

Dolphin Training groups updated Covid Policies 9/14/20

WAIVER

1. All athletes must have an official LRAC/LRRC club waiver on file in order to practice. A parent must sign if the athlete is under 18 years old. If you already have a waiver on file you do not need another one. Waivers will be emailed by your site coach and can be signed and dropped off prior to the first day of practice.

REPORTING/ SYMPTOMS/ TRAVEL

1. Athletes and families who travel by air, or to an area deemed high risk by the staff, will need to self-isolate for 14 days before returning to practice.

2. Any athlete or staff experiencing any symptoms of a fever (100.4°F or higher), cough, shortness of breath/difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell, or 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 staff does have a fever or symptoms of illnesses, they may not attend a practice until 14 days after the fever or symptoms have ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

POSITIVE TEST PROCEDURE

1. Contact your coach, the club manager, or the CEO (Frank Lawrence)
2. The individual will be expected to self- quarantine for 14 day and/or receive a negative COVID-19 Test
3. Notify Arkansas Department of Health

Contact with someone who has tested positive

Individuals who have been attending practice and find out that they have been in contact with someone who has tested positive should refrain from coming to practice until they have either quarantined for 14 days, or have tested negative after waiting at least 5 days after the initial contact. If the contact is a family member that they are living with, the individual should refrain from coming to practice for 14 days.

Notification:

Parents will be notified if a swimmer has tested positive for Covid and has been in practice. According to the Arkansas Department of Health, notification only needs to be made for those who have been in direct contact for the two days prior to the positive test. Direct contact has been defined as 15 minutes of continuous contact within a space of 6 feet. This is RARE during swimming practice as the swimmers are moving most of the time, and stop for no more than 2-3 minutes to get instruction or rest between sets. Coaches will be telling swimmers to social distance during these times.

ENTRY/EXIT

1. All athletes must check in at the front desk each day and answer health screening questions. Please stagger your arrival.
2. All athletes must wear a mask. The mask can be removed once you are on the pool deck, have placed your clothes and gear in their appropriate spots, and are ready to get in the water.
3. Athletes must maintain social distancing while arriving, on deck, in practice, and when leaving.
4. Athletes will be dismissed 1-2 lanes at a time and will need to gather their belongings and exit the pool. They may dress along the fence line while maintaining social distancing and then walk to the front of the club to either get in their cars, or be picked up by a parent. If waiting for parent they must remain waiting while social distancing.
5. Parents need to be prepared to pick up their swimmers immediately after their practice has ended.
6. Arrive no sooner and pick up no later than the time designated on LRAC Training Sheet

LOCKER ROOMS

1. Swimmers will need to wear their suits to and from the pool. Locker rooms, bathrooms, and changing rooms will not be available. Deck changes are also not allowed and anyone seen doing so will be suspended indefinitely from practice.

ON DECK: Designated area for "Street Clothes":

At the LRAC: Swimmers may place their bags and clothes on a chair.

At The LRRC:

Once on deck you will place your belongings on a taped "X" on the bleachers and then immediately go to your assigned starting point in the pool.

Parents Observation

1. Parents will not be permitted on deck, but may observe practice: At LRAC from over the fence. At LRRC may observe practice from either the observation deck or outside the gate from the lower parking lot. All parents wishing to observe must wear a mask and maintain social distance of no less than 6 feet.

DURING PRACTICE:

1. Swimmers will need to maintain social distancing as best they can during practice. Once in the water, and practicing, they will need to social distance during all "stopping points" in practice and maintain a 6 foot separation.

2. Swimmers need to bring their fins to this start position and leave them on deck closest to their start position.

Equipment

1. Swimmers should bring and use their own equipment - Equipment should be disinfected before and after practice.
2. Equipment should not be shared.

Use Of Bathroom

1. Swimmers are strongly encouraged to go to the bathroom prior to coming to practice. In the event that swimmer absolutely must use the bathroom, age appropriate swimmer

or their parent will need to wipe down all surfaces with wipes (provided) and use hand sanitizer before re-entering the pool.

Sickness:

1. If a swimmer becomes sick during a practice. Swimmer will be immediately separated and parents will be called to provide transportation for the ill swimmer.

Staggered Dismissal:

1. With limited pool time, we will stagger the dismissal only by 1-2 min dismissing three to four swimmers at one time every two to three minutes. We ask swimmers to quickly get their clothes and exit the deck.

SANITATION:

Stations:

1. There will be sanitation stations set up around the facilities. Use accordingly.

Disinfecting:

1. Coaches will be spraying down touch surfaces (including the bleachers at the LRRC) with a mild bleach solution to disinfect before and in between practices. Health guards will be disinfecting surfaces at the LRAC.

Left Items: 1. Club policy is that any equipment left on deck will be gathered each evening and thrown out

COACHES:

1. Coaches will wear masks as swimmers enter the pool and in the event of any discussions that would take place within the 6 foot social distancing distance. Coaches may remove masks once practice begins and swimmers are in the water.

SMS/ TEXT MESSAGING:

1. Parents, we are asking for you to please sign up for SMS notification and verify your number in Team Unify. This will allow coaches a quick text communication to the group.