



TEAM SOPRIS Deeper Freeze Dual Meet Safety Plan

rev 10/15/2020

- What – USA Swimming - Sanctioned Swim meet
- When - Saturday November 8, 2020, 10:00am until swim meet ends at approximately 3:00pm
- Where – Glenwood Springs Community Center Pool, Inside gymnasium, adjacent patio and large open space
- Who – Age 12 and younger swimmers from Team Sopris, and the Aspen Speedo Swim team. Maximum 40 swimmers, 41 people in gymnasium, 175 total people in the outside open space, with no more than 50 people at any one time in the pool area.

This document will be communicated to all head coaches to be further communicated to all athletes, assistant coaches, officials, volunteers, family members and others who may be present at this swim meet.

Athlete/Family Protocol including physical distancing requirements

- Athletes should arrive approximately 15 minutes prior to their teams designated warm up time. After setting up their physically distance location for the day, and upon their coaches' directions, move seamlessly to a location designated by their coach in preparation to entering the pool area for their team warm up.
- Athletes should plan on arriving and departing in their swimsuit.
- All athletes, spectators, volunteers, officials, and coaches are required to sign in at the registration tables. Your name will be taken, and health questions will be asked. If you are feeling sick, have had a fever, had been around anyone who has had COVID19, stay home.
- Athletes will not be able to change at the facility.
- As athletes and families arrive at the facility they should walk around the building, register, and proceed to the grassy area and set up their camp for the day, if weather is bad, the gymnasium will be open for no more than 41 socially distanced individuals.
- All areas of set up will be located no closer than 6 feet from any other family set up or another team set up.
- All movement in the pool area, gymnasium, heating area and grassy holding area adhering to physical distancing requirements.
- Athletes must leave the facility immediately at the completion of their swim race.
- Parents/spectators will not be allowed in the facility at any time and are expected to practice physical distancing while waiting for their athlete.
- Athletes should bring their own water bottle (already filled) and any other equipment designated by their coach.
- Several Safety marshals designated from each team will ensure physical distancing. These marshals shall be patrolling all areas inside the pool area, gymnasium and in the outdoor setting. If marshals have any issues enforcing PPE and physical distancing requirements, coaches and team leaders will be notified, and families may be asked to leave the swim meet.

PPE requirements in-pool area, and in all outside locations being used.

- All participants, coaches, officials, and volunteers will wear face masks while on the pool deck.
- All participants, coaches, officials, volunteers, spectators, and family members will always wear face coverings in all areas within the swim meet designated areas. Designated areas include the Community Center building, heating area on patio, and the grassy area where athletes and families will be “set up” and rest rooms at the hockey rink and limited bathroom use at the Community Center. This requirement includes any time prior, during or following the swim meet.
- All athletes will wear face masks entering and exiting the facility, for warmups prior to the meet and as they enter the pool facility prior to each event they swim. Masks may be taken off immediately prior to entering the pool. Masks will be put back on immediately following the swimmers exit from the pool.
 - Exceptions will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation.

Physical Distancing Requirements (on the pool deck)

- Athletes, coaches, officials, and volunteers shall maintain at least 6 feet distance.
- There will be six-foot separated markings near the entrance to the pool and next to the heating area as the next heat of swimmers ready to exit the heating area and enter the pool for the next swimming heat.
- Athletes will only be permitted to bring cap, goggles, towel, warmups, and any required medication to the starting block.
- As swimmers enter the building they will move directly to a marked location behind each starting block. The seven athletes will hold at this location as they ready to compete and await the official’s instructions.
- All swimmers will wear their masks until just prior to ascending the starting blocks for the start of their race.
- Upon the conclusion of their event each swimmer will immediately dry off, put their mask on and while keeping proper physical distancing will proceed to the designated egress location and exit the pool area.

Meet Warm-up Procedures

- Each team will have a designated time to warm up.
 - Sopris 10:00 – 10:25am
 - Aspen 10:30 – 10:55am
- Teams will enter the pool in an organized and physically distanced fashion, wearing masks and carrying the minimum required items, such as goggles, cap, towel, and parka. Masks will be worn until each swimmer enters the water.
- There is a 5-minute transition period when each team will exit the pool and then proceed to the designated egress door. Swimmers and coaches will proceed to their separate set up areas.
- As the Warm-up period will have the maximum number of swimmers in the pool. Coaches are asked to use the attached USA Swimming Templates to organize their warmup time.

Event Heating Procedures

- At about Five minutes prior to their event, athletes will be permitted enter heating area. This area is located on the patio just adjacent to the pool.
- The heating area will be organized with a specific physical distanced location for each successive heat and a location for each swimmer within each heat. Swimmers will wait at each location before transitioning to the next position as events are swam and heats move through the heating area.
- There will be a one-way entrance and one-way exit for swimmers to enter and exit the building prior to and following each race.

Facility Protocol

- The outside set up area, and heating area will be marked off to assure that anyone in the area has registered and been asked health questions. Safety marshals will monitor all activity.
- Restrooms will be available at the hockey rink facility for families and athletes to use.
- Restrooms at the pool will only be available for use by officials, volunteers, and coaches. There will not be a changing area available at the pool, swimmers should arrive in their swimsuit
- Showers will not be available for use.
- All high touch areas including common areas, locker rooms, porta-potties, starting blocks, chairs, etc., will be disinfected every hour the meet is going on beginning at 9:30am.
- Upon entrance to the set-up area, Safety marshals or Safe Sport volunteers will take attendance and each athlete shall communicate how they are feeling, if they have a cough, sore throat or if they are experiencing a fever.
- Criteria that must be met by athlete and anyone residing in their household to be eligible to attend the swim meet:
 - Cannot have had contact with anyone who has tested positive for COVID-19 in the last 14 days.
 - Cannot have had a temperature over 100.4 degrees, a cough or difficulty breathing in the last 14 days.
- A waiver and consent form must be signed prior to participating in the swim meet.
- Any athlete, coach, official or volunteer experiencing any symptoms of a fever, recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms should remain at home and seek medical treatment. Any person experiencing any health issues will be asked to leave the premises