



COVID Plan 2021

Notice to Participants and Parents

Participants should not attend practices if they feel sick, or have a cough or fever or exhibit any COVID-19 symptoms.

Participants, staff and parents should maintain a minimum six-foot distance from one another inside at all practices and team events.

Sneeze or cough into a cloth or tissue or, if not available, into one's elbow.

Wear face coverings when entering and leaving the facility (coverings will not be required in the water.)

No shaking hands or other physical contact.

Participants should practice including not touching their face with unwashed hands or with gloves. Washing hands with hands with soap and water for at least 20 seconds. Using hand sanitizer with at least 60% alcohol, cleaning and disinfecting frequently touched objects and surfaces.

High-risk individuals should NOT attend or observe practices at facilities that allow for spectators.. This includes older people (65 or older) and/or those with compromised immune systems, and people with certain underlying health conditions, particularly heart disease, lung disease or diabetes appear to be at greater risk.

Staff who are feeling sick will be required to stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

[Physical Distancing](#)

[Stop the Spread of Germs](#)

Face Masks

Staff and swimmers should wear facial masks while at all times at practices, including arrival and departure. They may remove their facial coverings when in their assigned practice area and are able to maintain a safe social distance.

Once swimmers have exited the pool following a practice, they should immediately dry their face off and put on their face mask prior to getting changed and packing up their belongings.

Spectators

Spectators must remain in a designated area at each facility. Spectators should maintain social distancing at all times, including drop-off and pick-up areas. Facilities have limitations on who is allowed to enter the pool (see facility information below.)

Drop Off and Pick Up

Participants should arrive and leave in their swimsuits. Changing areas and locker rooms may NOT be available.

Participants should put their facial coverings on upon exiting their car when they are dropped off.

Participants are encouraged to arrive 10 minutes prior to the start of their practice to check in and prepare for warmups.

Participants must remain at least 6 feet apart when arriving and departing. Participants and parents will not be allowed to congregate in these or other areas on campus.

Social Distancing-Pool Area

Participants will be assigned lanes at the start of each swim practice. Participants will be assigned a designated area during dryland practices.

There will be NO physical contact between any staff, participants or parents.

Equipment

Participants should bring a bag to all swim practices to store their personal belongings. Swimmers should bring their equipment bags to practices. Training equipment should not be shared. Personal belongings will be placed in a designated area on the pool by session.

Staff will not be allowed to assist other swimmers with any equipment, unless of the same household.

Sanitizing

High-touch areas in the viewing area will be sanitized by pool staff after each training session. Personal chairs or similar will NOT be allowed in the facility for practices. Swimmers must leave the facility upon the completion of practice.

There may be a break between pool practice sessions for the staff to sanitize and clean all high traffic and high-touch areas, including but not limited to ladders, restrooms and pool deck tiles.

Cleaning shall be performed in accordance with CDC guidelines.

Hand Sanitizer, soap and water or disinfectant effective against COVID-19 will be available at the practice facilities for swimmers and staff.

SASO COVID-19 Contacts

A COVID-19 site supervisor will be available at practices to enforce these requirements at each practice session. The designated COVID-19 supervisor shall be on site at all times during swim activities.

One Board Member (Jennifer Ha) has been designated as a COVID-19 liaison that will be responsible for keeping up to date on local and state recommendations and any associated changes. She works in the medical field and is also a USA Swimming official.

Daily Tracking and Record Keeping

Participants are assigned practice locations, days and times at most locations.

Any additional practice days and times that are made available for swimmers are tracked using an online signup system. This includes tracking of attendance of all workouts attended by participants.

Staff is assigned to practice locations, days and times. Staff use online timecards thru ADP to track their attendance at shifts (swim, dryland and in-person events or meetings.0

Records will be maintained for contact tracing if needed.

[USA Recommended Protocols for a Positive COVID Test](#)

Facilities

Alan Witt Aquatics Center

Swimmers must submit a COVID waiver for 2021 (available on the website.)

Swimmers and staff will receive a short screening upon entering the facility, which includes a temperature check.

Restrooms are available for swimmers and staff.

The facility is closed to staff and swimmers. Parents are not allowed inside the facility during practices. There is no viewing area for practices (indoor pool with a retractable roof.)

Phillip West Aquatics Center

Swimmers and staff will receive a short screening upon entering the facility, which includes a temperature check.

Restrooms are available for swimmers and staff. Outdoor showers are available for use.

The facility is closed to staff and swimmers. Parents are not allowed inside the facility during practices. There is a viewing area for practices outside of the pool area.

Swimmers and staff will receive a short screening upon entering the facility, which includes a temperature check.

Cunningham Aquatics Center

Swimmers and staff will receive a short screening upon entering the facility, which includes a temperature check.

Restrooms are available for swimmers and staff. Outdoor showers are available for use.

The facility is closed to staff and swimmers. Parents are not allowed inside the facility during practices. There is a viewing area for practices outside of the pool area.

Swimmers and staff will receive a short screening upon entering the facility, which includes a temperature check.



Participant Checklist

A parent or guardian should confirm the following checklist on a daily basis prior to practices with their participant(s.) Coaches will confirm with swimmers when they arrive that they have completed the checklist each day with their parent or guardian.

Participant has not had a fever in the last 24 hours. Parent/guardian is encouraged to do a temperature check.

Participant has not experienced the following in the last 24 hours: cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell or other symptoms related to COVID-19 as listed by the CDC.

Swimmer has not had a member of their household tested positive for COVID-19.

Participant has not been exposed to someone who has tested positive for COVID-19 within the last 14 days.

Participants who are 18 and older can self-evaluate based on the questions above.

This checklist is used at all practices that do not include facility screening by City staff or similar



LIABILITY RELEASE AND INDEMNIFICATION FORM

I, the undersigned participant and parent, request voluntary participation for a minor to participate in all events, which are hereinafter referred to as the “activities.” sponsored by SASO Swimming , USA Swimming and Sierra Nevada Swimming. This agreement is valid while the participant is a member of USA Swimming.

I consent to my/minor’s participation in the activities and acknowledge that the minor and I fully understand my/minor’s participation may involve risk of serious injury or death, including losses which may result not only from my/minor’s own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I sign this document and before any activities begins.

Release – Minor’s Rights: In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless SASO Swimming, USA Swimming and Sierra Nevada Swimming and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the “Released Parties”), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Print Name of Minor

Minor Signature

Date

Hold Harmless Waiver

It is my intent as a participant or player competing in SASO Swimming sanctioned activities, while participating during activities including any pre-game or post-game activities that include:

Dryland Workouts-Fairfield Parks and other designated locations
Open Water Swim-Lake Berryessa
Pool Practices
ZOOM Sessions

I acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from:

- An outbreak of any and all communicable disease, including but not limited to, the virus “severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)”, which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;

In consideration of having the opportunity to participate as either a team member or competitor at location, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify (Name of Organization) and its trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities.

I indicate my agreement to this hold harmless elective noted below.

Parent/Guardian

Parent/Guardian Signature

Date