlorine and other chemical levels before starting practice.
 - We will log those readings.
 - A coach or staff member will ask athletes, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes reporting feeling ill or experiencing symptoms.
 - Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
 - Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/ sneezing dissipates.
 - Athletes reminded that to change clothes and shower at home.
 - Coaching staff might wear Personal Protective Equipment (PPE) such as masks. If multiple coaches on deck, there will be in specific areas of the pool in which coaches will be able to provide proper feedback.
 - There will some stretching exercises. Each athlete will be 6' apart from each athlete. If there is not an open area available, there will not be any stretch exercises.
 - Pick up and drop off:
 - Drop off:
 - Parents need to drop off their swimmers and keep a distance of 6' from any other swimmer or parent.
 - A parent or a guardian is welcome to stay to oversee the practice, but they need to be in a designated area.
 - All swimmers need to have their own equipment such as water bottle (marked with their name), goggles, cap, kickboard, and fins. Swimmers cannot borrow equipment.

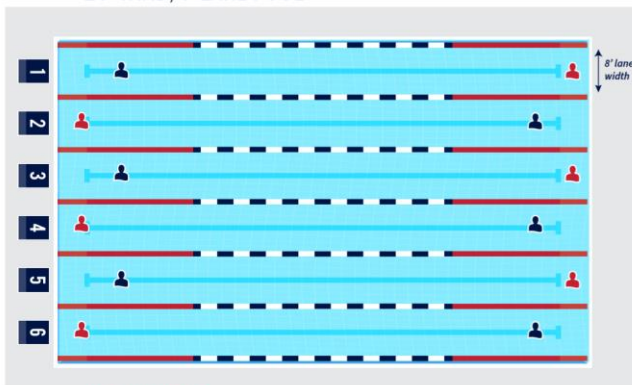
- Wear your suit to and from practice.
- Pick up:
 - A parent or a guardian would pick up the athlete (s).
 - Swimmers cannot stay after practice for free swim because the coaching staff needs to make sure the facility is cleaned properly.
 - Swimmers need to make sure that they change or shower at home.

DURING PRACTICE

Wahoo's swim practices will follow USA swimming recommendations.

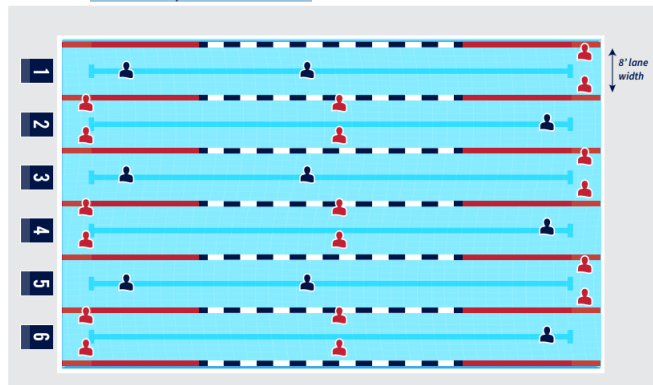
- Examples: staggered starts, opposite ends, numbers per lane, communication with athletes, stations, markers visible to athletes for start and stop points, (e.g., visible spacing marks on pool deck, on lane lines, etc.) coaches on both end of the pool.
- The pictures below show how WOJ will be running practices depending of the number of swimmers attending a practice.

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



12 SWIMMERS

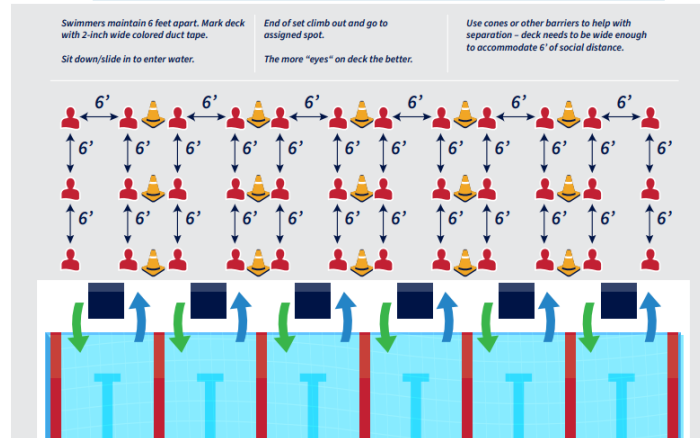
USA Swimming
SOCIAL DISTANCING PRACTICE LAYOUT
25-YARD, 6-LANE POOL



27 SWIMMERS



SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, ON-DECK, SIT DOWN SLIDE SETS IN CIRCLES



- Swimmers will be reminded:
 - Follow directions for spacing and stay at least six feet apart from others.
 - Do not make physical contact with others, such as shaking hands or giving a high five.
 - Avoid touching your face.
 - Avoid sharing food, drinks, or towels.
 - Maintain appropriate social distancing from other athletes when taking a break.
 - Wear your suit to and from practice.

AFTER PRACTICE

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area.
 - Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place after practice.
- No congregation after swimming.
- Pick up:
 - A parent or a guarding would pick up the athlete (s).
 - Swimmers cannot stay after practice for free swim because the coaching staff needs to make sure the facility is cleaned properly.
 - Swimmers need to make sure that they change or shower at home.

OTHER CONSIDERATIONS AND COMMUNICATION TO STAFF, ATHLETES, PARENTS, ETC.:

- Risk factors for consideration to participate include autoimmune disease, diabetes, asthma, cardiovascular disease, etc.

- Athletes and families who travel during phase one and two will need to self-isolate for 14 days before returning to practice.
- Be aware that although restrictions are eased when our state and region move from Phase One to Phase Two or Phase Three of the Phased Comeback, safety precautions must remain in place in accordance with state requirements relative to availability of vaccinations or effective treatment for the coronavirus.
- Participants should not swim if they or anyone with whom they reside:
 - Are exhibiting any symptoms of the coronavirus: Mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
 - Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.
 - Are a vulnerable individual and your state and region is in Phase One or Phase Two.
 - A vulnerable individual is a person with underlying conditions or considered to be at a higher risk demographic as outlined by jurisdictional, state or federal guidelines.

WHAT IF...

NOT FEELING WELL

- Do not come to practice, text the coach.

IF ATHLETE MISSES PRACTICE

- No refunds for missed practices.
- No penalty against athletes who miss practices.

IF THERE IS ANOTHER WAVE AND SEASON CANCELS

- Credits will be issued or partial refunds.
- Some fees are non-refundable.

A FAMILY MEMBER HAS COVID-19

- Contact the Head Coach after you get medical care so we can contact the team to get tested.