



Swim Team Guidelines and Protocols

We are committed to continually monitoring the recommendations and developments from the appropriate health agencies – which means we're ready to update our processes and actions accordingly to help prevent the spread of the coronavirus, as well as any other health concerns. This is still a dynamic situation which may require that we modify our procedures or modify our guidelines once practices resume.

Protocols and policies listed below will be in place as follows, with possible modifications as needed. We will either republish the following guidelines as is or publish revised guidelines based on evaluation as needed.

**We are aware of the continued risks COVID-19 will continue to impose. As an organization we have established protocols and policies to mitigate exposure, we must emphasize that our patrons are equally committed to upholding the facility and wellness guidelines.*

Facility Policies

- Hand sanitizer will be provided at pool deck entry points and multiple places throughout the facility. Please use the hand sanitizer upon entering and leaving the facility.
- The locker rooms will not be open for showering or changing, but will be open for bathroom use. We want to minimize usage when possible.
- Swimmers are asked to arrive and depart in their swimsuits. Locker room usage is allowed for necessary restroom usage though we request swimmers arrive & depart in swimming attire. Deck changing (i.e., changing into or out of swimsuit on the pool deck) is not permitted.
- There will be staff monitoring the number of individuals that enter the restrooms.
- Locker rooms and bathrooms will be frequently sanitized during practices or lessons.
- Masks are necessary for anyone coming to the facility above the age of 8.
- Crawfish coaching staff will wear masks when interacting with swimmers on the pool deck and at the facility, however coaches who get in the water to teach will not wear masks while in the water or when swimmers are in the water.
- Equipment from the equipment bin will not be available; swimmers must bring their own equipment bags daily to practices. Swimmers may not share equipment (Senior Black and White- be sure to have a functioning snorkel for all workouts).
- Parents are asked to wait in their cars while waiting for swimmers to finish practice. Parents and siblings will not be allowed to wait inside the facility at this time. We also need to keep the Crawfish parking lot clear of any group gatherings.

The CDC has indicated that there is no evidence Covid-19 can be transmitted in a properly maintained pool. We have an automated sanitization system that includes the use of chlorine and other products and staff with daily responsibilities to ensure the pool is properly balanced. Additionally, we have stringent monitoring, checks and balance procedures in place.

Health Responsibilities & Wellness Checklist: Staff, Parent/Guardian, Swimmers

No staff or swimmers should attend practice if they do not feel well.

- **Staff:**
Any staff member with a temperature over 100 degrees will be sent home and not allowed back to work until cleared by a doctor. Additionally, they will be asked wellness questions that require a



"No" response to be permitted to work each shift.

- **Swimmers/Participants:**

Each day swimmers will need to be able to confirm a "No" to each of the wellness questions in order to participate in the practice session.. Athletes age 10 and older can answer these questions independently.

- **Wellness Questions:**

Staff and lesson/swim team participants must be able to answer **NO** to the following questions:

1. Have you been in contact (Less than 6 feet for more than fifteen minutes or living in the same household) with a person who has tested positive for COVID-19 in the last 14 days?
2. Do you or anyone you live with have any of the following symptoms:
 - a. A Mild to severe respiratory illness
 - b. Fever of 100.0 or higher
 - c. Persistent Cough or difficulty breathing
 - d. New loss of taste or smell
 - e. Vomiting and Diarrhea

Practice Arrival and Departure- outdoor pool

Arrival

- Swimmers will enter the outdoor pool from the parking lot gate. Parents are asked that they move their cars from the CA lot to street parking after dropping off swimmers to make room for others that need to drop off.
- Athletes will be permitted to enter the facility 5 min before practice starts. Wait for a coach to indicate that the deck is open for swimmers to enter.
- Bring a full water bottle, the ice machine will not be available for swimmer use.
- Bags and personal items will be placed on the benches near the indoor pool or the upstairs tables. Coaches will let swimmers know as they arrive which space they will use for bag storage each day.
- Swimmers will have designated lane and deck assignments to report to once on the pool deck and social distancing will be maintained.
- Avoid touching gates, fences, benches, etc. when possible. They will continue to be propped open.

During

- Follow directions for spacing and the lane assignments. Follow social distance guidelines when on the deck.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Swimmers may not share drinks, towels, equipment, etc. There will be no shared equipment available for athletes until determined they can be shared safely.

After

- Although finishing practices with a group "CA" or other cheer is a strong tradition, this will be suspended until we are safely able to do so.



- Following practice swimmers will depart through the gate on Susan Street. Swimmers can either be picked up by a parent in a car, or parents can walk from their street parking to the gate to walk their swimmer back across.
- Please leave the facility in your swimsuit. The locker rooms will not be open for changing.
- Swimmers must be promptly picked up at the end of practice.
- No congregation after the practice session ends. Senior athletes driving to practice may not hang out in the parking lot.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.

Limited Occupancy, Social Distancing

- **Overview of Practice Layouts and Swimmer Assignments**
 - There are 15 minute time gaps between workouts to promote entry and exit of the pool area with limited contact between members.
 - Social Distancing guidelines will be enforced.
 - Crawfish Aquatics will be operating well under the required capacity limitations for our pool and facility and will make every effort to maintain proper spacing between swimmers in each lane.
 - Each swimmer will have an assigned “zone” in a specified lane where they will start from and finish to during practice sets.
- **Non-participants:**
 - Anyone not participating in a swim practice should not be in the facility or pool deck area outside of dropping off or picking up a swimmer. Please, wait in your car.
 - Siblings must remain with their responsible adult.

Inclement Weather

- In the event of inclement weather the practice session will be cancelled.
- If there is the potential of inclement weather during a practice, parents are asked to remain on site in their car. If we stop practice early, parents need to be there to pick swimmers up as soon as possible.
- Please check your email prior to coming to practice each day in case of other important updates or modifications. *We will practice in light rain when there is no lightning or thunder provided we have appropriate visibility above and below the water. Groups that practice indoors will have practices even in rain.*