

Bolles Swimming 2020 Operating Precautions for COVID19

[Document will be updated and posted with any changes]

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Current Revision: August 1 2020 (In effect August 10)

Bolles Swimming programs will continue to expand as needed while implementing health and safety guidelines in accordance with the Florida Local and State Government, FHSA, USA Swimming, and the Bolles School. The following procedures will be in place beginning July 6th (and in many cases already are in place).

Please note, we understand that some families may be uncomfortable with sending swimmers with these precautions in place. If so, please do not return to swimming. These precautions are in place to provide every effort to keep each swimmer and family safe, as well as our staff; however, this does not provide any guarantee of any kind. We are working to keep every family safe during this time and working together is important, but there are many external factors outside our control. We will welcome you back to the pool when you make the decision that it is best for your family.

Please feel free to contact us with any questions or concerns. We are here to provide a positive team swimming experience with appropriate measures in place to protect the health and well-being of our families and the larger Bolles community. Thank you for your trust and support.

1. Respiratory Symptoms/COVID-19 Case

We cannot stress enough how important it is that you communicate COVID19 Symptoms, COVID19 exposure, and actual positive tests to us – we will keep your information private and will support you and your family in the process to follow up. We need all swimming families to feel comfortable with transparency in these instances, we would prefer to take precautionary measures and pause swimming rather than set our team and families back (and put them in danger) with a large outbreak.

We will adopt and follow the Bolles School RETURN TO SCHOOL AFTER ILLNESS flow chart provided in the Bolles School Re-Entry Plan. The chart and other details can be found on pages 8 and 9 of the Re-Opening plan [here](#).

- **Swimmers who experience symptoms should notify the program and immediately begin self-isolation until symptoms subside and 10 days pass from initial onset.**
- **Swimmers who have confirmed CLOSE CONTACT with a positive COVID19 case should immediately begin self-isolation for 14 days. Testing is recommended but not required. A swimmer may return to programming after 14 days from last close contact (unless experiencing symptoms).**
- **Swimmers who test positive may return to swimming 10 days from the date of their test without symptoms or until symptoms subside and 10 days pass from initial onset of symptoms.**

The procedures to respond to a COVID19 case or exposure will keep the swimmer and those who have had close contact out of practice. Coaches will work with any swimmer who may need to adjust seasonal planning or re-evaluate opportunities for racing.

CLOSE CONTACT as noted above and is defined by the CDC as *Someone who was within 6 feet of an infected person (without a protective mask) for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated.*

The following chart outlines where close contact would occur during swim practices as defined by the CDC.

Event / Experience	Risk Mitigation	Contact Level
Swimmer Check In	<ul style="list-style-type: none"> • Masks worn by swimmers and coaches. • Physical distance of 6 ft maintained. • Swimmers only allowed to check in at specified practice time. 	Not considered close contact.
Sitting in Bleachers	<ul style="list-style-type: none"> • Masks worn by swimmers and coaches • Physical distance of 6 ft maintained. • Time limit in bleachers set to 15 minutes. • Bleachers and nearby areas sanitized. 	Not considered close contact but care should be made to follow all defined protocols.
Swimming	<ul style="list-style-type: none"> • 4 swimmers/ lane - 2 swimmers each wall • 4-5 swimmers/ lane - same wall (Mako/Tiger) • Risk reduced by keeping consistent lane assignments and assigning practice groups enough space for all athletes. 	Considered close contact and coaches will track swimmers who share a lane to provide contact tracing details.
Dryland Training	<ul style="list-style-type: none"> • All training done outdoors (exception: pullups) • Masks worn for indoor pullups • Physical distance of 6 feet maintained • No shared equipment – any shared surfaces sanitized. 	Not considered close contact but care should be made to follow defined protocols.
Weight Training	<ul style="list-style-type: none"> • Assigned groups to the weight room broken into smaller cohorts using equipment indoors in rotation and one person per ‘station’. • Rotations into the weight room kept in shorter durations than full session length. • Masks worn by coaches and athletes indoors. • Equipment and surfaces sanitized between users. 	Not considered close contact but care should be made to follow defined protocols.
Locker Rooms	<ul style="list-style-type: none"> • Specified number of users assigned to use locker rooms at specific times. • Masks worn while indoors. • Physical distance of 6 feet maintained. • Time limit to use locker room set to 15 minutes. • Record of who is using the locker room kept via attendance and group schedule. 	Not considered close contact but care should be made to follow defined protocols.
Departing Facility	<ul style="list-style-type: none"> • Swimmers and coaches should be in masks when walking outdoors with other people. • Physical distance of 6 feet maintained. • Swimmers should walk directly to vehicles and depart the campus following practices. 	Not considered close contact but care should be made to follow defined protocols.

2. Pre-Screening Staff and Swimmers

Temperature checks, using an infrared scanner, are taken on all persons (staff, swimmers, parents) as they enter the facility. All persons are asked questions about their personal health status and if they have had contact with a COVID positive person. Any person exhibiting a temperature of 100.4 degrees or higher will not be admitted. Any person who displays other visible symptoms of illness will not be accepted into practice that day. This includes but is not limited to cough, shortness of breath, difficulty breathing, chills, muscle pain, headache, sore throat or new loss of taste or smell. We ask that you err on the side of caution and be especially sensitive to all our families and the possibility of contagion. If your swimmer is exhibiting any of these symptoms, please keep him or her home.

3. Drop off and Pick up Procedures

Parents may **NOT** enter the pool. Please drop off and pick up while in your car, at the designated swimmer drop off and pickup points. We ask that you adhere closely to the practice times posted. The practice times marked on the schedule are when swimmers may FIRST enter the facility – please do not come early, coaches will plan to allow time at the beginning of the session to get everyone checked in. If it is necessary for you to drop or pick up at a different time, please call in advance, it may not be possible to accommodate. [There is an exception for learn to swim programs where parents will have a designated bleacher area, we ask parents to please wear a mask and sit in designated ‘distancing’ spots.]

4. Entry and Exit Procedures

Swimmers may enter through the main gate to the pool near the office. Coaches will screen them immediately before sending them to designated bleacher or covered on-deck spots. We will be working to avoid any swimmers congregating at the entrance – we understand this may happen at times. They will not be admitted prior to the start of practice time. **While the screening process is outdoors, we ask that swimmers wear a mask if standing and waiting with others at any point.**

All swimmers will be asked to wash hands before moving to designated seating areas. Swimmers returning from or finishing dryland training will be asked to rinse off and/or wash hands prior to entering the pool.

Swimmers will exit the pool near the softball field and proceed to the pickup area or to their cars. We ask swimmers to wear shoes and cover while on campus.

5. Personal Protective Equipment

a. Face Coverings - All coaches are required to wear face coverings and during screening and while indoors with swimmers. Every swimmer should have a face mask with them, in the event of an emergency or a lightning event swimmer may be asked to use masks while sitting in proximity to each other. **We would like to ask that swimmers wear masks during the screening process or if they are required to gather in groups.**

b. Gloves – Staff are required to wear gloves while screening/checking swimmers and in any instance that requires extensive cleaning/contact with shared surfaces.

6. Swimmer Groups

Group size is limited based on age ranges of swimmers and keeping approximately 4 swimmers per lane. Swimmers are to remain together as a ‘cohort’ or group, there is no combining or switching/visiting groups. To make the most efficient use of time, groups are organized by swimmer age and ability level. Groups will be defined on the pool schedule and coaches will email families directly to identify their group. Coaches will also work to keep specific lanes/spaces assigned within groups and follow distancing practices while in the pool.

7. Dryland Activities

Coaches will include dryland programming during the posted practice times (if indicated on the schedule). **Dryland will be conducted outdoors, with the exercise room at the pool only being used for specific purposes and with limited numbers** (pullup work with only 12 people in the room at a time & increased ventilation & masks). Designated spaces on deck or on the Bolles campus will be used for dryland. Coaches will be looking to keep swimmers appropriately distanced and outdoors during dryland. **Not all age groups will be offered dryland training at practice.**

Swimmers should be prepared to do dryland training in their swimsuits with athletic shoes and covering (shirt & shorts for boys, shorts for girls). Swimmers will be notified by their coach if they have dryland what items they need to be prepared with. Typically, this would include a yoga mat or towel (swimmers will be asked to lay down on the deck or in grass) and water bottle. **An outdoor rinsing station will be available following dryland.**

8. Water Bottles & Equipment

There is an operational water bottle fill station (touch-free) located at the entrance to the facility. **Swimmers should bring their own full water bottle every day.** Please be sure to take the water bottle with you, maintaining a lost and found area is not conducive to our cleanliness efforts.

Bolles Middle and Upper School students will be assigned a hook at the pool to hang a mesh bag. Other swimming groups (Hammerhead – Late Night Senior) will be given a carabiner and a location to hang their bag on a fence.

Shared practice equipment (buckets, parachutes, cords, kick sox) will only be used when coaches are able to spray/wipe them with disinfectant between swimmers using them. Staff will maintain all shared equipment in designated locations and include them in sanitation processes.

9. Bleachers, Locker Rooms, Restrooms

Locker rooms will only be available to Bolles School Middle and Upper School Student-athletes for the purposes of changing only. A specific locker room policy will be posted.

Each practice group will be given a designated bleacher or covered area to put their belongings during practice. Areas will be marked with places to put items with appropriate distance between swimmers. Practice times include entry and exit so bleachers can be sprayed briefly following the practice.

Restrooms are for emergency uses only. We expect swimmers who are hydrated to need to use the restroom during practice on occasion. Only 3 swimmers at a time may be in the restroom, and they will take a disinfecting wipe with them to wipe down all touched surfaces.

10. Facility Cleaning and Disinfecting

All spaces and shared surfaces (bleachers, restrooms) are thoroughly cleaned and disinfected, and we continue to maintain these standards using our new cleaning/disinfecting procedures during the day and each night. Coaches will spray disinfectant in the areas used by a group as they complete practice prior to another group using the space or equipment.

11. Lightning / Inclement Weather

In the event of inclement weather – specifically lightning/thunderstorms - coaches use weather apps, the San Jose Golf Course alert, and visible signs of storms to make decisions to clear the pool. Each situation is different, and coaches work together to make sure they are aware of imminent danger and take appropriate precautions. **Coaches will use Team Unify's SMS messaging system to give up to the minute updates to families. Please be sure you have verified an SMS number on your team unify account (this is not the same as adding your phone number and requires an extra verification step).**

If a storm is in progress or arriving shortly, a coach may restrict a group from entering the facility, asking swimmers to stay in vehicles. Coaches will use SMS system to alert families it is safe to return and enter the facility. This prevents an issue of overcrowding once in the facility.

If a storm occurs during a practice, swimmers will be asked to exit the pool and proceed to shelter under the roof by the offices. Depending on the number of swimmers present, coaches may ask them to use masks at this time. SMS messages will only be sent if the practice session is to be cancelled and swimmers need to be picked up immediately. Practice sessions will never be extended past the posted practice time.

12. Team Gatherings/Large Gatherings

Until guidance from sport specific governing bodies dictates the safe conduct of competitions in large numbers, our team will limit gathering beyond the appropriate sizes of our groups. Any competitions or time trials will only be conducted within the assigned practice groups given to meet the 'cohort' mentality (described in 5. Swimmer Groups'). There will not be 'combined' practices or practices across groups in our structure.

13. Parking and Use of the Bolles Campus

There is additional traffic on campus due to summer camp, swim camp, fall sports, returning faculty, etc., and athletes and families are reminded to follow drop off and pick up instructions. **Parents are asked to remain in their cars, and not congregate, or stand along the fence. Walking or using the Bolles Campus is not permitted.** (Please remember there are resident faculty and staff who are permitted to walk the campus). The playground is closed. Drop off and pick up will continue in front of construction along Whitehurst campus road. To keep traffic moving, please follow signage for drop off and pick up locations. **The Special Events lot is a construction zone and is not available for parking or pool entry.**

Drop off and pick up swimmers at designated practice and pick up times to avoid large groups. Timely pick up and drop off is imperative. Swimmers will not be permitted into the facility until the practice time listed, as other groups may still be exiting. Even if a sibling has a similar practice time, we ask that the sibling remain in the car until their practice time officially starts.

For older swimmers who drive, please park in LOT D/Student Lot near the gym and locker rooms, proceed around Bent Center or through the Davis Gym to enter the pool near Whitehurst Campus. Congregating following practices will not be allowed.