



Sahuarita Stingrays COVID-19 Re-Opening Plan

“We believe swimming[...] is a critical healthy activity within our communities. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities.[...] The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.”

- USA Swimming, *Facility Re-Opening Messaging and Planning*



Safety Policies and Procedures

INTRODUCTION

Reopening Stingrays practices depends on all members of our Stingrays family following social distancing guidelines and the policies outlined in this document. These procedures were developed based on guidance from USA Swimming and the Center for Disease Control (CDC).

Failure to adhere to these policies jeopardizes other swimmers and staff members and goes against our number one priority of the health and safety of our athletes and staff.

Failure to comply with these policies as outlined will result in individuals being asked to leave the facility.

Any questions should be addressed to your child's coach, or the designated Stingrays COVID-19 liaison - board member Dr. John Sparks.

All Sahuarita Stingrays families are required to sign the Stingrays COVID-19 Waiver before their swimmer(s) are allowed back to the pool for training.

COVID-19 FACTS

- Symptoms in teenagers can be extremely atypical. Unexplained rash, headache, diarrhea, vomiting, body aches, shortness of breath, cough, and fever can all be manifestations of COVID-19.
- COVID-19 is unlikely to be spread in chlorinated water. The risk of spread is notably decreased in an open-air environment. The highest risk of transmission is cough, sneezes, or direct aerosolizing face to face encounters.
- Handwashing with lathered soap and water is unequivocally more effective than wipes, hand sanitizer, or any other form of decontamination in reducing the spread.
- The asymptomatic spread of COVID-19 is possible but less likely due to a lower viral load.
- The key to limiting spread in group settings is to identify and isolate individuals with early symptoms at the beginning of the disease process.
- If an athlete has symptoms self-quarantine is needed until symptoms resolve per infection control recommendations.
- Many of our athletes feel they are invincible. Their risk of COVID-19 remains low though not zero. They are however vectors of transmission. Parents are encouraged to remind athletes that precautions are to protect the athlete but also to limit spread to vulnerable individuals.



SAHUARITA
STINGRAYS

Safety Policies and Procedures

SWIMMING SAFELY

The Sahuarita Stingrays will endeavor to follow CDC guidelines for staying safe and healthy inside and outside the pool.

PERSONAL SWIMMER CONDUCT

To minimize the risk of transmission and help promote safety, the following personal swimmer conduct is expected. Failure to adhere to these principles will be asked to leave training for the day. If violations continue, further action will be taken up to and including suspension.

- No person-to-person contact.
- Stay 6 feet apart at all times.
- No splashing or spitting water at other swimmers and coaches.
- No horseplay.
- Sneeze or cough into a tissue or upper sleeve/arm area.

SELF-MONITORING

Athletes 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. To return to practice the swimmer should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual.
- Are a vulnerable individual - 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.
- 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. If an athlete, or any member of their family does not feel well, they should stay home.

HEALTH CHECKS AND SAFETY PRECAUTIONS

- All coaches will be temperature and health screened upon arrival at the facility.
- All athletes will be temperature screened upon arrival at the facility.
- **Any person measuring a 100.4 temperature or higher will not be admitted to the facility.**
- All coaches will wear face masks.
- Coaches will maintain six foot distancing on deck and in the office.
- Any COVID-19 positive swimmer should report potential team contacts to coaches. Team contacts should include any teammate who has been within 6 feet of the infected athlete. Health privacy will be maintained by staff at all times.



Safety Policies and Procedures

DROP-OFF AND PICK-UP

- Facility safety gates will remain closed.
- Athletes must wear a mask into and out of the facility. Athletes must supply their own mask.
- Arrive promptly for practice. Athletes will be admitted when it is time for practice to begin.
Late arrivals after the start of practice will not be admitted.
- Do not come to the gate more than 5 minutes before your practice time. Follow the marked 6 foot distancing lines outside the gate until your coach comes to the gate.
- Do not congregate outside the gate without following social distancing norms.
- Parents are asked to remain in their cars. ***There will be no spectators allowed within the facility.***
- Maintain social distance of six feet while entering and exiting the facility.
- Parents, please be ready for pick-up at least 10 minutes prior to the end of practice.

PREPARING TO SWIM

- Wash your hands with soap and water (for at least 20 seconds) before going to the pool.
- Use the restroom prior to coming to the pool to minimize restroom use.
- ***Arrive ready to swim.*** Put on your suit at home. Only bring essential items into the facility (i.e. water bottle, towel, swim gear).
- Do not bring gear (fins, kickboards, etc.) at this time. Do not share equipment.
- Bring a full water bottle (water fountains will not be available).
- 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.

WHEN SWIMMING

- 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.
- Do not share food, drinks, or towels.
- Maximizing swim time and staying off the wall will decrease opportunities for transmission.
- Maintain appropriate social distancing from other athletes when taking a break.

AFTER SWIMMING

- 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.
- No congregation after swimming.



Safety Policies and Procedures

OTHER CHANGES TO OUR NORMAL OPERATIONS

- ***No swim meets will be held this summer.*** Decisions about future swim meets will be made in accordance with USA Swimming guidelines and in consideration of local public health conditions.
- Practices will begin with Monday, Wednesday, and Friday only.
- Practice start/end times are staggered so only one group will be entering and exiting the facility at a time.
- Six foot spacing marked on deck for pool entry and exit.
- Six foot spacing marked near gate for facility entry and exit.
- We will follow USA Swimming recommendations for lane spacing to maintain social distancing; as a result, swimmer count in the lane will be reduced to three swimmers maximum per lane with one way swimming.
- Locker room sections of the bathrooms will be blocked off.
- Bathrooms will be for emergency use only.
- Athletes will not be allowed in the office area.
- ***No spectators will be allowed inside the facility.***
- Please contact coaches via email rather than in person before or after practice.

SANITATION AND CLEANING

- Water sanitation levels will be monitored on a regular basis.
- High touch surfaces will be treated with CDC approved disinfectant after each practice group.