



Exhibit C - Coaches and Staff Guidelines **As of December 22, 2020**

1. Coaches will adhere and enforce all guidelines set Center of Disease Control, United States of America Swimming, State of Texas, El Paso City, and Border Swimming.
2. Minimum of one certified USA Swimming coach on the pool deck at all times and if more than 8 lanes are being utilized, then a minimum of two certified USA Swimming coaches.
3. Equipment/PPE required on deck for coaches:
 - Face mask
 - Hand Sanitizer
 - Disinfectant wipes
 - Disposable protective gown
 - Gloves
4. Must wear face mask properly upon entering the facility and on deck.
5. Coaches need to educate the parents and athletes about COVID-19.
6. Prior to approving practice times, the team must provide a practice roster per practice session, and lane assignments that matches the practice rosters.
7. Coaches must submit a Monthly Attendance Roster, in the form of Exhibit B – “Sample Roster”, on or before the 30th of each month, assigning swimmers/lane for each practice time. No new athletes shall be permitted on the Monthly Roster without the prior written approval of Border Swimming, which shall be permitted on the 1st and 15th of each month. Substitution or moving of athletes shall be permitted, whereby swimmers change lanes for a specific practice, however any daily modifications shall be submitted to Border Swimming on a weekly basis. Teams shall use the Monthly Attendance Roster previously submitted to note any daily modifications in the practice groups.
8. Coaches must maintain proper distance between themselves and athletes
 - Wait in a location a minimum of 6 ft away from any seating grid or lane entrance area while the swimmers enter for practice.
 - Staff/Coaches who interact with others should wear face coverings whenever possible.
 - Maintain a minimum 6 ft distance from the edge of the pool at all times during the workout (while wearing a face covering).
 - Return to a location a minimum of 6 ft away from any seating grid or lane entrance while aiding in pool and facility exiting.
9. Coaches must ensure athletes maintain proper distance and stop at the visible markers.
10. Coaches must maintain contact tracing information which will protect you, your family, other coaches, athletes, and your community. The following information are mandatory requirements to have on deck for each teams/coach:
 - a. Team roster by practice groups and sessions
 - b. Each Team must have a hard copy of attendance rosters at each practice. All

previous online attendance rosters must be available and/or shown immediately, to the authorized requesting party, via phone, tablet, or laptop.

- c. Each coach must have a hard copy of lane assignments for their practice session and group
 - d. Each coach must have a hard copy of any changes to the lane assignments for the current practice.
11. Identify athletes that are at high risk.
 12. Identify Drop-off/pickup, reception, and cleaning staff members.
 13. Coaches shall remove all swimmers from the water at least 10 minutes prior to the beginning of the next practice, to allow for proper disinfecting of the facility prior to the following group entering the water.
 14. Coaches shall not permit any athlete to enter the water unless and until they are registered with USA Swimming and Border Swimming. No two-week trial shall be allowed.
 15. Coaches that bring training electronics and/or training equipment to the facility must disinfect the equipment at the facility prior to and at the end of each practice.