



Swim Team Guidelines and Protocols: May 18-June 5, 2020

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 through June 5 with possible modifications as needed. As we shift to a new practice schedule June 8, we will either republish the following guidelines as is or publish revised guidelines based on evaluation of our first three weeks.

**While we are excited to re-open Crawfish Aquatics, 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

- Enter the facility through the gate with the ramp. If facing the office from the street this will be on the right hand side.
- Exit the facility through the gates with steps. If facing the office from the pool side the exit will be on the right hand side.
- Hand sanitizer will be provided at pool deck entry points, exit points and multiple places throughout the facility. Please use the hand sanitizer upon entering and leaving the facility.
- The locker rooms will be closed. The restrooms in the office will be used for emergency use only.
- Swimmers are asked to arrive and depart in their swimsuits. Office Restroom 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 swim suit on the pool deck) is not permitted.**
- There will be staff monitoring the number of individuals that enter the office and use the restrooms.
- Restrooms and common areas will be frequently sanitized during practices or lessons.
- Masks are preferred for anyone coming to the facility and staying in the common areas during practices.
- Crawfish coaching staff will wear masks when 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.
- Equipment from the equipment cabinets 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).
- There will be no strength training at the pool during the first three weeks of practices. We will make a determination of when we implement that back into our program based on guidance and our ability to properly sanitize the room and equipment. At home strength training will continue to be provided to maintain that component of the program.
- The area under the pool pavilion will be available to sit for those who cannot sit in their vehicles. We ask you that the benches remained spaced as we have set. They will only be sanitized at the end of each day. The bleachers on the opposite end of the pool are not to be used at this current time. You may bring your chair if you would like but we ask that you stay under the pavilion.



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

- Swimmers will enter the pool from the gate on the ramp side of the pool office. From the street side of the office this will be on the right hand side.
- 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.
- Bags and personal items will be placed outside under the viewing window of the office.
- 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.

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 the step side of the office..
- When possible, please leave the facility in your swimsuit in order to minimize the number of people using the office rest rooms.
- 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. 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 restroom areas. Anyone under 12 must remain with their accompanying parent/guardian at all times.

Inclement Weather

- If there is the potential of inclement weather, parents are asked to remain on site in their car. If we stop practice early, students will be walked to under the pool pavilion, spaced out and wait to be picked up by parents.
- Please check your email prior to coming to practice each day in case of other important updates or modifications. This includes if there is inclement weather prior to the start of practice. We will attempt to notify you via email if practice will be cancelled prior to its start due to inclement weather. *We will practice in light rain when there is no lightning or thunder provided we have appropriate visibility above and below the water.*