**Old Town Hot Springs**

**Steamboat Springs Swim Team COVID-19 Operating Plan**

**Mitigating Hazards**

* 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) of these facilities should inactivate the virus in the water.
* Old Town Hot Springs will follow all applicable federal, state and local regulations in regards to facility use and reopening. Specific considerations for facility use will be addressed in internal documents.

**Safe Practices / PPE**

* A coach will ask athletes, as they come into practice, if they feel ill, 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.
* There is no penalty for missing practice. If an athlete, or any member of their family does not feel well, they should stay home. Please contact your swimmer’s coach whenever possible before practice to notify them of the missed practice.
* Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/sneezing dissipates.
* Coaches shall wear cloth masks while at Old Town Hot Springs.
* Swimmers shall wear cloth mask before and immediately after in pool practice until regulations allow the discontinuation of their use.

**Communication**

* This Plan will be posted publicly on SteamboatSwimTeam.com for reference.
* All athletes and parents must agree to follow the provisions in this plan by accepting the COVID-19 Agreement when registering for swim team.
* Updates and clarifications to this plan will be made via email by Head Coach Patti Worsley ([PWorsley@OldTownHotSprings.org](mailto:PWorsley@OldTownHotSprings.org)).

**Programmatic Considerations**

* Social gatherings (summer barbeque, mini meets, pot lucks) are canceled until further notice.
* Travel for competitions is canceled for Summer 2020 and will resume once USA Swimming restarts issuing sanctions and health regulations allow.
* Dry land training will take place via Zoom until further notice.
* Sharing of equipment is prohibited.

**Swimming Safely**

**Preparing To Swim**

* 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.
* Bring your own equipment. Cap, googles, water bottle, towel.
* Wear your suit to and from practice. Any street clothes must be left on the pool deck separated from other belongings by 6 feet.
* Bring a sanitized full water bottle to avoid touching a tap or water fountain handle.
* Arrive as close as possible to the time when activity begins. Enter the pool gate 5 minutes before practice starts and report directly to the pool.
  + Do not plan to enter the building.
* 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. See attached diagrams.
* Do not make physical contact with others, such as shaking hands or giving a high five.
* Avoid touching your face.
* Avoid sharing equipment, food, drinks, or towels.
* Maintain appropriate social distancing from other athletes when taking a break.

**After Swimming**

* Leave the facility as soon as possible after practice. Swimmers will exit the pool area through a gate and not enter the building. Please remember to socially distance when awaiting pick up.
  + Do not plan to enter the building.
* Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
* Shower at home, wear your suit to and from practice.
* No extra-curricular or social activity should take place.
  + No congregation after swimming.

**Other Considerations**

* 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.
  + Is a vulnerable individual with underlying conditions or considered to be at a higher risk. Risk factors for consideration to participate include autoimmune disease, diabetes, asthma, cardiovascular disease, etc.





