



**Ozaukee Aquatics Team Standard Operating Procedures
Effective September 1st, 2020- Cedarburg High School**

Swim Team Practice Protocol

A total of 32 individuals may be in the pool area at one time. We intend to have 30 swimmers in the water, attended by 2 coaches. If more than 30 swimmers register for a session, our three-hour time frame will be split into two, 90-minute practices to create additional opportunities.

There will be 3 - 4 swimmers per lane, with social distancing protocols (starting at opposite ends, staggering time on walls)

Our situation will be evaluated daily and adjustments will be made as necessary.

PPE Requirements

- All coaches will wear masks during practices.
- All athletes will wear masks entering and exiting the facilities, on deck, and during dryland activities (current dryland is being offered virtually and will continue online until further notice)

Note: Exceptions will be made for athletes with conditions that prohibit them from wearing a mask and can provide medical documentation.

Social Distancing Requirements

- Athletes and coaches must maintain 6-foot distance at all times.
- Small sections of the bleachers will be marked for athletes and their personal belongings to ensure social distancing. Once an athlete enters the building they will go to their grid spot and await instructions from their coach. Coaches will stagger release swimmers to their lane assignments, allowing for safe distancing.

Facility Procedures

- Coaches and athletes will be screened prior to entry.
- Temperature checks will be included as part of the screening process.
- One-way entrance and one-way exit, whenever possible. Swimmers will enter through door 9, and exit using the fieldhouse doors.
- If the one-way entrance and exit are not available, practice times will allow for enough downtime between groups to avoid mixing.

- All common areas including restrooms will be disinfected in between practices.
- Swimmers will be required to enter and exit the facility within 10 minutes of practice time. A coach will let them know when they can come to the building and will be responsible for clearing the deck within 5 minutes of practice completion. Coaches will be held to practice start and end times, with no exceptions for starting early or finishing late.
- Swimmers will leave bags and equipment on designated areas 6 feet apart. Areas will be disinfected after the athlete leaves.
- Additional guidelines and protocols will be added based on the recommendation of USA Swimming, our governing body.

Athlete/Family Protocol

- Athletes must arrive and depart in their swimsuit.
- There will be no access to the locker rooms downstairs unless emergency situations require so. The unisex restrooms will be available for bathroom purposes only. No changing or showering will occur.
- Athletes will wait near their car until the appropriate time to enter (10 minutes prior) and directed by the coach.
- Athletes will need to answer questions indicating whether they or any immediate family member feels ill, or have traveled outside Wisconsin recently. Swimmers may be asked to leave practice, and to assume quarantine procedures if deemed necessary.
- Athletes must leave the facility and facility grounds immediately at the conclusion of practice. Swimmers will not be allowed to congregate on facility grounds.
- Parents/spectators will not be allowed in the facility at any time, and are expected to practice social distancing while waiting for their athlete. Note: more than one coach/adult will be on deck at all times to comply with MAAPP guidelines.
- Athletes should bring their own water bottle (filled) and all other equipment required by the coach. No sharing and no storage at the facility.

Criteria that must be met to attend practice

- Cannot have had contact with anyone who has tested positive for COVID-19 in the last 14 days.
- Cannot have had a temperature over 100.4 degrees, cough, or difficulty breathing in the last 14 days.
- An athlete or staff member experiencing any symptoms of fever, recent cough, unusual fatigue, headache or has had anyone exposed to someone who has any symptoms should remain home and seek medical treatment. Any athlete or coach will not be able to return to practice until 14 days following the clearing of all symptoms.
- We ask our athletes to please practice responsible social distancing when they are away from the pool in an effort to keep everyone healthy.
- Any individual that tests positive for COVID-19 will report it to our staff immediately.