

Question

Who will be our COVID-19 liaison? Responsible for staying up-to-date on community and state recommendations and any associated changes. Follow any available information from local swim teams.

Current size restrictions on gatherings?

Who has the authority to grant access to our pools?

Will locker rooms be available?

Will restrooms be available? Emergency and non-emergency?

Can we mark the deck for physical distancing requirements?

Return to Practice Plan

The Fox Valley Wave Head Coach/Head Age Group Coach (or assigned designee) will track local, state and national guidelines on use of pools and COVID-19 health and safety guidelines.

We will limit the size of participants/coaches/parents present at any organized swim team function.

Phase 1: 1 swimmer per lane, 2 coaches (minimum of 7 days)

Phase 2: 2 swimmers per lane starting on opposite sides of the pool, 2 coaches

Phase 3: 2 swimmers per lane starting on opposite sides of the pool, same number of swimmers on deck as long as 6 feet physical distancing is possible, 3 coaches

Phase 4: We will work with the pool management to continue to add numbers in the safest way possible.

Phase 1: There will be no locker room use under any circumstances. Swimmers must arrive prepared to swim - wearing suits under any covering. Swimmers must depart the pool in the same "clothing" as they arrived. Deck changing will not be allowed.

Phase 1: There will be one unisex restroom available for emergency purposes only. Anyone using the restroom will be required to carry in disinfecting wipes and clean all contact points as they leave the restroom.

Standing points for each swimmer will be marked on the deck to ensure appropriate physical distancing is maintained. Equipment drop locations will be marked at the end of each lane for personal equipment (there will not be any sharing of equipment or common equipment allowed).

What is our plan/checklist for cleaning and disinfecting surfaces?

All contact points will be cleaned prior to the start of practice and after each practice. A "door opener" wearing gloves and mask will be used for all entering and exiting times. A check list for each specific facility will be utilized and maintained for records.

What is our plan to enter/exit the facility?

Only one entry point and one exit point will be utilized at a facility. If possible, these will be different points and will move the swimmers/coaches directly inside the pool and outside the pool. Interior hallways will not be used whenever possible.

How will we limit contact points while at the facility (e.g., equipment, water bottles, door handles, etc.)?

There will be no sharing of equipment, water bottles, or other personal supplies.

What is our plan if a coach/athlete shows signs of being sick? Will we screen prior to entry? What if a coach/swimmer begins to cough?

A documented health screen will be required of all (swimmers and coaches) participants at a facility. The health screen will include the following 4 questions:

1: Do you feel ill?

2: Have you had an elevated temperature (100.4 degrees or higher) in the last 24 hours?

3: Do you have shortness of breath or difficulty breathing beyond your normal?

4: Have you been in contact with anyone with the above symptoms or a known COVID-19 positive test in the last 14 days?

If a swimmer or coach answers yes to any of the above questions, they will be sent home. If there has been no known exposure to a positive COVID-19 case, the swimmer/coach may return after 48 hours of no symptoms.

What is our staffing plan: Coaches, Person to control entrance/exit flow, etc.?

Practice times will be spaced to allow for coaches to control entrance and exit points. As we move through phases of opening a parent may be used to control the entrance and exit points.

What is our practice plan? Group assignments, Duration, Time between sessions, Number of sessions per week?

Swimmers will be required to register for team practices (this includes the requirement to have a current USA Swimming registration). Once swimmers are registered, they will be assigned a practice group and practice lane. The

group and lane will stay consistent unless a swimmer chooses to discontinue practices. This will allow for documentation of any future need for contact tracing.

What will be our spacing within the pool? How will we maintain spacing (see diagrams)?

When we reach Phase 4 and have more than 2 swimmers per lane we will work with the pool management to document spacing requirements within each lane (i.e., 1 swimmer at the wall, 1 swimmer at the near flags, 1 swimmer at the far wall, 1 swimmer at the far flags). Swimmers will be placed in lanes to allow for separation to be maintained throughout practice.

What is our plan for coach PPE?

Coaches will wear a face mask or face shield while swimmers are entering and exiting the pool. Once all swimmers are in the pool, each coach will have to option to remove their mask/shield to allow for communication with the swimmers.

Indoor Pool: What is our plan for increasing air flow?

If an indoor pool is utilized and outdoor doors are available, these doors will be opened for increased air flow.

What is our plan for communication? Positive tests, Return to practice?

A daily update will be maintained on our web page for critical information on necessary changes to this plan or any confirmed positive COVID-19 cases of swimmer's or swimmers direct contacts.

What is our drop-off/pick-up plan for parents?

Pool drop-off / pick-up locations will be identified and controlled. Swimmers will be required to move from cars to pool entrance directly without any loitering and back to cars upon exiting. Swimmers will not be allowed to leave the pool until a confirmed pick-up is available. Swimmers who drive themselves to the pool will be directed to park in identified and controlled spots. These swimmers will be required to move directly from their cars to the pool entrance and exit in the same manner.

Depending on practice plan: Is plan financially feasible?

What is our plan for coaches with underlying health vulnerabilities?

What can we offer in addition to practice time?

Will we ask parents to sign a waiver?

The attached waiver will be required for all participants prior to starting any practices.

Will we require a quarantine period for athletes who travel?

If a swimmer tests positive for COVID-19 the following return-to-swim rules will followed:
No fever for 72 hours and symptoms started at least 10 days prior. All other symptoms must be resolved.

What is our return to competition plan?

If a swimmer is exposed to a confirmed positive COVID-19 case, they may return 14 days after initial exposure and no symptoms.

If a swimmer travels on an air plane, they will be required to remain out of the practice schedule for 14 days upon returning home.