

QuickSilver Swimming

Return to Pool Plan

*Enabling athletes to safely
return to the pool.*



Ensure Athletes are Safe to Return to the Pool

Athletes are **NOT** permitted to attend practices if...

- They have a fever, cough, shortness of breath or difficulty breathing, chills, head ache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC
- Anyone in household has symptoms or tested positive for COVID-19
- They have been exposed to anyone who has symptoms or tested positive for COVID-19
- Traveled within the last 14 days

Athletes must come to practice with...

- Face mask
- Practice equipment
- Wearing a swimsuit
- Pre-showered at home

An aerial photograph of a school campus. In the center, there is a large, rectangular swimming pool with a blue tiled bottom and lane markers. The pool is surrounded by a concrete deck. To the left and right of the pool are several school buildings with flat roofs. There are trees and a parking lot visible in the background. The text is overlaid on a semi-transparent dark grey box.

QuickSilver *Why Return to the Pool?*

- Outdoor activity
- Minimal touchable surfaces
- Chlorine is a disinfectant
- New practice process to ensure athlete safety
- Social distancing of 6'+ can be maintained both in and out of the water during organized swim practices

Return to Pool



CHLORINE &
COVID-19



RETURN TO POOL
ROADMAP



QUICKSILVER
FAQ

Chlorine & COVID-19



From the CDC...

Can the virus that causes COVID-19 spread through pools?

Proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19.

- Maintain proper disinfectant levels (1–10 parts per million free chlorine or 3–8 ppm bromine) and pH (7.2–8).
- CDC's [Model Aquatic Health Code](#) has more recommendations to prevent illness and injuries at public pools in parks.

From the WHO...

Virus type that causes COVID-19 is killed easily

Enveloped viruses are easier to kill than non-enveloped viruses: “Sars-CoV-2, the virus responsible for the Covid-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses”.

The World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus and coxsackievirus, and an enveloped virus such as Covid-19 would be inactivated at even lower levels.

Research



CDC

<https://www.cdc.gov/healthywater/swimming/residential/disinfection-testing.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>

WHO

https://www.who.int/water_sanitation_health/bathing/srwe2full.pdf

Articles

USA Swimming

<https://www.usaswimming.org/utility/community-quarantine-resources>

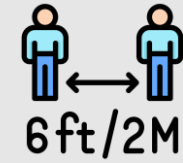
Swimming World

<https://www.swimmingworldmagazine.com/news/2008-uni-of-arizona-research-called-for-more-study-into-survival-of-coronavirus-in-water/>

SF Gate

<https://www.sfgate.com/bayarea/article/Swimming-pools-shelter-in-place-California-COVID-15240322.php>

Return to Pool *Road Map*



Entry Checks

1



Wait at Gate

2



Temp Check

3



Sanitize Hands

4



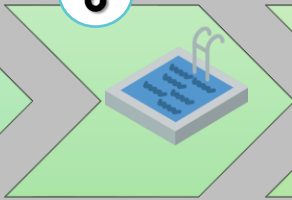
Go to Assigned Lane

5



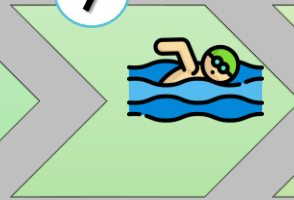
Set Items Down

6



3-point entry

7



Swim Practice

8



Dry Off & Retrieve Items

9

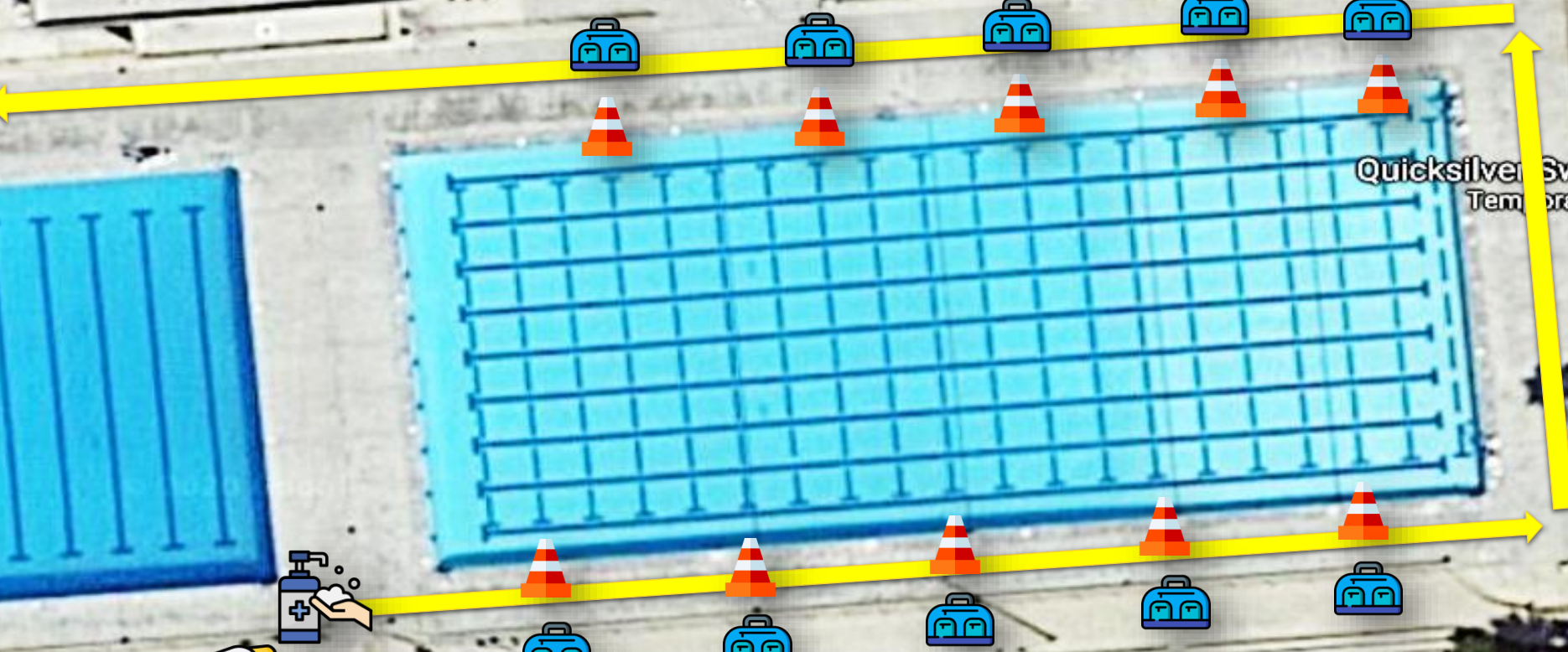


Exit Gate

Safe Swimming

Departure

EXIT



Quicksilver Swimming
Temporarily closed

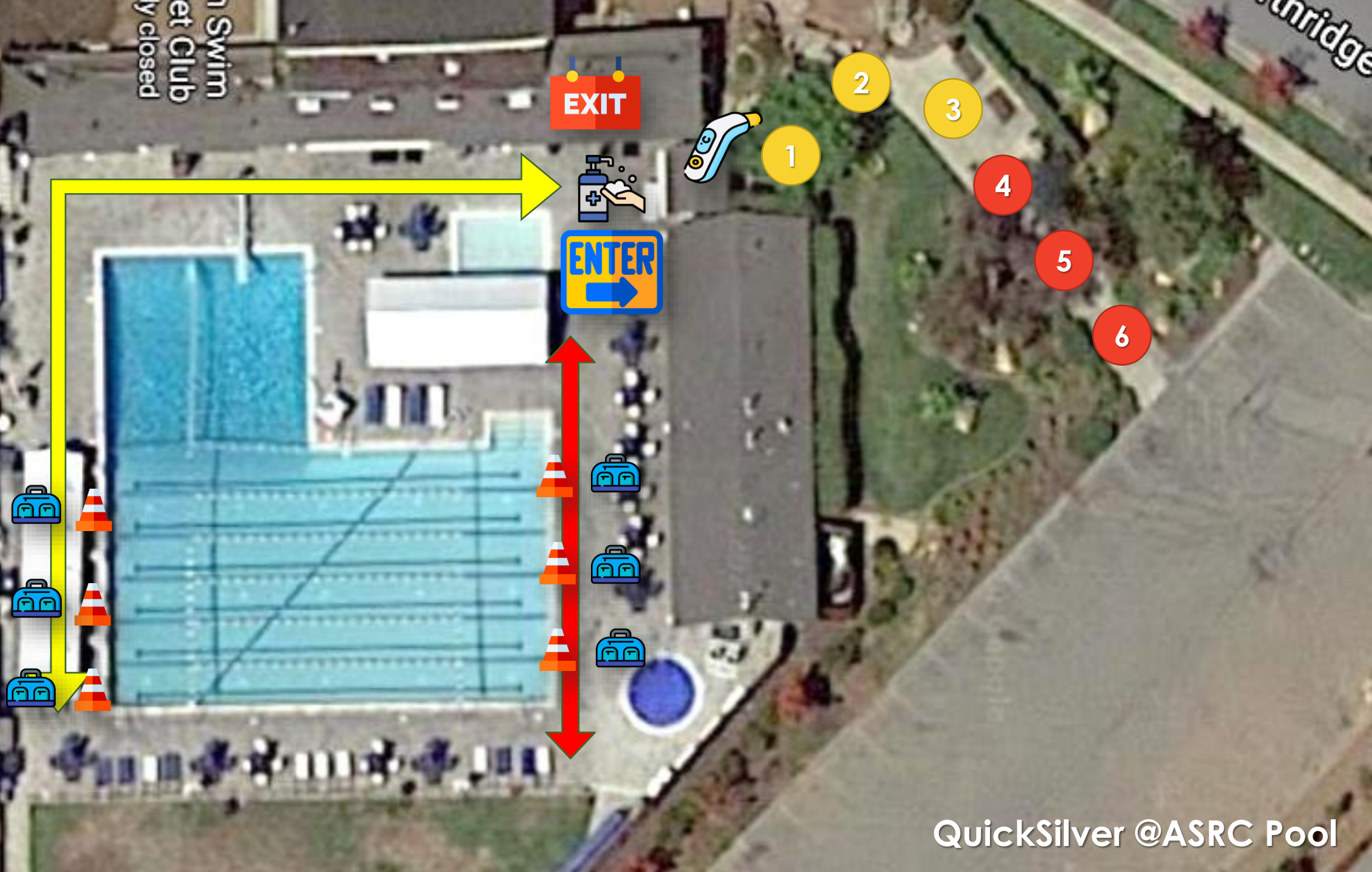
ENTER



- 1
- 2
- 3
- 4
- 5
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- 8
- 9
- 10

Henry T. Gunderson High School Parking

QuickSilver @GHS Pool



Swim
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Return to Pool *Entry Check Instructions*



01 Wait at Gate

Athletes will enter through the main gate. Athletes will stand on pre-assigned numbered marker to maintain social distancing. Swimmers will proceed to the next marker one at a time until they reach station 2.



02 Temperature Check

Athletes will have their temperature taken by a laser thermometer upon entry. Athletes will be asked if they have (1) specific symptoms such as fever, cough, or difficulty breathing, or (2) have been in contact with someone who has symptoms or has tested positive

Athletes with a 100.4 F/38 C fever or answering yes to any of the questions will not be permitted to enter the facility.



03 Sanitize Hands

Athletes are required to sanitize their hands with provided hand sanitizer. Social distance markers will be placed on the ground to ensure athletes waiting their turn to sanitize hands are at a safe distance.



04 Go to Assigned Lane

Each athlete will be pre-assigned a lane. Lanes will be marked with numbered cones.

Athletes are assigned one athlete per lane per side. For example, an athlete will be assigned to "lane 5." Athletes will follow the ground markers to their lane assignment.

Return to Pool *Safe Swimming Instructions*



05 Set Down Items

Any items brought into the facility (such as a towel, clothes, shoes, or gear) shall be placed in the designated square. Each athlete will have a square for their lane to ensure social distancing at all times. After practices, it is the athlete/families responsibility to disinfect any items set down at the facility.



06 Enter Assigned Lane

Athletes will enter their assigned lane with a three point entry. Athletes must sit down and slide in feet first with one hand guiding you into the pool.



07 Swim Practice

Swim practices will have at least two coaches on deck. **Due to social distancing measures, athletes will have their own lane.**

Since coaches will be wearing masks, the practice and pace clock will also be displayed on the 18' LED scoreboard so athletes can easily follow along.

Athletes will need to bring all of the required practice equipment for their group level. Equipment, such as kickboards or fins, will not be available to borrow.

Athletes will be assigned to smaller groups, rather than regular practice groups, since we can allow a limited number of athletes into the facility at a time.

Return to Pool *Departure Instructions*



08 Dry Off & Retrieve Items

Athletes will dry off at the pool. The locker rooms will be closed. Athletes will not be permitted to shower or change on site.

Via USA Swimming rules, deck changing is not permitted. Athletes need to plan to arrive and leave in their swim suits.



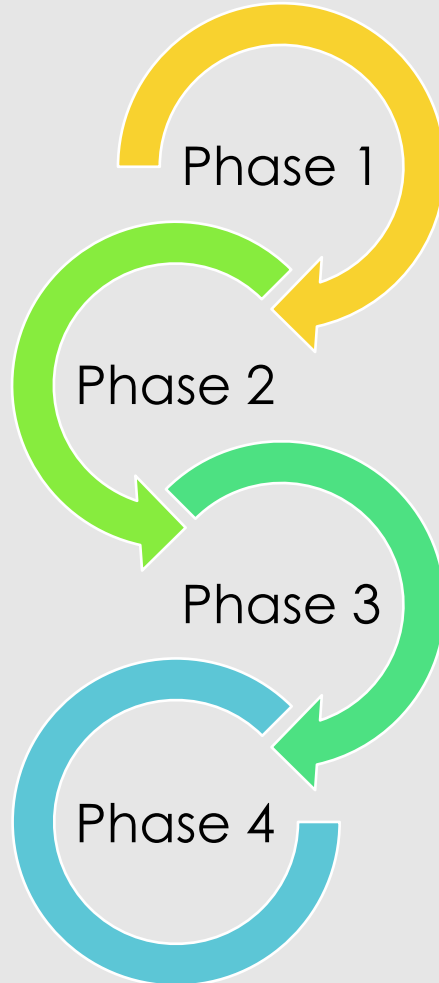
09 Exit Gate

At GHS Pool, athletes will exit through the side gate, which is adjacent to the football field. At ASRC Pool, athletes will exit through the main gate. Athletes will follow marked pathway and maintain social distancing at all times.

Athletes may either walk to parking lot or stand on social distance markings to wait for their parent or guardian.

A 15 minute gap will be placed between practices to limit the number of people at the facility. Athletes are expected to be picked up directly at the end of their practice slot.

Phased Approach



Phase 1

Safety measures including temperature checks, sanitizing station, 6'+ social distancing in and out of the water, one swimmer per lane, dual start ends, limited group sizes (starting at 10 and up to 22 swimmers), no locker room use, no changing on site, no parents/spectators, different entry and exit gates, time gaps between practice groups, required signage and social distancing markers in place.

Phase 2

Expand to two swimmers per lane with dual start sides.

Phase 3

Take away temperature checks and allow swimmers to utilize locker rooms with appropriate social distancing.

Phase 4

Return to normal-like practice schedule and full facility capability. Additional measures will stay in place as needed.

Covid19 Practice FAQs



COVID 19 SYMPTOMS

- What is my athlete has symptoms or suspected exposure?
 - Athletes who are ill are not able to attend. Swimmers who have had any members in their household ill may not attend for 14 days. Report any illness to swimqss@gmail.com to staff can trace and ensure the safety of all athletes.
- What protective equipment is required?
 - Swimmers are required to wear a mask into and out of the facility or snorkel, nose clip and goggles.
- What precautions are coaches taking to keep athletes safe?
 - Coaches will wear mask and have hand sanitizer available. Coaches will keep 6' social distancing except in emergency situations.

PRACTICE PREPAREDNESS

- Can my swimmer participate if they are late to practice?
 - No, swimmers will not be permitted to enter the facility or participate if they are late to practice. Swimmers must be on their pre-assigned number outside the gate exactly 5 minutes before their practice time. Any members who are late and have missed proceeding to station 2 in a timely manner will not be permitted to enter.
- Can my swimmer borrow equipment?
 - Due to an abundance of caution, kickboards and other equipment will not be available to borrow. Swimmers are responsible for bringing all of their required practice equipment to the pool.
- Can my swimmer leave their equipment at the pool?
 - Swimmers will not be permitted to leave personal belonging at the facility.

Covid19 Practice FAQs



PARENTS & SPECTATORS

- Are parents or spectators allowed into the facility?
 - Parents and spectators are not allowed into the facility at this time in order to reduce the number of individuals gathering.

CHANGING & LOCKER ROOM ACCESS

- Can my swimmer take a shower after practice?
 - No, out of an abundance of caution, the locker rooms will not be available for use as we cannot guarantee that they can be cleaned between each practice group. Athletes are advised to shower when they return home.
- Can my swimmer change in the locker rooms after practice?
 - No, the locker rooms will not be available for use as we cannot guarantee that the facility can be between each practice group.
- Can my athlete deck change?
 - No, USA Swimming rules prohibit deck changing. Athletes will be required to enter and leave the facility with their swim suits on.
- Where should my athlete go the bathroom?
 - The round house bathrooms will be open for bathroom use only during the swimmers practice time. The goal is to limit the need to have athletes in an indoor environment. Practices will be slated to be under 1.5 hours to limit use.

Covid19 Practice FAQs



TRAINING GROUPS & PRACTICES

- Will my swimmer be in the same training group as before COVID 19?
 - In order to comply with Santa Clara County mandates and reduce risk, QSS will be running in much smaller groups than normal. Swimmers will be assigned a practice slot with swimmers of the same age and skill level.
- Will my swimmer be able to move-up a group?
 - Current QSS group structures do not apply since we are not able to operate with normal sized practice groups. Our priority is to ensure each athlete has an opportunity to return to the pool.
- When will my swimmer be permitted to move up a group?
 - Group changes will occur when we are back to semi-normal operations and can allow more athletes in the water a time.
- Will practices times be our normal practice schedule?
 - Due to social distancing measures, practices will be shorter, have a 15 minute gap interval between practice slots, and minimal number athletes. Thus, QSS cannot maintain a normal practice schedule. Athletes will be slotted into smaller groups to ensure safe social distancing. Practice groups will be created by age and skill level.

SAFE SPORT & MINOR ATHLETE ABUSE PROTECTION POLICY (MAAPP)

- How is QSS complying with Safe Sport MAAPP with the new parent restrictions?
 - QSS will continue to maintain at least two coaches on deck at all times. QSS is making all practices available for viewing to parents with swimmers in that session via Zoom. For security reasons, the password will change regularly. Zoom will be administered by staff and all parents will need to be permitted into the session.

Covid19 Practice FAQs



AFTER PRACTICES

- What are swimmers advised to do after practice?
 - Swimmers should shower and rinse out their suits at home. Remember to clean off shoes and any items set down at facility.

ADDITIONAL TRAINING OPTIONS

- Will QSS continue to host dryland?
 - Due to the continuing restrictions for swim practices, QSS will continue to do regular dryland through Zoom. Please see coach emails for more updates.
- Can QSS coaches offer private lessons?
 - QSS staff members will not be able to teach private lessons at this time. Currently, we are maintaining a 6' social distance protocol. Additionally, with the current practice model, open pool time will not be available. We will add lesson options in once we have a protocol in place and it is safe to do so.

JOINING QSS

- Can swimmers join QSS at this time?
 - QSS may not be able to add new swimmers until social distancing measures are relaxed. Swimmers will be added, if space permits, to practice groups where a slot (lane) is available. Otherwise, swimmers can be added to a waitlist.