



McFarland Spartan Sharks 2020 Return to Swim Guidelines

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MSS is working closely with the Angie O'Donnell Aquatic Center to follow the latest CDC, USA Swimming, Public Health Madison Dane County and School District of McFarland guidelines for return to swim best practices. Rules subject to changes!

BEFORE COMING TO PRACTICE

MSS families must know & take time to review the CDC COVID 19 list of symptoms before attending practices.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Sharks **NOT** experiencing any COVID 19 symptoms are welcome to attend.

Sharks who **ARE** experiencing COVID 19 symptoms such as cough, shortness of breath or difficulty breathing, chills, fever, muscle pain, sore throat, new loss of taste or smell, or trouble breathing should please contact your physician immediately for next steps for testing and report this change to your MSS coach. Swimmers who are sick or have recently had a **close contact** with a person with COVID-19 *should not attend any practice or enter the facility*. There is no penalty for missing practice, be smart and safe and stay home please!

ENTERING AND EXITING FACILITY (swimmers only)

**Before our first practice participation guidelines will be shared with all registered MSS families and family contact information will be confirmed. We will do a questions/answer session and offer a virtual orientation.*

To maximize social distancing, Sharks should arrive (swim ready and wearing masks) just prior to start time (approximately 5 minutes). Swimmers may carry a small bag,

towel and water bottle. Personal items will be placed within a designated space on deck and must be taken home after every practice. *Please know there will be NO spare suits, goggles or towels available. If you come wearing your required items that should help.

Our normal building entrance will be closed. Instead MSS Coaches will help meet and transition practice groups in and out of the building. Staff will open doors to limit touching surfaces and to monitor practice transitions. Before and after practices swimmers can use the on-deck shower for a quick rinse. After practices swimmers must collect belongings and leave. No congregation after practice. No waiting for a ride home.

Spectators are not allowed on deck during swim practices. All parents/spectators must follow social distancing guidelines when outside the building.

Locker rooms and changing stalls are not available. There will be one family bathroom open for emergency use, not to use as a changing area (come dressed to swim!). Bring your own water bottle (no sharing). All drinking fountains will be off limits.

BEHAVIOR

If your swimmer can't follow physical distancing requirements, *he or she will not be allowed to practice or remain on the team*. Swimmers will remain appropriately spaced on land and in water and will not touch, therefore no handshakes, hi-fives, fist bumps etc. Swimmers will cover any coughs or sneezes using their elbows vs. their hands.

IN-WATER SPACING & TRAINING

Practice group sizes will follow current phase guidelines. MSS will follow suggested USA Swimming guidelines to appropriately start, stop and space swimmers in-water during practices. Starting blocks are off limits. Practices will be built upon a progressive return to swim and will focus on quality technique and effort vs. competition.

POOL/AOAC Staff/MSS COACHES

All pool staff/coaches are required to wear face masks on deck. Hand sanitizer, masks and PPE will be provided.

Staff will carry minimal personal belongings.

Attendance of coaches, swimmers, and staff in the facility will be taken on a daily basis in the event of a COVID-19 infection.

The AOAC will be cleaned using CDC-recommended products and procedures prior to the first practice and cleaned at required intervals throughout the day. High-touch areas

will be cleaned frequently. Educational signs on distancing, COVID19 and best practices will be posted throughout the AOAC and staff will be trained on new protocols.

All required capacity limits will be maintained in the facility as required by the associated phase and guidelines required by local or state law.