



# YOTA SWIM TEAM

## Return to the Pool Plan

# Ensure Athletes are Safe



## Athletes are NOT permitted to attend practice if...

- They are showing any of the symptoms of COVID-19. They have a fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC.
- They think they could have COVID-19.
- They have tested positive for COVID-19.
- They are awaiting the results of testing for COVID-19.
- They have been in close contact with anyone in the 4 categories above.

## Athletes must come to practice with...

- Cloth face mask
- Practice equipment (None during Phase A or Phase B)
- Wearing a swimsuit
- Pre-showered at home
- Using the restroom

# Screening Questions



**Athletes are NOT permitted to attend practice if they answer YES to any of the following questions...**

- Do you or do any of the swimmers you are dropping off have a fever, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or head ache?
- Have you or any of the swimmers you are dropping off had any of these symptoms since last time you were last here? Been in contact with anyone with fever, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or head ache since the last time you were here?
- Have you or any of the swimmers you are dropping off potentially been exposed to COVID-19 or have reason to believe you/they have COVID-19?

**Athletes who are sick or believe they might have COVID-19 should stay home until you can answer YES to the following questions...**

- Has it been at least 10 day since you first had symptoms?
- Have you been without fever for 3 days (72 hours) without any medicine?
- Has it been 3 days (72 hours) since your symptoms have improved?

**IMPORTANT: Household members and athletes who have been in close contact with someone who has had symptoms of COVID-19 should stay home for 14 days and monitor themselves for symptoms.**

# Why Return to the Pool?



- Activity that provides health and well being for the athletes.
- 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.
- During dryland athletes will maintain 10'+ while exercising.

# 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 WHO recommended chlorination level of 15mg min/liter is sufficient to kill non-enveloped viruses, and an enveloped virus such as COVID-19 would be inactivated at even lower levels.

## Research

[CDC](#)

[World Health Organization](#)

## Articles

[USA Swimming](#)

[Aquatics International](#)

[Swimswam Pt.1](#)

[Swimswam Pt.2](#)

**LOBBY**

**LOCKER rooms**

**Shallow End**

**Deep End**



**DOOR 1**



**DOOR 2**

**PATIO / PLAYGROUND**

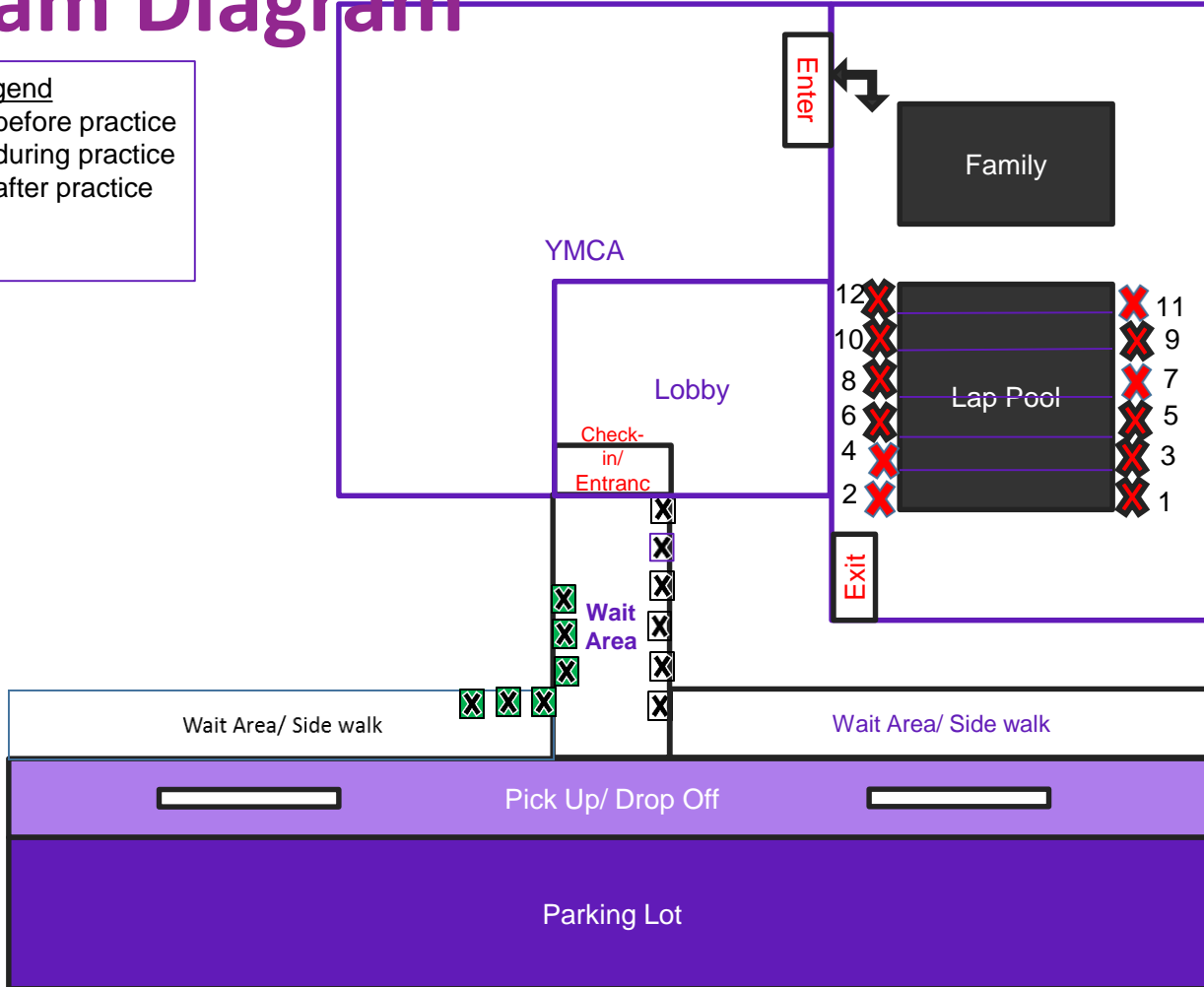
# Finley Diagram

# Durham Diagram

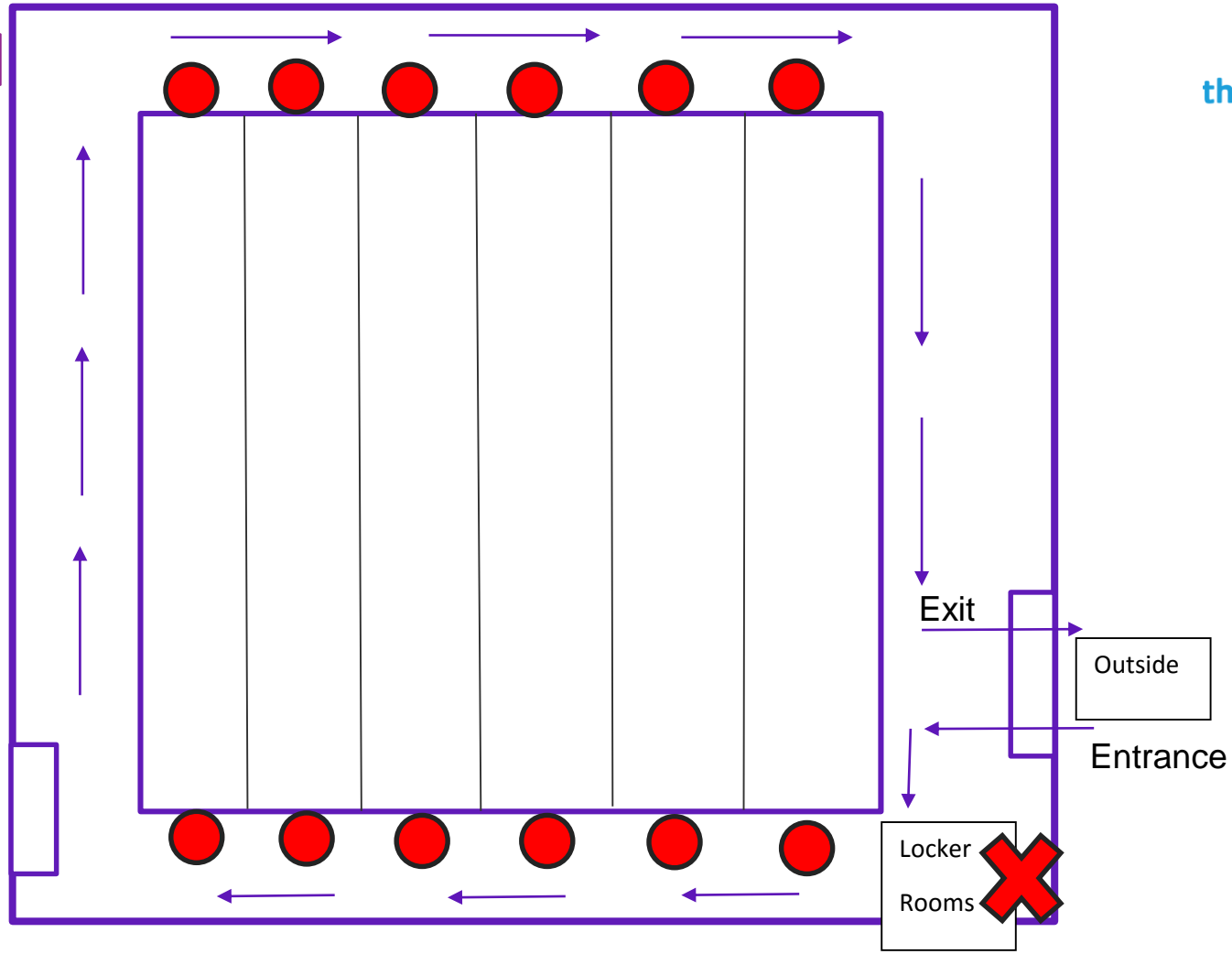
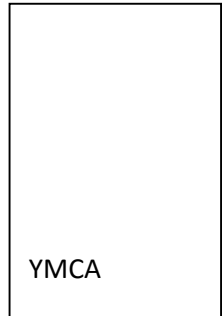


Legend

- Wait area before practice
- Wait area during practice
- Wait area after practice
- 



# Chapel Hill



Exit

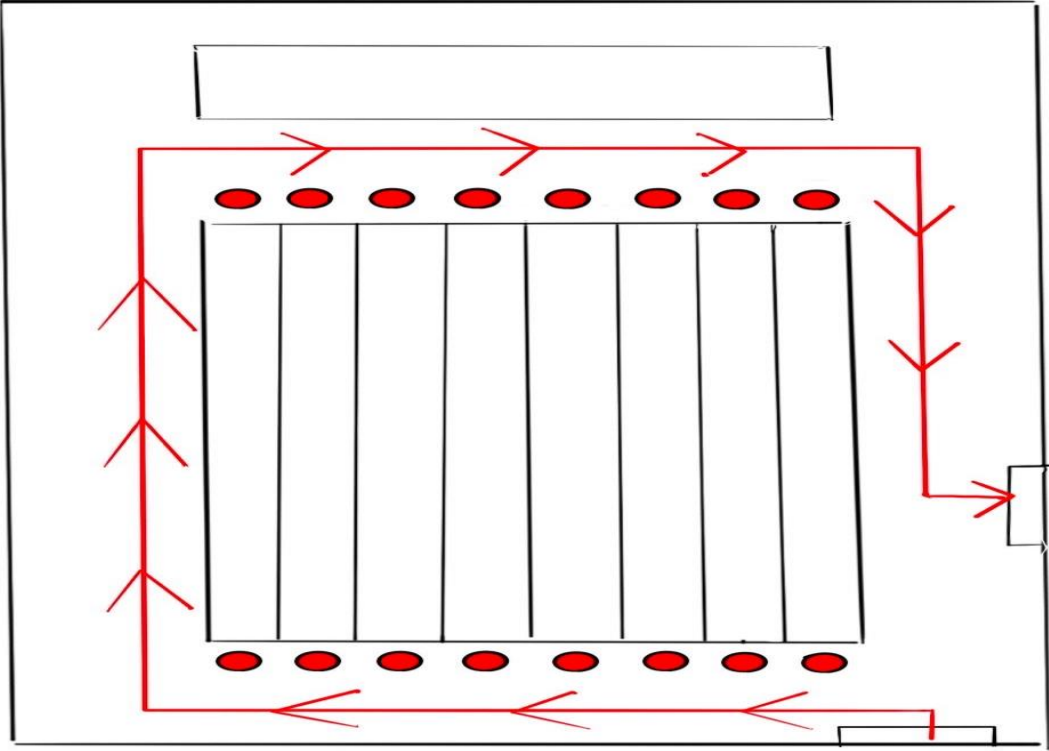
Outside

Entrance

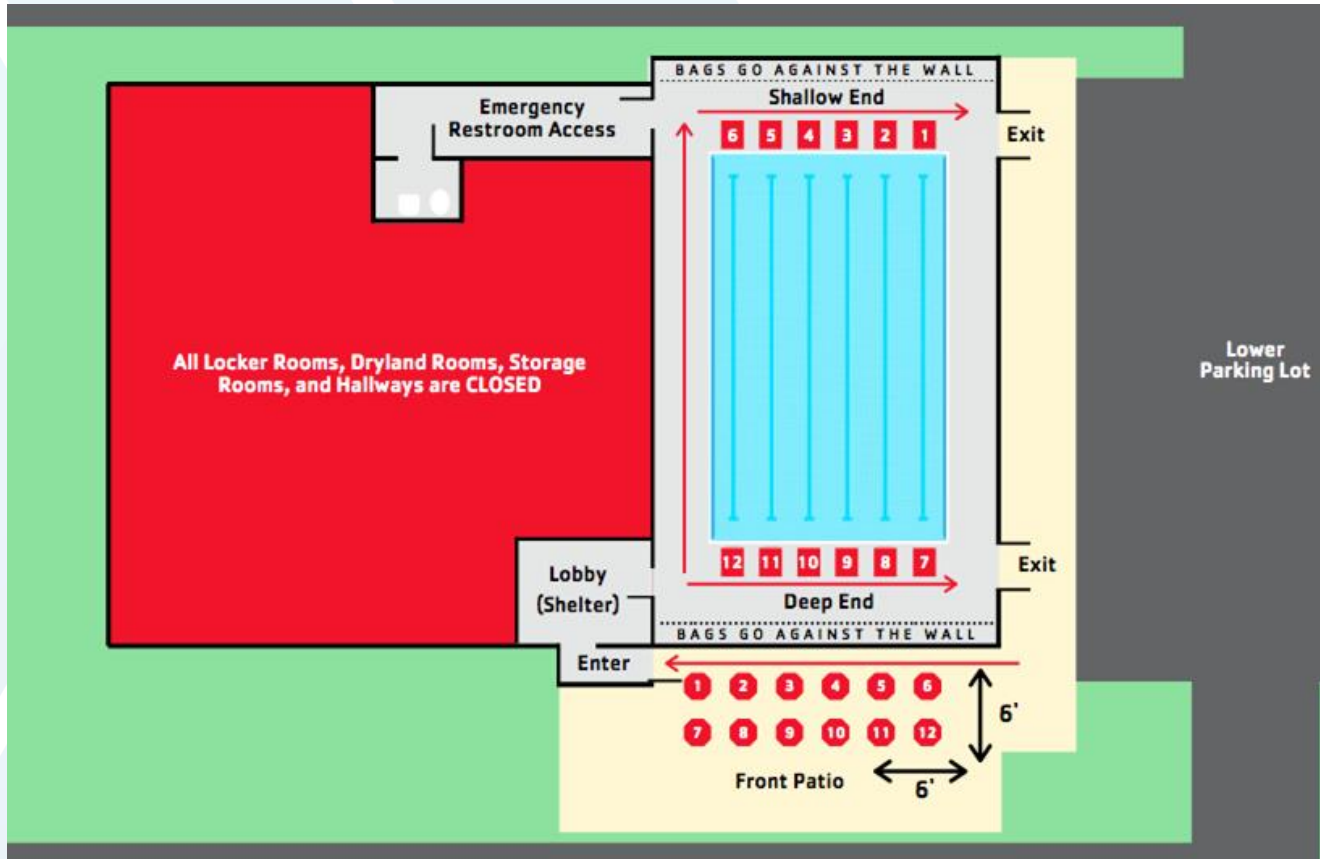
Locker Rooms



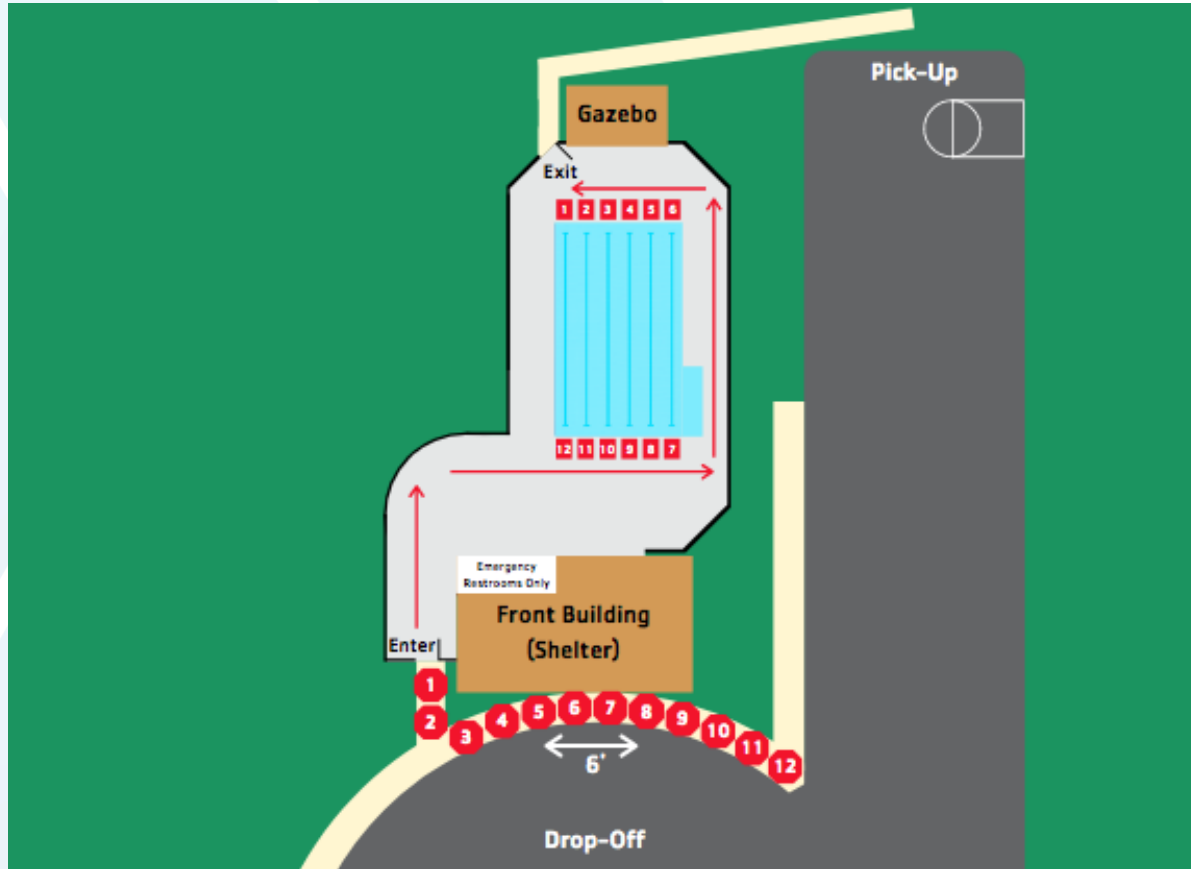
# Keer Diagram



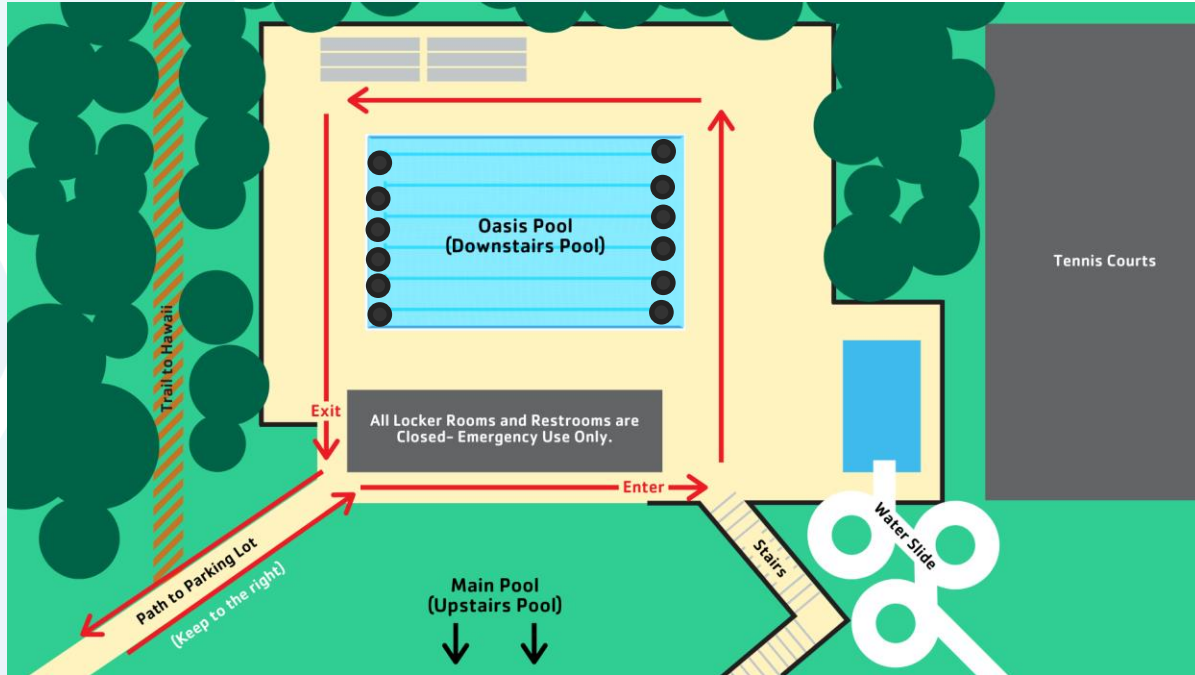
# OPC Diagram



# Meadowmont Diagram



# Taylor Oasis Diagram



# Return to the Pool Road Map

1. Wait at entrance for screening
2. Sanitize hands
3. Go to assigned lane
4. Set items down
5. 3 - point entry into the pool
6. Swim practice
7. Dry off & Retrieve items
8. Exit using appropriate door



# Return to the Pool Instructions



- 1. Wait at the Entrance for Screening** - Athletes will stand on pre-assigned numbered markers to maintain social distancing. Swimmers will progress to the next marker one at a time until they reach station 2.
- 2. Sanitize Hands** - Athletes are required to sanitize their hands with provided hand sanitizer. Social distance makers will be placed on the ground to ensure athletes waiting their turn to sanitize hands are at a safe distance.
- 3. Go to Assigned Lane** - Each athlete will be pre-assigned a lane. Lanes will be marked with numbered cones.

# Return to the Pool Instructions



**4. Set Down Items** - Any items brought into the facility (such as towel, clothes, shoes, or gear) shall be placed in the designated space. Each athlete will have a space for their lane to ensure social distancing at all times. After practices, it is the athletes responsibility to disinfect any item set down at the facility.

**5. 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.

**6. Swim Practice** - Swim practices will have at least 2 coaches and 1 lifeguard on deck.

Coaches will be wearing masks, the practice and pace clock will also be displayed so athletes can easily follow along.

Athletes will need to bring all of the required practice equipment. There will be NO sharing of equipment and NO borrowing of equipment - No equipment needed during Phase A or Phase B.

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

# Return to the Pool Instructions



**7. 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 swimsuits.

**8. Exit using the appropriate door** –At your facility you follow the entry and exit procedure. Coaches will dismiss athletes 1 at a time to maintain social distancing. Athletes will follow exit pathway, maintain social distancing at all times, and wear a cloth mask.

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

A 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.



# YOTA Phased Approach – Age Group



## Phase A

Safety measures including screening process, sanitizing station, 6'+ social distancing in and out of the water, dual start ends, limited group sizes, no locker room use, no changing on site, no parents/spectators, different entry and exit, time gaps between practice groups, required signage and social distancing markers in place.

## Phase B

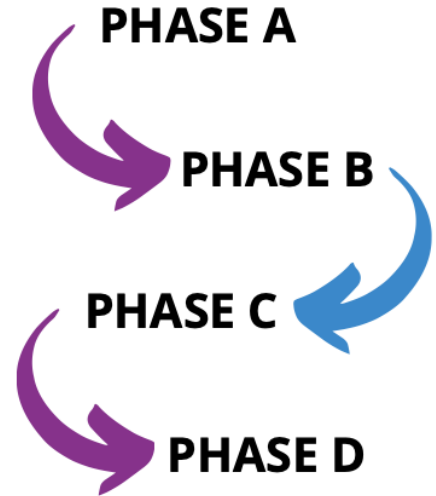
Expand swimmers per practice session. Based on how well Phase A and recomedatations around social distancing.

## Phase C

Increase practice opportunities at the branch sites. Assuming we can expand number of swimmers per practice and lanes.

## Phase D

Return to normal-like practice schedule and full facility capability. Additional measures will stay in place as needed. Allow swimmers to utilize locker rooms with appropriate social distancing.



# COVID-19 Practice FAQs



## 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.

Can my swimmer borrow equipment?

- Due to an abundance of caution, equipment will not be available to borrow.

Can my swimmer leave their equipment at the pool?

- Swimmers will not be permitted to leave personal belongings at the facility.

Where is the safe shelter area in the event of storms?

- Based on each site – Coaches will escort swimmers to the shelter area and maintain social distancing

## PARENTS & SPECTATORS

Are parents and spectators allowed into the facility?

- Practice will be open and observable, while maintaining social distance, each site will let you know that location
- Parents are not allowed on the pool deck.

# COVID-19 Practice FAQs



## TRAVEL

What if someone travels outside the state of NC?

- Travel outside of NC is discouraged, however this will not eliminate your child's participation in practice if they do so.
- We are following the NCDHHS rules for running our programs. Limiting travel outside the state is not an expectation they have outlined.
- Currently, there is no way to track adherence and/or where anyone has travelled. Please make the best decision for your family and the YOTA program to limit your exposure and keep all safe.

Can we carpool?

- We highly discourage carpooling, however, if you choose to do so, adhere to social distancing standards.

Where to park?

- If you or your child are driving to practice, we recommend you park in a space that allows one empty parking spot on either side of you.

# Next Steps...

1. Fill out the [waiver](#), so you can participate. NO waiver = NO participation, NO exceptions. Send the waiver to your head coach.
2. Before reaching out to your head coach refer to the [YOTA FAQs power point](#).
3. Obviously, we are very excited to return to the pool, but we want to make sure we are following all the guidelines given by the CDC and the YMCA for the safety of our swimmers. YOTA suggests the following...
  - Discuss with your swimmers the importance of limiting touch points.
  - Practice social distancing at all times
    - Carpooling does not allow for appropriate social distancing.
  - Wear a cloth mask at all times except while exercising.