TEAM SOPRIS COVID 19 OPERATING PROCEDURES

Rev 12/2/2020

PPE requirements

- All coaches will wear masks during indoor swim practices at all times.
- All athletes and coaches will wear masks entering and exiting the facility, on deck and during any *(not currently planned)* dryland indoor activities.
    - Exceptions will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation. *(We currently have no exceptions.)*

Physical Distancing Requirements and Swimming Plan

- When possible athletes and coaches will always maintain at least 6 feet distance.
- Once athletes enter the building, they will go to their specified lane location undress and await instructions from their coach.
- Athletes will store their personal belongings directly behind "their" lane and use the baskets provided when necessary. This process is meant to ensure physical distancing.
- Masks will be worn while undressing up to the moment the swimmer enters the water. After removing a mask there shall be no delay in entering the pool. There will be no talking or socializing while the mask is off the face.
    - Following practice, the process of entering the facility and the pool will be completed in reverse, with an emphasis on immediately placing mask back on face and exiting the building as soon as reasonably possible.
- Swimming and lane Assignments:
    - During a **RED** Level, with exceptions (noted below) practices will be limited to no more than 10 swimmers in the pool at one time.
    - One swimmer per lane, except for family member who may share a lane
    - Lanes will be assigned by the Team Sopris Coach, as follows in order of preference:
        1. One swimmer per lane. (if 5 lanes available that would be 5 swimmers all starting on the same side of the pool)
    - USA Swimming social distancing lane assignment examples. **(*see attached)***

Community Center Facility Procedures

- Entrance and exit will take place via the side door next to the tennis courts.
- To properly monitor attendance. each swimmer will be required to sign up for practice through Sign up Genius and swipe their Community Center Card at the scan location on the pool deck.
- Locker room use is strongly discouraged. If locker rooms must be used, masks shall be on the face and the time spent in the locker room will be kept to a minimum.
- There will be a 10-15-minute window between each practice, so the facility can be cleaned and swimmers from the prior practice can clear the deck and locker room.
- In addition to the Community Center personnel cleaning locker rooms on their predetermined schedule, Team Sopris Coaches will disinfect that coaches gender locker room, all pool high touch areas, and all swim equipment following each separate practice time.
- Equipment will not be shared.

Athlete/Family Protocol

- Athletes should plan on arriving and departing in their swimsuit.
- Showering at the facility is highly discouraged, changing should be done quickly and on deck when applicable.
- Athletes should arrive at the pool no earlier than 5 minutes before their scheduled practice time.
- If athletes arrive early, they should wait in their car until the appropriate time to enter facility.
- Athletes must leave the facility immediately at the completion of any practice.
- Parents are allowed on deck only to speak with the coach or assist younger swimmers in preparing to leave the facility. Everyone is expected to practice physical distancing while on deck or waiting for their swimmers to exit.
- We will ensure that the appropriate number of coaches are present during each practice to comply with our Safe Sport policies
- Athletes should bring their own water bottle (already filled) and any other equipment required by their coach.
- Athletes will not be permitted to store their equipment bags at the facility.
- Athletes and coaches are required to complete their daily health check sheet ***(sample attached).*** This document is available at the beginning of each month and will be exchanged for a new sheet each succeeding month.
- Criteria that must be met by athlete and anyone residing in their household to be eligible to attend practice:
    - 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.
    - If you plan on traveling outside of the Roaring Fork Valley you should notify the coach of your plans.
        - Notification will help Team Sopris monitor our members in case of an outbreak
    - Depending on where you travel to and from, you may be required to quarantine for 3-5 days before allowed to return to practice.
- A waiver and consent form must be signed prior to attending dry land or swim practices.
- Any athlete or Coach 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. Athletes will be sent home if experiencing any health issues.
    - If any athlete or coach has a fever or symptoms of illnesses, they may not attend practice until 3-5 days after the fever or symptoms has ceased.
    - If athletes or coaches show symptoms of illness or test positive, Team Sopris and the Community Center must be immediately notified.
    - Athletes and coaches 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 physical distancing when they are away from the pool as well.
- Should we feel anyone is consistently not adhering to physical distancing guidelines, they or their family's participation in Team Sopris activities may be suspended.

Positive Test Procedure

- Should someone test positive for COVID-19 within the membership, the following measures will take place:
    - The individual should let the coaching staff know immediately.
    - The individual should stay home in quarantine and see a medical professional as needed.
    - Individuals in the practice POD of the positive COVID swimmer will be notified immediately.
    - Individuals that attended a practice in which a swimmer who tested positive for COVID participated, will not be able to participate in any in person training for 10 consecutive days while remaining symptom free.