



Virginia Gators of Harrisonburg COVID-19 Practice Guidelines

PREPARING TO SWIM

- PLEASE do not attend practice if you don't feel well – practice is not worth the risk to the entire team if there is even a possibility you might have COVID-19.
- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available before going to the pool.
- Swimmers should not socialize or congregate before practice.
- Do not share equipment. Please place your belongings at least 10ft. apart on the pool deck.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- Arrive as close as possible to when practice begins.
- For the safety of other swimmers, please wear a cloth mask at all times except when in the pool.
- Notify the coach if you or your family has a COVID contact or themselves test positive. If you have a known or suspected COVID positive contact you are required to self-quarantine from swim practice for 10 days (this includes travel by air or to a high-risk area compared to the Harrisonburg metro area per capita rate – option to provide a negative test result from a test completed 5 days or more after exposure). If you test positive for COVID-19 you may not return to practice until you provide a negative test result or have a note of clearance from a physician.
- In the case of a COVID-19 positive case among a swimmer, the swimmers in the same practice session will be notified and asked to quarantine for 10 days or provide a negative test result from a test completed 5 days or more after the exposure. WellD Health "Cleared for Entry" software will be used for data logs and contact tracing, if necessary.

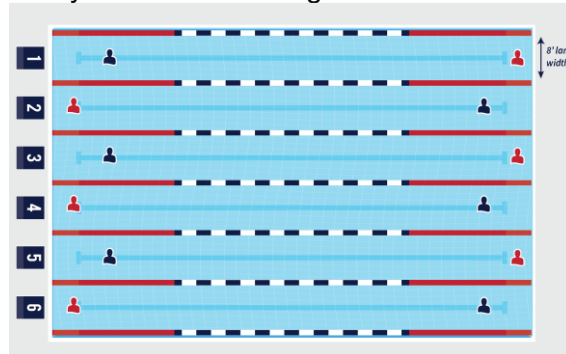
ARRIVAL and CHECK-IN

- Park in the designated parking area for your assigned pool.
- The team representative will be available to check you in through the pool entry point for 15 minutes prior to the start of practice – if you arrive earlier than this time remain in your car, and NO ADMITTANCE will occur after practice begins. Maintain all one-way direction points when marked for entry from practice.
 - Temperature screening will occur using a contactless, infrared thermometer and health screening questions will be asked of each swimmer. This information will be recorded in WellD Health. Please remain 6 feet apart while waiting for your screening at entrance. The swimmer must meet all screening criteria and wear a mask in order to be allowed to practice.
- Stay at least 10 feet apart from others at all times while inside the pool facility (due to heavier breathing during exercise). Parents are allowed on deck only as long as necessary to speak with their swimmer or a coach, but all individuals must remain 10 ft. apart at all times. No one is allowed to congregate outside of the pool area.

WHEN SWIMMING

- Lane assignments will be made for the training sessions in case contact tracing needs to occur. Please only swim in your assigned lane!
- Wear your suit to and from practice to avoid unnecessary entry into locker room.
- Do not share food, drinks, towels or any other equipment.

- No spitting in the pool or touching other swimmers at any time.
- Only TWO swimmers per lane will be permitted during the Pre-Senior practice (Block #3) following the diagram below in order to keep swimmers at a safe distance and at opposite ends of the pool any time they are not swimming.



- TWO swimmers per lane will be permitted during AGE GROUP DEVELOPMENTAL and JUNIOR DEVELOPMENTAL practices and THREE swimmers per lane will be permitted during PRE-SENIOR and SENIOR practices following the diagram below and adhering to Virginia Department of Health Phase 2 guidelines for lap swimming to keep swimmers spaced at a safe distance.



- Swimmers MUST follow these guidelines and the direction of the coach or they will not be able to practice
- Restroom use is to be avoided – only one swimmer at a time may leave practice to use the bathroom when absolutely necessary (ask permission from the coach)

AFTER SWIMMING

- Do not use the locker room or changing area.
- Leave the facility as soon as reasonably possible after practice (we will plan for at least 15 minutes between group practices) - please wear a cloth mask at all times except when in the pool and maintain all one-way direction points when marked for exit from practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Swimmers should not socialize or congregate after practice.

SOURCE INFORMATION

- *Fever is defined by the Centers for Disease Control and Prevention (CDC) as a temperature greater than 100.4°F. See Garner JS, Jarvis WR, Emori TG, Horan TC, Hughes JM.. CDC definitions for nosocomial infections, 1988. *Am J Infect Control.* 1988; 16(3): 128– 140.
- https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2
- <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>
- <https://www.vdh.virginia.gov/environmental-health/phase-1-considerations-for-aquatic-facilities/>