

Quest Swimming Covid-19 Policy & Procedures

Quest Families,

As we get closer to the start of the new season (2020-2021) it's important to explain previous decisions made with regards to re-opening and operating under COVID-19 protocols as well as look forward to what to expect in the fall.

We have worked hard to gain your trust during this unprecedented time. We do not take that lightly and we appreciate your continued support.

Rationale:

As Governor Northam moved all of Virginia through the reopening phases, the number of swimmers allowed per lane was increased. In Phase 1 we were allowed one swimmer per lane; in Phase 2 we were allowed 3 swimmers per lane; and in Phase 3 we were allowed to operate at full capacity.

However, as a staff, using best practices from both USA Swimming and Virginia Swimming, we decided to take a more gradual approach in Phase 3 where we increased the number of swimmers per lane but still limited our operational capacity. While other teams were getting back to "More Normal" numbers in the lanes we took a slower approach. We did this so that we could gradually progress, and/or reduce operations, as information about the virus and pools became more available and as the Governor made decisions. However, we always had the intent to progress back towards normal operations as it was safe to do so. On August 3 we introduced our own Phase 4 where we once again graduated the numbers in the lanes to progress the team forward and into the fall. We hope that progressing this way has given families as much comfort and confidence as can be reasonable under the circumstances.

As we look forward to the fall you may see more swimmers per lane in some practices but that is by design and has been thought through carefully as described above. We will continue to be in contact with Virginia Swimming and USA Swimming using best practices to help guide us. We will continue to monitor and adhere to federal, state and local guidelines. We will continue to implement our safety protocols (described in detail below) to make the environment as safe an experience as possible while still remaining dedicated to teaching the Art of Swimming and perfecting the Game of Racing.

We appreciate your support of our safety protocols, as well as the support you provide your swimmers on a daily basis. We are excited for a new year and look forward to what our Quest swimmers achieve both in and out of the pool. Go QUEST!

The Quest Coaching Staff

Facilities:

- We believe that the pool is the safest place our swimmers can be now and in the upcoming year because of the presence of chlorine and the fact that swimmers are immersed in it. All of the available information says that chlorine kills the COVID virus. Athletes are literally submerged in chlorinated water as it covers their eyes, noses and mouths. We are fortunate at Quest that we manage our own pools and conduct checks and adjustments on the chemicals throughout the day to ensure that the chlorine stays at the recommended level.
- Quest offers a “Fresh Air” training environment. Fresh air dilutes the virus. The Evergreen Facility is “Fresh Air” year-round. The Deer Run Facility is also fresh air year-round albeit in a slightly different way. When the air structure (“bubble”) is erected over the Deer Run pool (late October through late March), the air handling unit is constantly circulating the outside air into the structure to maintain the pressure. This is more beneficial to swimmers and coaches than a traditional indoor pool. The structure is also pressure washed on the inside every year and we will continue with that process moving forward.
- At Quest we also have the flexibility to provide an outdoor environment for dryland while being able to provide for social distancing. All swimmers should be dressed appropriately for the temperature (more fresh air!) and provide their own yoga mat and jump rope. With increased screen time as a result of virtual learning, we strongly recommend that swimmers attend dryland when possible.
- We have a cleaning crew that comes in daily to both facilities to clean and disinfect. In addition, coaches wipe high contact areas as needed.

Additional Safety Protocols

- Athletes will wait in their cars until a coach comes to the gate to begin procedures for entering or exiting the facilities
- Athletes will be instructed on how/when to enter and exit the facilities by the Quest Staff
- Athletes will wear masks when entering and exiting the facilities
- Coaches will do temperature checks and screening questions upon entry

- Athletes will be assigned a social distancing space upon arrival at practice (Deck Markings). Once athletes enter, they will go immediately to assigned markings and await instructions from a coach.
- Parents/spectators will not be allowed in the facilities at any time and are expected to practice social distancing when waiting for their swimmers
- Locker rooms will not be used for changing, and deck changing is prohibited. Athletes must speak with a coach for permission to use the locker rooms/bathrooms. Coaches will give guidelines for their use.
- Athletes will bring their own water bottles (already filled). The use of the water fountains will be prohibited.
- Athletes will bring their own yoga mat and jump rope for dryland. They will wear their suits under their dryland clothes if dryland is conducted before practice.
- Athletes will not be permitted to store their equipment bags at Quest. They must take them home after each practice.
- Coaches will continue to provide structure in the lanes depending on attendance, guidance from USA Swimming, and best practices.
- Athletes must leave Quest immediately at the completion of practice. There should be no socializing in the parking lots before or after the practices.

Quest Swimming SELF-ADMINSTERED HEALTH SCREEN

Please visit the [Center for Disease Controls](#) symptom list and perform a personal health screen each day before you come to the Quest Facilities. The most concerning threat to an organized sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from practice (isolation), and strict guidelines regarding return to practice.

If you had any of the **following symptoms in the past 24 hours**, please remain at home and do not return to practice until you are symptom free for 72 hours. If practical, go to a testing facility to be assessed.

- Unexplained rash
- Diarrhea
- Vomiting
- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches
- Sore throat

- New loss of taste or smell

POSITIVE TEST PROCEDURE

- Should a swimmer test positive or is otherwise diagnosed with COVID-19, Quest Swimming will require the following measures:
 - The swimmer should do ONE of the following:
 - Self-quarantine a minimum of 14 days from the positive test and be symptom-free for 72 hours prior to return
 - Receive a negative viral test, self-quarantine a minimum of 72 hours, be symptom-free, and present a doctor's note

NOTE: If a second negative viral test for the virus is recommended by your healthcare provider, that test would also need to be negative prior to returning to the pool.

- Siblings who are Quest athletes, and reside in the same home as an individual who recently tested positive for COVID, will also need to follow the protocols above before returning to practice
- The families of the group will be notified
- The swimmer name will remain confidential per legal requirements
- Antibody Test will not be used for returning to the pool: [https:// www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html) for a link to differences in COVID-19 Testing

NOTE: A viral test tells you if you have a current infection; An antibody test tells you if you had a previous infection or may still be infected

We also ask that families are transparent with any potential exposure away from the pool.