



Sahuarita Stingrays COVID-19 Operation 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

Continued operation of the Stingray Swim Program and team 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.



Safety Policies and Procedures

SWIMMING SAFELY

The Sahuarita Stingrays will endeavor to follow CDC, state, and local government 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:

- Have tested positive for COVID-19 or 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. Notify the coaching staff immediately following a positive COVID-19 test or beginning to display symptoms.
- Have been in contact with someone who has tested positive for COVID-19 in the last 10 days.
- See next page for policies regarding returning to practice if an individual has tested positive for COVID-19 or have been exposed to a COVID-19 positive individual or family member.
- 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.
- There is no penalty for missing practice. If an athlete, or any member of their family does not feel well, they should stay home.
- ***Any swimmer or family member of that swimmer that tests positive for COVID-19 must notify the coaching staff to establish a timeline for all quarantine/isolation periods. Timelines begin once notification has taken place. Families will coordinate with the coaching staff to identify the return to practice date. Health privacy will be maintained by staff at all times.***

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.



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As you may be aware, in December 2020, the CDC released updated guidance regarding the CDC Release from COVID-19 Isolation/Quarantine Parameters. This guidance has been adopted by the Pima County Health Department, thus the Sahuarita Stingrays has updated our COVID-19 Release from Isolation and Quarantine Parameters as follows:

For someone with a LABORATORY CONFIRMED COVID-19 diagnosis , the ISOLATION period for all swimmers and staff will continue to be 10 days.

COVID-19 Positive swimmers and staff must stay home until

10 Days have passed since the onset of symptoms or date of positive COVID-19 test, **AND**
24 Hours fever free without the use of fever reducing medications, **AND**
24 Hours vomiting and diarrhea free without the use of vomit/diarrhea suppressing medications, **AND**
All other symptoms have improved

For someone who has been EXPOSED to an individual with COVID-19, the QUARANTINE PERIOD for all swimmers and staff will be as follows:

COVID-19 EXPOSED REDUCED 10 DAY QUARANTINE

10 Days have passed since date of last exposure, **AND**
The individual does NOT develop ANY symptoms of COVID-19 during quarantine period, **AND**
The staff or swimmer does not test positive for COVID-19 during quarantine period.

All swimmers and staff are initially assigned a “reduced 10-day quarantine”, but if the individual develops ANY symptoms of COVID-19, they must complete a full 14-day quarantine and meet the parameters as outlined below.

COVID-19 EXPOSED FULL 14 DAY QUARANTINE

14 Days have passed since date of last exposure, **AND**
24 Hours fever free without the use of fever reducing medications, **AND**
24 Hours vomiting and diarrhea free without the use of vomit/diarrhea suppressing medications, **AND**
All other symptoms have improved

Please note: for SAME HOUSEHOLD EXPOSURES, individual must stay home during the COVID-19 positive person’s 10 day isolation PLUS their own Quarantine as outlined above (10 days PLUS 10 or 14 days as indicated)

The timeline for the isolation/quarantine will begin upon the first date of notification to the coaching staff regarding a positive COVID-19 test.



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Safety Policies and Procedures

DROP-OFF AND PICK-UP

- Facility safety gates will remain closed unless a coach is temperature checking and admitting swimmers.
- Athletes must wear a mask at all times outside of the pool. This includes when lining up before practice, entering/exiting the Aquatic Center, and when swimmers need to use the restroom. Athletes must supply their own mask and secure the mask so it will not blow away.
- 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 need to remain in the parking lot until their swimmer has been admitted into the Aquatic Center.** Parents are responsible for the supervision of their swimmers until they are admitted into the pool area to begin practices.
- Parents are asked to remain in their cars (especially during practices 45 minutes or shorter in duration).
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).
- If required, please bring your own swim equipment. 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

- **Upon exiting the pool, all swimmers must remain 6+ feet apart, towel off and put their face mask on first before the rest of their clothes**
- Leave the facility as soon as reasonably possible after practice; **be prepared to leave in your swimsuit.**
- Parents, please be prompt with athlete pickups following the conclusion of 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

- 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 four swimmers maximum per lane.
- Locker room sections of the bathrooms are not to be used. Please come to practice prepared to swim and be prepared to leave practices without changing.
- ***Bathrooms will be for emergency use only; swimmers are required to wear their face mask when using the bathroom.***
- 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.