

AQUAJETS RE-ENTRY PROCEDURES FOR SPRING-SUMMER 2020

Prepared: Friday, May 15

Revised: Friday, May 29

- Anticipated start date for Senior/National groups: Tuesday, May 19
- Anticipated re-start date for Senior/National groups: Monday, June 1
- Anticipated start date for Junior 2 and Junior 3 groups: Week of June 1
- Anticipated start date for Junior 1 and Bluelightning: Week of June 8

OVERVIEW

Safety is our No. 1 priority as we prepare to get back in the water with a modified schedule. Aquajets will stay in accordance with all state and local health guidelines. Practice capacity and duration will be limited for all groups, and social distancing – staying six feet apart at all times – will be strictly enforced.

We envision this to be a multi-phase process as we introduce swimmers back to the pool. The plan outlined here is Phase 2. We will not put a timeline on when we will proceed to Phase 3, or what Phase 3 will entail. Instead, we will evaluate the safety and effectiveness of Phase 2 accordingly and use this information to develop our next steps.

All coaches, swimmers and volunteers are required to wear face masks to enter and exit the building. Coaches and volunteers will wear face masks on deck except when all swimmers are in the water.

Locker rooms will be off-limits, and bathrooms will be available for emergency use only, one person at a time. Drinking fountains will also be unavailable.

Swimmers will be assigned to a practice group and a lane and these assignments will be permanent until further notice. If a swimmer can't get to their assigned practice on a certain day, they will NOT be allowed to come to a different practice, no exceptions. We understand some kids may not be able to attend all practices or feel comfortable attending practices right away. There is no penalty for missing practice at any time.

Our plan to reintroduce athletes to the water depends on everyone's (athletes, parents, and coaches) cooperation and adherence to our safety protocols. We expect all Aquajets swimmers, coaches and parents to practice social distancing both at and away from the pool. By doing this, it shows that you respect your teammates and their families, and the Aquajets coaches and their families.

If we feel anyone is consistently not adhering to social distancing guidelines (staying six feet away from others, avoiding large gatherings), that swimmer may be temporarily suspended from Aquajets practices. The Aquajets coaching staff and the Board also reserves the right to discontinue practices at any time should we feel safety expectations are not being met.

ARRIVAL

All swimmers should arrive at the pool in their swimsuit with a full water bottle and an empty bladder. Swimmers will need to bring their own mesh bag of equipment with them each day (see below). Swimmers should not bring any items other than those necessary for practice and should not arrive more than ten (10) minutes before the start of their scheduled practice time. If a swimmer (with or without parents) arrives more than 10 minutes before their scheduled practice time, they must wait in their cars until it is time to be admitted. Social gatherings in the parking lots before or after practice is prohibited.

ALL swimmers must enter through the door at the back corner end of the building, staying six feet (6') apart at all times. Swimmers who do not drive themselves must be dropped off. No parents, other than volunteers, will be allowed in the building before, during or after practice, to avoid more bodies in the

vicinity than necessary. Parents will be expected to practice social distancing when waiting for their swimmer. We understand this may bring Safe Sport concerns; [contact Amanda Solt](#), Aquajets' Safe Sport liaison, with any questions.

A parent volunteer will be taking each swimmer's temperature at the door. Any swimmer with a temperature of 99.5F degrees or higher will be sent home immediately. Any athlete, coach or volunteer experiencing any symptoms of a fever, recent cough, unusual fatigue, headache, or who has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment. If any athlete or coach with a fever or symptoms of illnesses may not attend a practice until 14 days after the fever or symptoms has ceased.

Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19. For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing (staying 6' away from others, avoiding large gatherings) when they are away from the pool as well.

A parent volunteer will ask each swimmer at the door if he or she has experienced the following within the past 72 hours:

- Cough (unrelated to seasonal allergies)
- Difficulty breathing or shortness of breath
- Sore throat
- Severe fatigue
- Nasal congestion (unrelated to seasonal allergies)
- Loss of sense of smell or taste
- Chills
- Loose stools

If the swimmer answers NO to all of the questions, he or she can proceed to the pool, staying 6' away from the person in front of them. A swimmer answering YES to *any* of the questions will be sent home.

PLEASE NOTE: Parents who are dropping off their swimmer will need to wait in the parking lot for their swimmer to be admitted before leaving. Swimmers who are not admitted to practice for the health reasons listed will not be allowed in the building.

Admitted swimmers will enter the pool area, 6' apart, from the locker room hallway through the double glass doors which will be propped open to avoid unnecessary surface contact. Swimmers will leave their backpacks and street clothes on the deck on a marked space (6' apart) in their designated Pod based on their lane assignments and go to their assigned lanes with their mesh bags, wearing their face mask until they enter the water. All swimmers should store their face masks in a plastic baggie while they are swimming.

Bags/Belongings Placement - to stay in compliance with pods (groups) of 10 or less, swimmers' areas for keeping their bags, towelings off, etc., will be grouped together based on his or her lane assignment and color-coded with big taped X's. For example, all swimmers starting in the deep end of the 8-lane pool will place their bags in one area, while the swimmers starting in the shallow end of the 8-lane pool will place their bags in another area. The assigned areas for bags/belongings are:

- 8L Pool Shallow End = **Green Pod**. Bags will be stored along the side of the pool by the buckets and mesh bag hooks.
- 8L Pool Deep End = **Yellow Pod**. Bags will be stored behind your lane next to the wall
- 5L Pool Shallow End = **Pink Pod**. Bags will be stored on the mesh bag hooks along the side of the 5L pool.
- 5L Pool Deep End = **Purple Pod**. Bags will be stored in the parent viewing area, away from the shark tank.
- Shark Tank = **Orange Pod**. Bags will be stored just outside of the Shark Tank.

Entering the Pool Area - some swimmers will take a few different routes when entering the pool area from the hallway to get to their Pods. Signage is posted to help direct traffic as well.

- Only Green Pod swimmers will walk in the pool and go left to walk to their assigned bag spot.
- All other pods will go right:
 - Only Yellow Pod will walk in between the 8L and 5L pools to their assigned bag spot.
 - All other pods will walk along the wall of the 5L pool to their assigned spots as they did before.

Swimmers and families who travel on an airplane during Phase 1 and Phase 2 will need to self-isolate for 14 days before returning to practice.

PRACTICE

As previously stated, swimmers will be assigned a practice group time and lane and those assignments are permanent while Aquajets is following social distancing guidelines. Coaches and volunteers will wear face masks unless all swimmers are in the water.

Swimmers will be responsible for their own equipment and mesh bag. Sharing of equipment will NOT be allowed at any time, and extra equipment will not be available on deck. Swimmers will need the following items for practice:

- Face mask and plastic baggie for storage
- Fins
- Paddles
- Buoy
- Snorkel
- Filled water bottle

Kick-boards will NOT be used at this time. Swimmers will need to keep all of their equipment in their own mesh bag during practice when not using it. Swimmers should submerge their mesh bags as soon as they get to their lanes.

Two swimmers will be spaced in each lane as follows, and start/finish from these points only:

1. Deep end wall
2. Shallow end wall

Swimmers' water entries must be sit and slide only. No diving.

Practices will be written on the white boards at both ends of the pool. Swimmers will not get out of the water to discuss sets as they are used to. Team-owned headsets will not be used for sanitation purposes.

Once practice is complete, swimmers will put their face masks on and have five to seven minutes to dry off and exit the pool area through the main blue doors, which will also be propped open. Swimmers will not be allowed to change out of their suits in the building. Swimmers must wear their face mask at all times when in the building except when they are in the pool.

All swimmers will exit the building from the front doors leading to the main parking lot, staying 6' apart. Swimmers who drove to practice may have to walk around the side of the building (staying 6' apart) to get back to their cars. Parents should pick up their swimmers in front of the building following the usual queue procedures.

Social gatherings in the parking lot before or after practice is prohibited.

IN-BETWEEN PRACTICES

Coaches and volunteers will clean and sanitize the pool area and bathrooms as needed including all handles and areas touched by others during the practice.

The next practice group will be allowed into the building approximately ten minutes before their practice time starts.

POSITIVE TEST PROCEDURE

In the event that a swimmer, coach or volunteer tests positive, the following steps will be taken as established by the Aquajets COVID-19 Task Force:

1. The person must let the coaches know immediately.
2. If the person testing positive is a swimmer, his or her lanemates and the swimmers in the lanes next to them on both sides are required to self-isolate for 14 days unless at least 5 days after exposure a negative test result can be shown. Each case will be brought to the COVID-19 Task Force for review and the Board will make a final decision.
3. The Aquajets facility will be shut down for 24 hours for a deep cleaning. Contact tracing will be done and any swimmers, staff, or volunteers determined to be at risk will be notified and may be asked to follow quarantine protocol.
4. If a non-symptomatic swimmer has been in close contact with a person who later is known to have COVID-19, we respectfully ask that swimmer to remain away from the pool after possible exposure for 10 days with a negative test or 14 days from exposure.
5. If someone in a swimmer's household has symptoms or tests positive for COVID-19, we respectfully ask that swimmer to remain away from the pool after possible exposure for 10 days with a negative test or 14 days from exposure.

SAFETY PROCEDURES VIOLATIONS

Repercussions from violations of the COVID-19 Policy and procedures will be at the discretion of the coaching staff and BOD. Repercussions could include, but are not limited to: removal of the swimmer from the premises for one practice, one week of practice, or for the remaining part of the season.

No refunds will be provided for swimmers who are removed for behavior issues. Swimmer's parents will be immediately notified in all cases of violations.

Please email Danielle at Danielle@aquajets.com or speak with an Aquajets COVID-19 Task Force member if you have any questions, concerns or complaints regarding Aquajets' COVID-19 safety policies.

Kate Lundsten

Kate Lundsten, Head Coach/Executive Director



Stephen Zheng, President

5/29/2020

Date

5/29/2020

Date