



## FACILITY USE PLAN IN ANTICIPATION OF REOPENING OUR AQUATIC FACILITIES

### INTRO MESSAGE

As our federal, state, and local officials begin to implement plans for allowing businesses and daily activities to resume, we must plan for the changes we will need to make within our program.

We believe that swimming - like other physical activities such as walking, hiking, running, and biking - is a critical activity within our community. It does not require direct contact between participants and coaches, and social distancing can be maintained throughout a practice session. It is our goal to create a safe plan to use our facilities that remains in compliance of all public health directives. It is important to note that the CDC has indicated there is no evidence COVID-19 spreads through treated (ie chlorinated) water.

### DEMONSTRATING ADHERANCE TO REQUIREMENTS

We must work with our various health and government agencies, remain compliant with their current guidelines, and provide a safe environment for our swim families.

Intuitively we are going to have to modify the way we conduct daily business in order to comply with these guidelines. There will be physical changes implemented in order to promote social distancing, pool chemicals will be monitored more frequently, and locker rooms will be for bathroom use only.

As you read further, you will also become aware of other changes that could be implemented to help ensure the safety of all.

### SAFE PRACTICES FOR EVERYONE

First and foremost, anyone who attends a practice (athlete, parent, or siblings) should do so only if they are not ill or experiencing symptoms of any kind. With regard to COVID-19, the symptoms would include: fever, respiratory illness, coughing, breathing difficulty (and anything else identified by CDC). If an athlete or coach exhibits any of these symptoms, they will be immediately sent home.

*It can not be emphasized enough that no athlete will be penalized for missing a practice. If the athlete, or any member of their family does not feel well, they should remain at home.*

Other changes that will be implemented include:

- Everyone must have some form of facial covering while on the pool deck.
- Swimmers will need to have their own practice equipment (fins, board, buoy) and bring it each day.
- Swimmers should have their own supply of sanitizer, as part of their equipment.
- We will control access to/from the pool to minimize contact with others (either using different doors/gates or arrivals and departures at staggered intervals).
- Siblings will swim together in a session, in the same lane.
- Lane assignments will be determined by coaches.
- Athletes must be cleared by a physician to return to training if they have been diagnosed or suspected of contracting COVID-19.
- Unless otherwise stated, athletes and families who travel during this re-opening will need to self-isolate for 14 days before resuming practice.

## PREPARING A RETURN TO THE WATER

By the time we are approved to swim again, it will have been 8 or more weeks since our last practices. So we need to be aware that some athletes have not been training, or at least training to levels prior to the shutdown. We have encouraged our swimmers to do at least 60 minutes of dryland exercises daily in order to maintain their cardiovascular training base.

In the interest of safety, with a goal to avoid injury, we will ease our way back into swimming shape - with the knowledge that competitive shape is even further down the line. With each successive week, we will gradually increase the training and intensity so that we again feel comfortable training at a high level.

Discussions at the national and local levels have resulted in a decision that there will be no championship level meets through the end of the summer. While frustrating for some, this will eliminate the pressure to perform and instead allow us to focus on the safety of the athletes by encouraging progressive training sets and a quality experience.

## SO WHAT MIGHT THE CHANGES BE?

In order to provide the safest environment possible, we must evaluate more than just a swimmer's time at the pool. Preparation for practice must take place at home - and not as you are running out the door.

### Before You Get In The Water

- *Do not attend if anyone in your family feels ill*
- Wear your suit and cap to practice
- Wash your hands (20 secs) and bring sanitizer
- Make sure you have proper face covering

- Bring your own equipment and drink bottles
- Arrive 10-15 mins prior to practice
- Avoid touching - gates, tables, water fountain
- Wait in designated areas with your equipment
- Report to assigned lane, assigned end of pool

### While Practicing

- Follow all directions and maintain 6 ft distance
- Avoid all physical contact with your teammates
- Avoid touching your face
- Do not share food, drinks, or any equipment

### Conclusion of Practice

- Gather equipment and belongings, no changing
- No congregating after swim ends
- Exit facility, pick up 5-10 mins after practice ends
- Use hand sanitizer after leaving pool
- Shower at home

## WHAT WILL THE SOCIAL DISTANCING CHANGES BE?

We MUST be able to demonstrate an ability to keep a 6 foot distance between each other at all times while at our facilities. Failure to do so could result in the program being shut down.

All movement at Baker will be in one way directions. The side walkway will be out entry and the club front doors will be only for exit. Swimmers needing to use a bathroom will enter from inside the building and return via the pool deck doors (changing areas are NOT to be used).

There will be 15 minute breaks between practice sessions, which will allow for sanitizing the bathrooms for each new group of swimmers.

Once swimmers enter the pool deck, they should proceed to a vacant red X, place their belongings, and

wait there until permission is given for entering the water. Swimmers will be assigned lanes (and ends) to swim in. Their 'group' will remain constant during practices, thus limiting contact with other participants.

Swimmers will be assigned a specific practice session, which will mean training at a predefined time on designated days each week. The flexibility that I have been proud to offer will have to be sacrificed for now, in the interest of safety for the children.

In all likelihood, we will have to limit the number of swimmers in a pool at a given time (to be determined by local health guidelines). Our schedule will offer multiple practice times in order to help alleviate any overcrowding.

Parents and family members are welcome to stay and observe practice, but we ask that you bring your own chairs and avoid surface contact as much as possible.

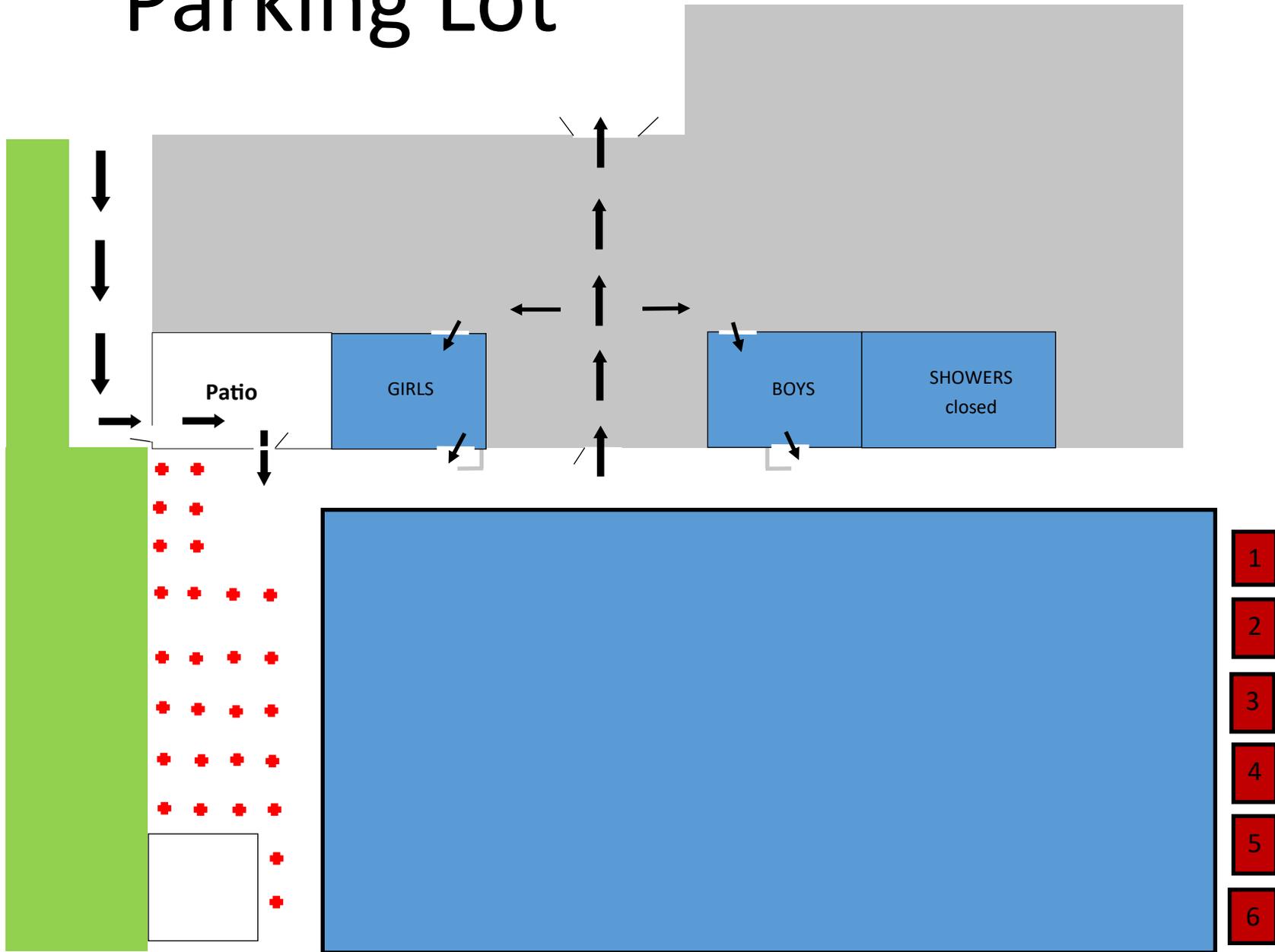
## LOCKER ROOM / BATHROOM POLICY

We will sanitize these areas on a regular basis throughout our practice sessions. Please reinforce with your children the need to wash their hands and avoid surface contact when in these areas.

## POOL DIAGRAM PROPOSAL

A sample of what the pool configuration might look like is attached. Our other locations (Washington, Adams Park) may have slight modifications. As requirements are shared by health officials (especially relating to number of participants), these plans could change going forward.

# Parking Lot



# BAKER B/G CLUB POOL, 25 Yards with 6 Lanes

Unless swimmers are siblings, there will be no more than 2 athletes at the end of a lane - 1 at the wall, other under the flags



Legend:  Represent the 'stations' where swimmers will leave their belongings when arriving at pool. Swim equipment and drinks will be secured in each athlete's own bag (at pool's edge) when not being used and can only be touched by that athlete.

 Locations where swimmers will rest between sets (1 at the wall, other under flags) so that proper social distancing is maintained.

Note: siblings do NOT have to remain separated while resting.