



SWIMMAC COMPETITIVE TEAM RETURN TO OPERATIONS: GUIDELINES AND REQUIREMENTS

- Please note that the Governor's executive orders, CDC/OSHA regulations, and ordinances in force with counties, local municipalities, and individual facilities should be followed at all times and, if stricter, overrule any contradictory guidance provided here. SwimMAC staff will thoroughly communicate protocols, rules, and expected behavior to swimmers and their parents.
- Participation in any SwimMAC programming is optional. Parents and swimmers should determine what is in the best interest of their family's health and safety before participating in any programming. MAC respects the decision of any family or swimmer that elects not to participate out of health concerns.
- MAC will not begin operating any programming until the Governor of North Carolina declares that pools are allowed to open and operate.
- Intentionally not following the guidelines and requirements can result in removal from practice and dismissal from future practices.
- These guidelines, policies and procedures will remain in place until further notice. As guidance and regulations are altered MAC will review its policies and procedures and update as required.
- Health and safety are MAC's top priorities.

Competitive Team Protocols for Practices

- Swimmers may not attend practice if they 1) have had COVID-19 as of May 1st and do not have a doctor's note permitting them to return to practice, 2) does not feel well, 3) has a temperature above 100.00°F *(needs to be 72 hours with normal temperature before returning, without the use of fever reducing agents), 4) have been in direct contact with anyone who has had COVID-19 in the past two weeks, feels ill, or has a fever, 5) has traveled internationally, but not completed the two-week self-quarantine period recommended by the CDC.
- Before swimmers come to a MAC programmed facility, parents/guardian will take the temperature of all swimmers. Any swimmer experiencing any symptoms of any communicable illness (or exposure to someone who has any symptoms) will be told to remain at home and seek medical treatment, as needed. If any swimmer is: **sick (no test)**: self-isolation (own room) 7 days after first symptom or a doctor's note permitting them to return to practice AND fever free for 72 hours without use of fever reducing agents. **COVID (positive test)**: MAC will use a testing based strategy before any return to MAC, which includes:
 - Resolution of fever without the use of fever-reducing medications **and**
 - Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**
 - Negative results performed by medical professional of an FDA Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative tests).
 - If acquiring two negative tests is not feasible due to testing supplies or restrictions, a 14 day period of zero symptoms and a Doctor's (note) authorization are required before returning.
- A staff member will check coaches' and swimmers' temperatures with a no touch infrared thermometer at the entrance to the facility. People with temperatures greater than 100.00°F will not be allowed into the facility and will be informed to return home.
- After a swimmer's temperature check they will be provided medical grade hand sanitizer for treating their hands before entering the pool.

- When arriving at a MAC programmed 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.
- Any parents permitted to enter the facility should make the same declarations as swimmers regarding their health and, have their temperatures checked at the door. If permitted to enter, parents must remain in the designated area at all times, and observe social distancing requirements at all times.
- Swimmers will not enter a MAC programmed 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.
- Appropriate social distancing guidelines will be observed at all times between swimmers and other swimmers, swimmers and coaches, and all other facility occupants and swimmers/coaches. During physical activities, at least 6-10 feet of social distance to account for increased respirations.
- There will be a scheduled 15 minute window between practices to have swimmers exit the pool and the facility before the start of the next practice.
- Before, during, or after practice, swimmers and parents may not congregate on deck, in lobbies or bathrooms, at entrances/exits, or in parking lots and are to leave the facility.
- There will be separate marked entrances and exits in the facilities.
- Parents are required to pick up their swimmers from practice on time to avoid huddling of swimmers at a facility waiting to be picked up.
- Coaches will not “huddle” with their swimmers before, during and after practices.
- 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 and washing hands if required.
- Swimmers & Coaches should avoid contact with starting blocks, backstroke grips, bleachers, tables, chairs, and other surfaces that have not been or cannot be sanitized frequently. Areas will be cleaned before and after each swimmer begins in their lane assignment, lanes will be one swimmer per lane.
- 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. Swimmers will keep all items in their swim and equipment bags unless being utilized for practice. Swimmer will be permitted to bring their equipment bag with their standard practice items for their specific group. Swimmers will be permitted to bring one towel, one water bottle that will remain in their swim bag expect for during water breaks. Swimmers may also bring their own hand sanitizer, for their own personal use, no sharing.
 - Swimmers and parents are tasked with cleaning and sanitizing their equipment after each use and before utilization during practice.
 - Any utilization of snorkels will occur at the beginning of practice.
- In an effort to reduce the chance of spreading infections, swimmers will be required to leave their phones or any other personal electronic devices in their swim bags the entire time they are in a MAC owned or operated facility for practice or other MAC functions, no exceptions.
- “Public” use equipment will not be used or available to swimmers.
- In the 50-meter competition pool (regardless of configuration for Short Course or Long Course) and other training pools utilized by MAC, training will occur with 1 swimmer in each lane as permitted under CDC, state, and local regulations starting at opposite sides. (ex. Swimmer in lane 1 will start on starting block side, Swimmer in lane 2 will start at turn end.)
 - Parents/swimmers will sign up for their practices in advance utilizing Signup Genius and will know their lane assignment and practice time in advance.
 - After entrance protocols are completed the swimmer will go directly to their lane assignment and wait for their coach to begin practice, maintaining social distancing at all times.
- After practice is over, swimmers will leave the facility immediately using a designated exit. This will increase social distance between the swimmers who are leaving and the swimmers who are arriving. Locations will have a designated entrance and a designated exit.

- After practice swimmers will be provided medical grade hand sanitizer for the purpose of treating their hands before exiting the facility.
- The use of masks will be fully supported, but not mandated, unless required by law. MAC will support families and coaches decisions to wear a mask should they so choose and encourage their appropriate usage. Strict social distancing will be enforced at all times in accordance with these policies and procedures.
- All water fountains will be not be in use, bring water from home, no bottle sharing.
- At MAC programmed facilities, hand sanitizer stations will be provided throughout the facility and MAC will ensure the facility is being cleaned to the CDC standards.
- Some facility doors will be propped open to avoid not touching the doors and to increase ventilation
- No indoor dryland. MAC's guidelines will be sent to its dryland operators. Any outdoor dryland will adhere to these policies and guidelines and will be for the purpose of providing swimmers a fresh air, socially distanced opportunity to exercise, as recommended by the CDC and NC Health Department.

Staff Procedures to Return to Operations

- 48-72 hours before opening. Staff will be educated and follow CDC & NC policies and procedures.
- Staff will be educated and follow facility procedures.
- Staff will be educated and follow SwimMAC policies and procedures.
- Staff will have temperature checks before entering facilities.
- Staff may not come to work if 1) have had COVID-19 and do not have a doctor's note permitting them to return to practice, 2) do not feel well, 3) have a temperature above 100.00°F *, 4) have been around anyone who has had COVID-19 in the past two weeks and feels ill, or has a fever, 5) traveled internationally, but not completed the two-week self-quarantine period recommended by the CDC.
- Any Staff experiencing any symptoms of any communicable illness (or exposure to someone who has any symptoms) will be told to remain at home and seek medical treatment, as needed. If any staff is: **sick (no test):** self-isolation (own room) 7 days after first symptom AND fever free for 72 hours without use of fever reducing agents. **COVID (positive test):** MAC will use a testing based strategy before any return to MAC, which includes:
 - Resolution of fever without the use of fever-reducing medications **and**
 - Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**
 - Negative results performed by medical professional of an FDA Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥24 hours apart (total of two negative tests).
 - If acquiring two negative tests is not feasible due to testing supplies or restrictions, a 14 day period of zero symptoms and a Doctor's (note) authorization are required before returning
- Staff will follow social distancing of at least 6-10ft.
- Staff will clean and appropriately disinfect their phones and/or personal electronic devices upon entering a MAC owned or operated facility.
- Coaches should bring in minimal personal items and store them during practice time.
- Minimum contact in common coaching areas, come and go don't hang out, come dressed for work
- Work areas will be wiped down before and after use.
- Office work will be primarily done from home. In an office environment, social distancing will be enforced.
- Any staff identified as "vulnerable" population at higher risk from COVID-19 and in accordance with NC's phase reopening plan implemented by the Governor will not be permitted to work and or coach at any of MAC's programmed facilities until guidance is issued that the vulnerable population may return to work.

Latin Facility Procedures to Return to Operations

(MAC & HFFA will release similar guidance for HFFA, HFFA is owned by the Town of Huntersville)

- Facility will be cleaned to the standards that CDC recommends within 48 hours before opening.
- Signage will be placed around and outside the facility to communicate our policies and procedures.
- Policies and Procedures will be also posted on our website.
- Hours of operation will be based on programming and keeping the level of cleaning standards of the CDC.
- Follow guidelines set forth by the CDC/Governor on how many people will be allowed in a space/building.
- Once open the facility will be cleaned daily by MAC's cleaning crew
- During the day MAC will wipe down or clean any area during the 15 minute window of programming.
- Staff will post times for disinfecting during the day
- Deck shower use now mandatory, 30 seconds per person. Shower heads are 3 feet apart. Middle shower will be closed to provide 6 foot distance and/or add separators and to use all 3 showers.
- Shoes must be worn to the facility and will be cleaned upon entry to the pool deck using disinfect cleaning supplies provided by MAC. Flip Flops and soft shoes or "slip ons" are preferred.
- Locker rooms will be restricted. Bathrooms at deep end will be used with lines at 6 foot intervals. Spray bottle inside bathroom. Each swimmer is to spray down area before they leave.
- Storage (equipment) Bins will be secured and have signage that states no use of equipment
- No food in facility.
- All water fountains will not be in use.
- Ice Machine will not be in use.
- MAC will keep doors to the outside open and fans on as much as possible.
- There will be separate marked entrances and exits in the facility.

Action Plan if a Swimmer/Coach tested positive for COVID and was at a practice or a MAC facility

- Head Coach will communicate to membership we had a swimmer and/or coach that was at a practice test positive for COVID.
- Communication to families that had "close contact" with that swimmer will be to self-quarantine, monitor any symptoms, and contact their doctor.
- If any swimmer and/or coach is: **sick (no test)**: self-isolation (own room) 7 days after first symptom AND fever free for 72 hours without use of fever reducing agents. If a swimmer and/or coach has a **COVID (positive test)**: MAC will use a testing based strategy before any return to MAC, which includes:
 - Resolution of fever without the use of fever-reducing medications **and**
 - Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**
 - Negative results performed by medical professional of an FDA Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative tests).
 - If acquiring two negative tests is not feasible due to testing supplies or restrictions, a 14 day period of zero symptoms and a Doctor's (note) authorization are required before returning
- MAC leadership will follow up daily with that family(ies) or coach for updates.