

HSA Reopening Safety Protocol

Failure to comply with the following safety protocols will not be tolerated. Our goal at HSA is to protect our swimmers and coaches while still providing swim practices and associated activities. Anyone knowingly exposing other individuals associated with the program to COVID-19 will be expelled from the team.

In the Legacy pool, training will occur with 2 swimmers in each lane, starting from opposite ends. In the competition pool, training will occur with 4 swimmers in each lane, one at each end and one at each set of flags.

Before swimmers come to the facility, their parents will be instructed to take the temperature of all swimmers. If any swimmer has shortness of breath, fever or any respiratory symptoms whatsoever - report this to Matt Webber immediately, and the swimmer should NOT attend HSA practice until evaluated by a health care professional, as well as have a COVID test performed. Once a negative COVID test is returned, the swimmer will be allowed to return to practice. As a general rule, if there is any doubt on whether you are sick or not, please remain home.

If a swimmer has an exposure to a COVID positive individual, or exposure to an individual who is symptomatic or highly suspicious for COVID - report this to Matt Webber immediately, and the swimmer should NOT attend HSA practice until the swimmer has had a negative COVID test result.

If a swimmer has a positive COVID test result - report this to Matt Webber immediately, the swimmer should NOT attend an HSA practice for a minimum of 10 days, and must have a repeat COVID test and doctor's note prior to returning to practice

When arriving at the facility, parents dropping off swimmers will remain in their vehicles and will not enter the facility. Any spectator area will be closed to visitors. Parents who typically wait for their kids inside the facility will remain in their vehicles in the parking lot until the end of practice.

Swimmers will not enter the facility until 5 minutes before their scheduled practice. If swimmers arrive early, they will remain in their vehicles until it is time for them to enter the facility.

Swimmers will restrict their use of the locker rooms. Swimmers will arrive at the facility in their swimsuits and will leave the facility after practice without changing. Swimmers will use locker rooms/restrooms only for going to the bathroom.

All water fountains will be not be in use for HSA, swimmers or coaches, bring water from home, no bottle sharing.

Swimmers will be not be allowed to congregate in groups of any size before, during, and after practice. Coaches will only huddle with their swimmers with everyone in masks and maintaining social distancing.

Everyone entering the aquatic facility will be required to wear a mask. This includes coaches and athletes. Athletes will be allowed to take off masks just prior to entering the water for practice. Athletes will be allowed to

take off masks during dryland activities once they have established 6 feet of separation in assigned spaces. Any dryland or swimming interaction that requires less than 6 feet of distance will require the use of a mask.

CDC guidelines requiring all people to remain at least 6 feet away from each other will be enforced.

Swimmers will enter and exit the Competition pool through the meet management room to limit contact from the general public. Swimmers using the legacy pool, will enter through the back sliding glass doors.

Swim bags and equipment bags will be limited and taken home after every practice. Swimmers will not store their swim bags and equipment bags at facilities.

“Public” use equipment will not be used or available to swimmers.