

TGL 2021 Covid Protocols for Practices



The current TGL Covid Protocols for Swim Practice are based on the “Bridge” Phase of the Sports Safety Guidance issued by the Illinois Department of Public Health (IDPH), as well as applicable Executive Orders. These protocols are subject to change if the Sports Safety Guidance or Executive Orders change.

As noted in the Governor’s May 15, 2021, Bridge Phase Order:

Public health guidance suggests that the risks of transmission of COVID-19 are greatly reduced outdoors as opposed to indoors. Where possible, Illinoisans who are not fully vaccinated are encouraged to conduct their activities outdoors.

Fortunately, TGL swimming is outdoors and is among the safest sports! The following protocols are put in place to keep all of our swimmers safe. Parents, we ask for your cooperation in reviewing and enforcing these expectations with your swimmer.

Entering and Exiting the Pool Facility: Masks must be worn entering and exiting the pool facility and 6’ social distance maintained. Swimmers may independently enter the pool facility when they arrive (please, no more than 10 minutes prior to practice) and may exit independently when practice ends.

Locker Rooms: Locker rooms may not be used for showering or changing. Swimmers must arrive and leave in their swimsuits. Restrooms will be available. Masks are required in the restrooms.

Masks: We will be following the Tall Grass Pool rules regarding mask usage. Consistent with current federal and state mask guidance, the Tall Grass Pool does not require masks to be worn during practice, but they must be worn while entering and exiting the pool and when indoors, including the locker rooms/restrooms. Swimmers should bring a plastic baggie to put the mask in during practice to keep it dry.

Social Distancing: When not actively exercising in the water, swimmers must maintain 6’ distance from others. Swimmers will be instructed to keep 2 arms lengths apart while on the pool deck.

- When parents are on the pool deck, they should remain 6’ apart from non-family members unless they are fully vaccinated. Please set a good example for the kids.
- Parents should wait in the zero-depth area of the pool and not near the lane lines where swimmers are practicing. However, as a reminder, parents do not need to be present at practice. Drop off is encouraged!

- Be advised swimmers who cannot independently swim across the pool will be in close contact with coaches in the water.

Self-Check: Athletes and coaches MUST remain home if a family member living in the same house shows symptoms or has received a positive COVID-19 diagnosis. Coaches and swimmers should conduct a self-check of COVID-19 symptoms to ensure they are not experiencing any symptoms prior to attending practice.

Screening: If a swimmer exhibits symptoms, that swimmer will be separated from other participants and the swimmer's parent will be contacted to pick up the child as soon as possible.

- If a swimmer does have symptoms, they should not participate in swim team practices or meets "until feverless and feeling well without fever-reducing medication for at least 24 hours." -IDPH Youth Sports Guidelines.

Contact Tracing: TGL will maintain an attendance log of participants for contact tracing purposes.

Hand Sanitizer: Hand sanitizer will be made available on the pool deck. Please wash hands prior to coming to practice/meets.

Spectators: Attendance will be limited to 60% of the pool deck capacity. Bridge capacity at Tall Grass Pool is 450 unvaccinated attendees.

Swimmer Behaviors:

- Swimmers should refrain from spitting or blowing water.
- Swimmers should not share towels, goggles, swim caps or other personal items.
- Swimmers should place their personal items 6' away from others' personal belongings.
- Swimmers should bring their own water.

Signage: Signage will be present at the entry of the pool with guidelines for face coverings, social distancing, and cleaning protocols.

***Covid symptoms:**

- Cough, shortness of breath, difficulty breathing
- Fever of 100.4 or above
- Chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

