



GREATER HARTFORD YMCA SWIM TEAMS BACK TO PRACTICE GUIDELINES

WELCOME BACK SWIMMERS:

Greater Hartford Swim Team Family, we are experiencing unprecedented times. It has been difficult to explain to our children, and even harder for us to understand. We are navigating uncharted waters, but what we know for certain is that we miss you, that we remain committed to you, and we will get through this together.

As we continue to navigate COVID-19, we want you to know that our commitment to the YMCA, the Greater Hartford Swim Team, and our community remains the same. We want to thank you for your patience, commitment, and support. We cannot wait to start practicing again, and we plan to re-open our pools on June 22.

First, we understand that not all families currently feel comfortable returning to swim practice. While your participation is welcome, we understand and support any decisions to postpone your return to the water. We would like to emphasize that each family should do what they feel in their best interest.

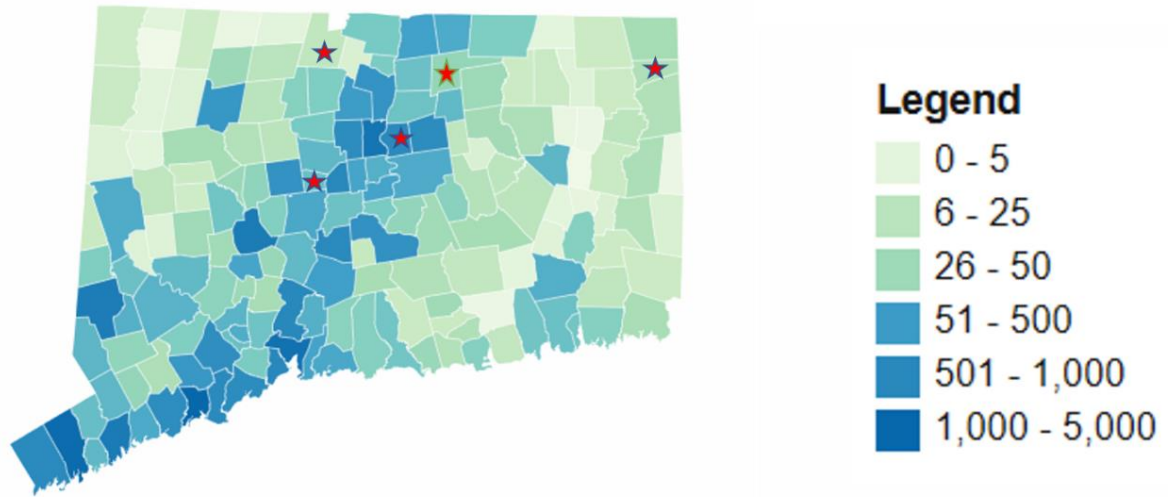
Our plan to return swimmers to the water depends on everyone's (swimmers, parents, and staff) cooperation and adherence to safety protocols. Please be sure to read through our safety expectations at the end of this document. We also expect everyone in the GHYMCA family to continue practicing social distancing both at and away from the pool. By doing this, it shows you respect your teammates, their families, staff and community. Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in swim team activities may be suspended. Our staff also reserves the right to discontinue practices at any time should they feel safety expectations are not being met.

* MAY NOT APPLY TO ALL TEAMS

THE GREATER HARTFORD DATA:

The efforts of Connecticut community have paid off, and the State of CT has experienced a decline on hospitalizations from the virus and cases confirmed. As a result, the state of CT has move to phase 2 of the reopening process, allowing the YMCA of Greater Hartford and the swim team to safely, carefully and slowly open.

Click on the Map for Update Data:



COVID-19 cases and associated deaths include confirmed plus probable.

Source: [CT Department of Public Health Get the data](#) Created with [Datawrapper](#)

POINT OF CONTACT:

- Kim Scofield-Gamboa will be responsible for lead all aquatics and swim team COVID-19 liaison responsible for staying up to date on community and state recommendations and any associated changes. If you have any questions about the reopening process, please contact our Head Swim Coach or Director of Competitive Swimming.

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FACILITIES CONSIDERATIONS:

The YMCA of Greater Hartford has created a plan for Sanitation for all surfaces and areas of the YMCA as well as traffic patterns.

1. Facilities access

- There will be limited access to the pool deck. Coaches, Lifeguards, and Swimmer will have access to the pool deck.
- There will be limited pool deck access for parent. Please check with your team to see what their policy is.
- Depending on your facility there may be limited Locker room access. Swimmer's must come to practice in their swimsuit; Locker rooms will not be available for changing.

- There will be no use of the bubbler. Each swimmer should have their own filled water bottle that is clearly marked with their name.
- The facility and the pool will operate with 50% capacity.
- The team will operate with limit number of swimmers per lane.
- Limited number of swimmers in each training group. Starting with our senior and older athletes.
- We will slowly phase in more swimmers of younger ages.
- We will not be using equipment in the first few steps of our reopening plan.
- To help limit hard surface contact we will have coaches stationed at the pool doors to open and close them for the swimmers.
- The YMCA of Greater Hartford has reviewed the OSHA guidelines, CT state guidelines, and CDC guidelines.
- *The YMCA of Greater Hartford is working with Trinity Health of New England to ensure the health and safety of our members and staff.
- Swimmers must exit the building immediately after practice and not congregate in or outside the building.
- Parents picking up and dropping off swimmers must park in the parking lot and not stop at the front doors.
- *We are ensuring the air circulation and flow is adequate to the state guidelines.



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2. Sanitation protocol:

- The coaches and staff will follow YMCA of Greater Hartford Enhanced Cleaning and Safety Protocols to ensure proper cleaning and safety procedures.
- Our pools will ensure that the state standards for chlorine levels and chemical levels will be maintained at all times.
- There will be a break between each group to allow for social distancing and sanitation protocols.



3. Screening to come to practice

- *Swimmers will access the facility through the front door and will leave through the front door.
- They will have their temperature taken at the front door. Anyone with a temperature at or over 100 degrees will not be allowed into the YMCA of Greater Hartford.
- A coach or staff member will ask swimmers, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes reporting feeling ill or experiencing symptoms. Symptoms include Fever (100°F or greater), Sore throat, Shortness of breath, Headache, Cough, Muscle aches, Diarrhea, New loss of taste or smell, Chills and/or repeated shaking, Have you been in contact with anyone diagnosed with COVID-19, or other symptoms identified by the CDC.
- Swimmers/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/ sneezing dissipates.



4. When not to come to practice

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- If a swimmer has a Fever (100°F or greater), Sore throat, Shortness of breath, Headache, Cough, Muscle aches, Diarrhea, New loss of taste or smell, Chills and/or repeated shaking, Have you been in contact with anyone diagnosed with COVID-19 or other symptoms listed by the CDC.
- Anyone in their household has symptoms or tested positive for COVID-19.
- They have been exposed to anyone who has symptoms or tested positive for COVID-19.
- They have traveled overnight out of state within the last 14 days.
- There will be no penalty for athletes missing practice due to Covid-19.

MITIGATING HAZARDS

1. In addition to the Mitigation hazards content on the YMCA of Greater Hartford reopen plans the swim team will take the follow steps:

- Swimmers will not use the locker room to change only to use the bathroom in an emergency.
- *Swim Team will not have dryland practices inside.
- Swimmer will have to bring a basket or extra-large bag to keep all belongs off the deck to reduce the areas they touch.
- The Deck will be marked to indicate appropriate spacing.
- Swimmers will enter the pool following YMCA of Greater Hartford reopen plans.



2. Safety of staff

- Staff and coaches will follow the YMCA of Greater Hartford reopen plans if the get sick or feel sick.
- Coaches will use Personal Protective Equipment (PPE) such as masks.
- Always keep Spacing 6 feet away from swimmers.
- Parent volunteer will help supervise pool and locker room entries.

* MAY NOT APPLY TO ALL TEAMS

PRACTICE CONSIDERATIONS:

- Practice time are subject to change.
- Each facility coaching staff will send out practice schedule and lane assignments for the Swimmers.
- If a swimmer is going to miss practice, in order to maximize our practices please contact the coach if you are going to miss 24 hours in advance.
- If you are sick or have symptoms, please contact the coach ASAP.
- In the first few weeks of practice groups will have limited practice time that will be an hour or less.
- We will be following the USA swimming guidelines for social distancing in the pool.
- Swimmers will be put in lanes with similar abilities and speed.
- Swimmers will start from opposite side of the pool.
- Workouts will be posted on both ends of the pool.
- Staff/coaches protective measures will follow YMCA of Greater Hartford reopen guidelines.
- YMCA of Greater Hartford in ensuring all standards for Safe Sport are maintained.
- Allow some parent volunteer help with the flow.

COMMUNICATION

- Coaches will be hosting zoom parent/ swimmer meetings to present information and planning for our reopening. They will be presented with a PowerPoint.
- Coaches will be sending out update emails informing parents of time changes and returning groups.
- The YMCA of Greater Hartford will be sending out newsletters with information about the YMCA.



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SPECIAL RECOMMENDATIONS

- Swimmers must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- There is no penalty for missing practice and that if a swimmer, or any member of their family does not feel well, they should stay home.
- Risk factors participants include autoimmune disease, diabetes, asthma, cardiovascular disease, should analyses their risk before making the decision to come to practice.
- All YMCA of Greater Hartford members and participants must sign the new liability waiver upon entry of the YMCA.
- Swimmers and families who travel overnight outside of the state will need to self-isolate for 14 days before returning to practice.
- All staff, swimmers, parents and participants should not swim if they or anyone with whom they reside: Are exhibiting any symptoms of the coronavirus: Fever (100°F or greater), Sore throat, Shortness of breath, Headache, Cough, Muscle aches, Diarrhea, New loss of taste or smell, Chills and/or repeated shaking, Have you been in contact with anyone diagnosed with COVID-19? or other symptoms identified by the CDC.
- Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.



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PAYMENT FEES

We are pleased to have a pool to call home. At this moment our monthly fees will remain the same in order to support our YMCA of Greater Hartford and our team. Any family going through a hard time please reach out to your head coach for consideration of financial support. All information will be kept confidential.

SWIMMING SAFELY USA SWIMMING

BEFORE SWIMMING

- All swimmer must wear a mask when entering the facility.
- 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.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle, clearly mark.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to your practice time to ensure social distancing.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

DURING SWIMMING

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice.
- When swimming do not stop and stand to let swimmers pass. Slow down a little and let another swimmers pass.
- Swimmers must follow protocols if they do not a conversation will be set up with the parents and swimmer with the coach.

AFTER SWIMMING

- Once a swimmer is dry, they must put their mask back on.
- Leave the facility as soon as reasonably possible after practice.
- Do not use the locker room or changing area.
- Shower at home, wear your suit to and from practice.

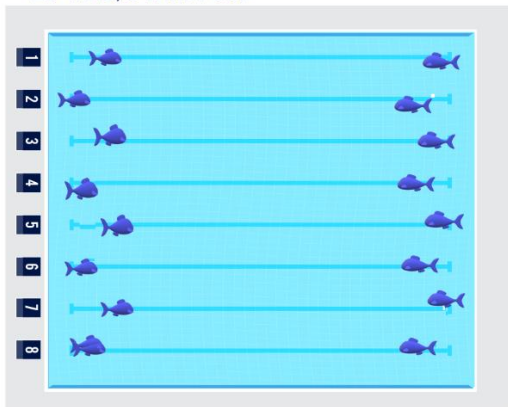
PARENT CONCIDERATIONS

- Swimmers should still be active for at least 60 minutes per day, even though they can't gather.
- As we return to action, we must consider injury and progressive return.
- At-home workouts must be simple, low impact and low risk. Returning to the pool should complement the at home dryland workouts.
- Must emphasize movement quality, not the quantity of exercise; proper movement is key.
- Parents should use downtime to ensure all safe sport certifications are completed and submitted to coaches.

POOL DIAGRAM FOR 2 SWIMMERS PER LANE



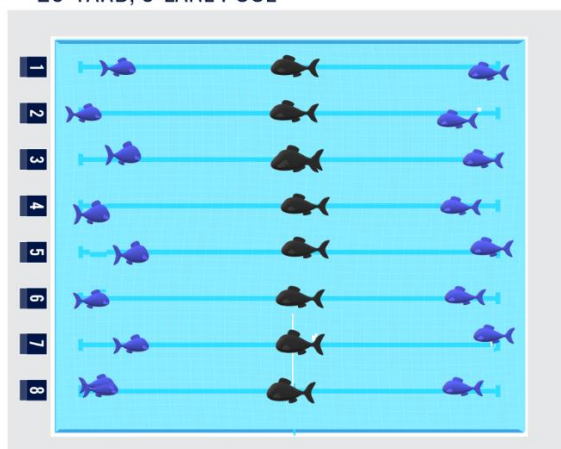
SOCIAL DISTANCING PRACTICE LAYOUT BLANK
25-YARD, 8-LANE POOL



POOL DIAGRAM FOR 3 SWIMMERS PER LANE



SOCIAL DISTANCING PRACTICE LAYOUT BLANK
25-YARD, 8-LANE POOL



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WHAT TO EXPECT NOW AT THE Y

Your safety—and the safety of all of our staff, members and guests—is our number one priority. Together, we must proceed carefully if we want to keep our pools open.

The YMCA of Greater Hartford's protocols focus on three key mitigation strategies are based on guidance and mandates from health officials and government leaders:

- Meeting social distancing requirements.
- Using proper Personal Protective Equipment (PPE).
- Implementing stringent cleaning and disinfecting protocols.