



## Return to VISTA Pool Plan

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### **Athletes are NOT permitted to attend practices if...**

- 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.
- Anyone in their household has symptoms or tested positive for COVID-19.
- They have been exposed to anyone who has symptoms or tested positive for COVID-19.
- Have visited a state listed as a quarantine state for Pennsylvania.

### **Athletes must come to practice...**

- Wearing a swimsuit
- Pre-showered at home
- With a full, clearly marked water bottle
- Shall wear a mask inside the facility other than when they are in the water.
- Prepared to follow all physical distancing requirements
- With their own training equipment, clearly marked with their name

### **Why is it OK to Return to the Pool?**

- Chlorine is a disinfectant
- New practice process has been put in place to ensure the safety of our athletes.
- Physical distancing of 6'+ can be maintained both in and out of the water during organized swim practices.
- Minimal touchable surfaces.
- Physical activity recommended
- Mental Health benefits of getting back to a routine

### **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) (VISTA School will monitor)
- 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.

## **Before Practice Instructions**

- 1. Park in pool parking lot –**
  - Athletes will be dropped off at the pool entrance closest to the sidewalk and make their way to the temperature check area, maintaining physical distance while in line.
- 2. Temperature check –**
  - Athletes will have their temperature taken by a thermometer upon entry.
  - Athletes will be asked if they have (1) specific symptoms such as fever, cough, or difficulty breathing, or (2) have been in contact with someone who has symptoms or has tested positive for COVID-19.
  - Athletes with a 100.4°F fever or answering “yes” to any of the questions will not be permitted to enter the facility.
- 3. Sanitize Hands –**
  - Athletes are required to sanitize their hands with the provided hand sanitizer.
- 4. Swimmers will wait in designated areas until earlier practices finish and leave the vicinity of the pool.**
  - Athletes should not arrive more than 5 minutes prior to the start of their practice.
- 5. Go to Assigned Lane –**
  - Swimmers will be given a pre-assigned lane.
  - Athletes are assigned one to two athletes per lane per side.
- 6. Set training items behind lane –**
  - Any items brought into the facility (such as a towel, clothes, shoes, etc) shall be placed in this bin.
  - Each athlete will have a bin for their lane to ensure physical distancing at all times.
  - After practice, it is the athletes/families responsibility to disinfect any items set down at the facility.

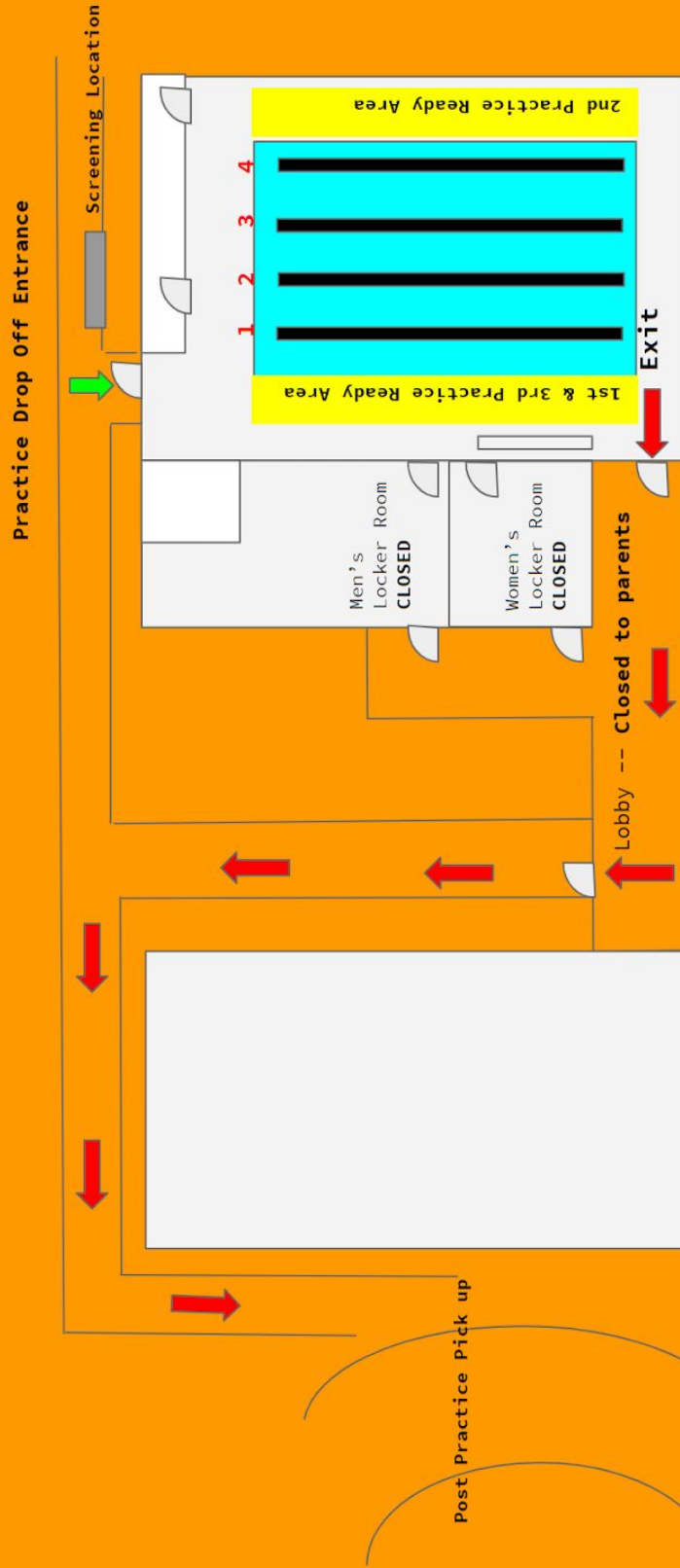
## **Practice Instructions**

- 1. No more than 4 swimmers per lane, starting from opposite ends of the pool.**
- 2. Swim workout –**
  - Workouts will be appropriately modified to account for the amount of time that the swimmers have been out of the water.
  - Athletes must come to practice with their own training gear and equipment bags, clearly marked with their name- NO SHARING
  - Athletes/Families are responsible for sanitizing training gear after each practice
- 3. We will be operating a clean pool deck meaning no spectator seating on the pool deck**

## **Departure Instructions**

- 1. Dry off and retrieve items –**
  - The locker rooms will be closed to the swim team. Athletes are not permitted to shower on site.
  - USA Swimming rules specify that deck changing is not permitted.
  - Athletes need to plan to arrive and leave in their swimsuits.
- 2. Following approved flow of traffic swimmers will be dismissed in accordance with physical distancing norms.**
  - Coaches will direct the swimmers toward the facility exit, following a one-way traffic pattern.
- 3. Swimmers will immediately proceed out the pool door entering the lobby proceeding out the lobby entrance doors.**
  - Athletes will head to their cars at the front circular drive or wait on the front sidewalk, maintaining physical distancing from other members.
- 4. Parents, please wait in your cars for your swimmer(s) to come out.**

# RETURN TO THE POOL ROAD MAP



## **Practice FAQs**

### **COVID-19 SYMPTOMS**

#### **What if my athlete has symptoms or suspected exposure?**

Athletes who are ill are not able to attend. IF an individual is ill with a confirmed case of COVID they must be out for a minimum of 10 days AND 3 days symptom free without the aid of medications.

Report any illness to aguy1991@gmail.com and pkr209340@verizon.net so staff can trace and ensure the safety of all our athletes.

#### **What if a family member has a confirmed case of COVID?**

IF a swimmer's family member has a confirmed case of COVID, the swimmer must also quarantine an additional 14 days following the infectious period of their family member (minimum of 10 days).

#### **What protective equipment is required?**

Athletes **SHALL** wear masks into the facility.

#### **What precautions are coaches taking to keep athletes safe?**

The coaching staff **SHALL** wear masks while onsite at the VISTA School. Coaches will keep 6' physical distancing except in emergency situations.

#### **Can my swimmer borrow equipment?**

Swimmers must bring their own equipment to practice. Borrowing of equipment will come in a later phase of return.

#### **Can my swimmer leave equipment at the pool?**

All personal items/equipment must be taken home at the end of practice each day.

#### **Can my swimmer participate if they are late to practice?**

Given the shorter timeframe for practice we would prefer that all swimmers arrive on time. However, if a swimmer is late, they will still be allowed to participate. They must still follow all of the steps outlined when arriving.

### **CHANGING AND LOCKER ROOM ACCESS**

#### **Can my swimmer take a shower or use the locker room after practice?**

No. Out of an abundance of caution, the locker rooms will not be available for use by the swim team as we cannot guarantee that physical distancing can be maintained, nor is there enough time to properly clean the showers between practices.

#### **Can my athlete deck change?**

No. USA Swimming rules prohibit deck changing. Athletes will be required to enter and leave the facility with their swimsuits on.

#### **Where should my athlete go to the bathroom?**

Athletes should use the bathroom at home prior to coming to practice. In an emergency, athletes will be able to use the bathrooms. With the abbreviated practices, swimmers should not plan to use the bathroom during practice time

## **PARENTS & SPECTATORS**

### **Are parents or spectators allowed onto the pool deck?**

Parents and spectators are not allowed on the pool deck at this time in order to reduce the number of individuals in the space.

## **TRAVEL**

### **What if someone travels outside the state of PA?**

Travel outside of PA is discouraged, however this will not eliminate your child's participation in practice if they do so.

Currently, there is no way to track adherence and/or where anyone has travelled. Please make the best decision for your family and the HAC 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.

## **HAC Starting Carefully**

### **Initially**

Safety measures include screening process, sanitizing station, 6'+ social distancing in and out of the water, 1 or 2 swimmers per lane max, limited group sizes, no locker room use, no changing on site, no parents/spectators, different entry and exit, time gaps between practice groups.

### **Maybe the next stage...**

Expand swimmers per practice sessions. Increase practice duration. Minimal use of locker rooms. Parents will be allowed in the main lobby with one parent per table, etc.

### **And eventually...**

Return to normal practice schedule and full facility capability. Additional measures will stay in place if/as needed.