



## **Swim Team Guidelines and Protocols (effective July 3, 2020)**

*As an organization we have established protocols and policies to mitigate exposure and ask that our patrons be equally committed to upholding the facility and wellness guidelines.*

### **Face Masks**

#### ***Masks or Facial Coverings Required as mandated by guidelines of the EBR Executive Order***

Masks are required for anyone entering the indoor facility, sitting along glass doors side of the indoor pool deck while watching practices or any time social distancing in the common areas outside is not possible. Swimmers grades 3rd and above should wear masks while entering the indoor facility prior to practice and upon exiting the facility after practice.

### **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 in the indoor pool area and the portable restrooms will be open but 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.
- Staff will be monitoring the number of individuals that enter the locker rooms.
- Locker rooms will be periodically sanitized during practices or lessons.
- Crawfish coaching staff will wear masks when on the pool deck and social distancing is not possible from athletes, however coaches who get in the water to teach will not wear masks while 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. All groups that have gear will be using their gear.
- The back hall and outdoor bleachers will be available for seating for those remaining on site that cannot wait in their vehicles. We ask you that the chairs and benches remained spaced as we have set. They will only be sanitized at the end of each day. Additionally, the back hallway bus is off limits for play.

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:**  
Staff member temperatures will be taken before every shift. 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 2 wellness questions that require “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**

### ***Arrival***

- There are assigned entry points depending on the pool your group is training in (*see facility map/ pool layout*).
- Athletes will be permitted to enter the pool deck once the previous group in the water has exited the pool. Wait for a coach to indicate that the deck is open for swimmers to enter.
- Bring a full water bottle.
- Coaches will direct athletes on where to place their bags and personal items depending on the pool and lanes that specific group is swimming in.
- Swimmers will have designated lane and deck assignments to report to once on the pool deck and social distancing will be maintained.

### ***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***

- Following practice swimmers will depart through the exit designated for the pool they train in for pick up (*see facility map/ pool layout*)
- When possible, please leave the facility in your swimsuit in order to minimize the number of people using the locker rooms.
- Swimmers must be promptly picked up at the end of practice.
- 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.
- 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.

## **Facility/Pool Entry, and Pool Exit for Practices**

Summer Schedule/Pool Assignments by group are here: <http://www.crawfishaquatics.com/swim-team/covid-19>

### **Practice Groups in the Outdoor Pool- MORNING Novice and 8 & U**

-Drop off / Pick up at Zone 2

- Swimmers will enter the main gate/ramp from the main parking lot.
- Coaches will meet swimmers starting 5 minutes prior to the practice time outside the gate.
- Following practice, they will be walked back to the same area for pick up.

### **Practice Groups in the Outdoor Pool - AFTERNOON Novice**

-Drop off / Pick up at Zone 1

- Swimmers will enter the "side gate" that faces the main driveway entering from Anselmo (the Associated Grocers side of the pool- opposite of the main parking lot entrance).
- Coaches will meet swimmers starting 5 minutes prior to the practice time outside the gate.
- Following practice, they will be walked back to the same entrance for pick up.

### **Practice Groups in the Indoor- Scoreboard Pool**

*This is the Renaissance side of the indoor facility*

-Enter at Zone 5 and exit at Zone 6

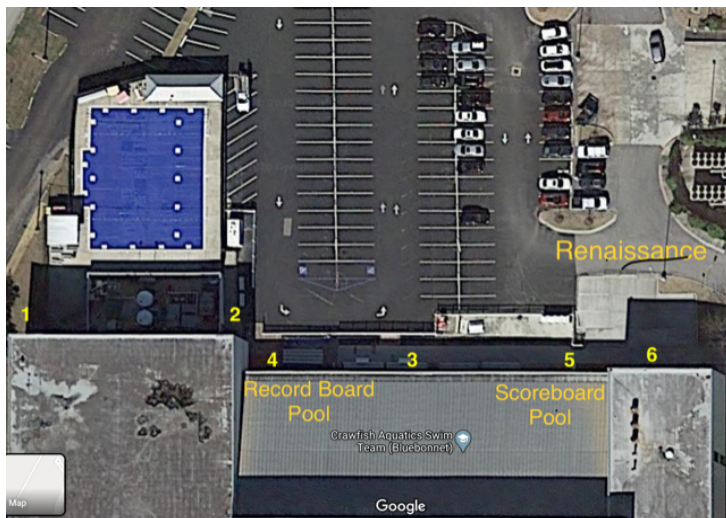
- Swimmers will enter through the first set of open garage doors at that end of the pool (zone 5) and following practice will exit through the back hallway for pick up.
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time.

### **Practice Groups in the Indoor- Record Board Pool**

*This is the end of the indoor facility closest to the outdoor pool*

-Enter at Zone 4 and exit at Zone 3

- Swimmers will enter through the first set of open garage doors at that end of the pool, by the Info Booth (zone 5) and following practice will exit through the garage doors between the 2 pools
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has cleared the pool deck.





## **Limited Occupancy, Social Distancing**

- **Overview of Practice Layouts and Swimmer Assignments**
  - Group start / finish times have been staggered to allow for entry and exit of the pool areas with limited contact between members.
  - Social Distancing guidelines will be maintained on deck and in the water.
  - Crawfish Aquatics is 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 on the pool deck area outside of dropping off or picking up a swimmer. When possible and appropriate, please wait in your car during the practice.
  - Families waiting in the common outdoor areas must be mindful of their own social distancing from other members outside of your family unit. *This limited occupancy allowance is subject to change as we learn how well social distancing is achieved on the pool deck and in the seating areas.*
  - Siblings must remain with their responsible adult when in the common areas and locker room areas. Anyone under 12 must remain with their accompanying parent/guardian at all times.

## **Inclement Weather & the Outdoor Pool**

- *We will continue practice in the outdoor pool in light rain when there is no lightning or thunder provided we have appropriate visibility above and below the water. Practices will not be cancelled.*
  
- Swimmers will be moved to the indoor pool when conditions do not allow classes to run in the outdoor pool. In order to maintain appropriate numbers in the indoor facility, only swimmers, instructors and coaches will be in the indoor pool area during the practice.