

## Team Covid Operational Plan

### Health Monitoring

- If you have experienced any of the below symptoms but have a known cause (asthma, allergies, stomach or intestinal conditions, etc.), use your best judgement to determine if your symptoms are different than your normal symptoms. If you are unsure or have a known exposure to COVID-19, stay home and contact your healthcare provider for further guidance.
- In the past 72 hours if you have experienced any of the following symptoms, you may not be permitted to attend practice:
  - fever (100.0°F or higher)
  - chills
  - repeated shaking with chills
  - shortness of breath or difficulty breathing
  - fatigue
  - muscle or body aches
  - headache
  - new loss of taste or smell
  - sore throat
  - congestion or runny nose
  - nausea or vomiting
  - diarrhea
- If you have had any known exposure to someone who has any COVID-19 symptoms, (which includes family and friends) you should remain at home and/or seek medical treatment. If any athlete or staff has a fever or symptoms of illness, they may not attend a practice until 72 Hours after the fever or symptoms have ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Coaches will check temperatures of athletes before allowing them on deck. Athletes with a temperature of 100.0 or higher will be sent home and not allowed to return until 72 hours after last symptoms.
- Everyone will complete a Daily Health Survey before every practice, and no more than 12 hours prior to that practice.
- Team will maintain a practice log of athletes attending practice that will include the temperature taken at arrival.
- Coaches will stay 6 feet away from athletes, unless there is an emergency.
- Coaches will strictly follow and enforce all guidelines
- Coaches will wear a mask at all times, and wash their hands regularly.
- A team member should let their school nurse know that they are self-reporting symptoms of COVID-19, have had a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 10 days.
- The Rec Center may impose a team shutdown with a positive test on our team.

## Entry/Exit

- Swimmers must sign the Waiver and Release of Liability prior to the first practice.
- Coaches and Athletes will arrive at the Rec Center wearing masks.
- Coaches and athletes will Enter/exit from the front door to help facilitate a supervised flow of athletes into and out of the facility.
- Coach will check and log temperature, and if acceptable, will send the athlete to a designated staging area outside of the facility.
- Once clear to come in, athletes can come to the door, maintaining social distancing.
- All athletes arrive and leave in suit. NO on site changing permitted.
- In the pool area, the athlete will leave their backpack at the staging area. Athletes may only take a water bottle and their inhaler, if they use one, to their lane. Athletes who use inhalers will keep the inhaler inside a zip-loc baggie.
- Practice time will be actual in water swimming and will not include social time prior to getting in the pool. Swimmers must get right in the water when told.
- Athletes must wear masks when entering and exiting the pool area and during any activities on land. They must wear their mask until they are ready to put caps and goggles on and enter the water.
- When athletes enter or exit the water, they must maintain proper social distancing.
- At the end of practice athletes will return to the Bag Drop area to retrieve their towels and personal items.
- No changing out of suit at the completion of practice.
- Athletes must leave the pool deck in a timely manner at the completion of their scheduled practice time.
- Swimmers who cannot maintain the level of social distancing required, or cannot follow our team procedures, will not be able to attend practices until they are able to do so.
- Parents/Spectators will not be allowed in the facility at any time and are expected to practice social distancing, including a wearing a mask when waiting for their swimmer.