

## **Current Practice Guidelines: SAC**

### **Athlete Requirements:**

Masks must be worn at all times while on campus, except in your vehicle and in the water.

- Masks are only allowed to be taken off behind the blocks, immediately before entering the water.
- Masks must be put back on before leaving the edge of the pool for any reason.

All athletes must complete a self-survey prior to coming to each practice. Survey must be taken each day an athlete attends practice, before the practice. Self-survey link is on the website.

Athletes must be able to honestly answer "no" to all questions in the survey. If any question is answered affirmatively, the athlete must notify their group coach and cannot attend practice.

Athletes must take their temperature each day and will not be allowed to attend practice if their temperature is 100.4 or above.

Athletes will stagger in assigned lanes with a maximum of 4 people per lane (with a maximum of 2 per end of the pool).

Athletes must place their bags in the designated areas, and may place equipment behind their lanes, or on the chair behind each lane.

No equipment should be shared between athletes.

Athletes should bring a full water bottle to practice.

Athletes will not be allowed to use the drinking fountains, but may use the water bottle fillers.

Athletes will exit the facility immediately after practice through the main front lobby.

- Athletes must go immediately to their vehicles after exiting the building.
- If an athlete's ride is late, they will need to wait under the new pavilion in front of the green turf fields.

Athletes, as well as coaches and facility staff should remain at least six feet apart at all times.

Athletes should arrive no more than fifteen minutes before the start of their practice and cannot be dropped off more than five minutes after the start of practice.

If waiting to be checked in, athletes will need to line up six feet from each other.

Athletes will not be allowed to use locker rooms to change.

Deck changing will not be allowed, so athletes must come to practice, and leave in, their suit.

If an athlete has been asked to stay out of any other activity, like school, for a coronavirus related reason, they must notify their group coach before attending a practice, even if they feel they can answer no to all the self-survey questions.

### **Parent Guidelines**

Parents must take the temperature of their athlete(s) daily. If an athlete has a temperature of 100.4 or over, they will not be allowed on campus until they are fever free for at least 24 hours.

If an athlete's family suspects that they have been exposed to coronavirus the University respectfully requests that they contact their primary care physician and follow instructions provided.

Parents will not be permitted to enter the facility except for emergency situations.

If your athlete has been asked to stay out of any other activity, like school, for a coronavirus related reason, you must notify their group coach before attending a practice, even if they feel they can answer no to all the self-survey questions.

### **Current Survey Questions**

- Email address
- Name
- Phone Number
- Location (Option 1)
- Have you been told to quarantine/self isolate by a health care provider or the Health Department?
- Are you currently awaiting COVID-19 test results?
- Excluding situations where students or employees of a healthcare profession have been wearing appropriate professional PPE in their patient care settings, in the last 14 days, have you had close contact (i.e. less than 6 feet of physical distance) for 10 minutes or more with someone who has or is suspected of having COVID-19?
- Are you experiencing a cough, shortness of breath, or difficulty breathing which is new or not explained by a pre-existing condition?
- In the last 48 hours, have you had at least two of the following symptoms which is new or not explained by a pre-existing condition: fever, chills, repeated shaking chills, fatigue, muscle pain, body aches, headache, sore throat, nasal congestion or runny nose, vomiting, diarrhea, or loss of taste or smell?
- Was your temperature 100.4 or above just prior to taking this self-screen?

### **Policy Compliance Consequences**

If athletes are not following this policy, the University Mask Policy, or any other policy the following consequences will be applied by the University.

- First Offense Verbal Warning
- Second Offense 3-day Suspension
- Third Offense 1-month Facility Suspension
- Forth Offense Indefinite Suspension

### **Questions**

Reach out to Derek Paul at [dpaul@tnaquatics.com](mailto:dpaul@tnaquatics.com).

### **CDC and Local Health Guidelines**

[CDC](#) – Currently, there is no evidence that COVID-19 can spread to people through recreation water. However, it is important to limit close contact with people outside your home when visiting public pools, hot tubs, and water playgrounds, as well as natural bodies of water to slow the spread of COVID-19.

[CDC Considerations for Public Pools](#) - RecSports will clean common touch points on ladders and chair surfaces during use and pool closures.

[State of Tennessee](#) – The overarching goal of these guidelines is to reduce exposure to individuals and surfaces that may result in COVID-19 exposure by maintaining safe distances between people (at least six feet), reducing contact with and improving sanitization of common surfaces, and increasing person protective equipment use.