

VAC COVID Safety Plan

VAC- Covid-19 Practice Policies

Facility Guidelines

1. Swimmers must go through a short screening before each practice. Daily logs of the swimmers temperature and health questionnaires must be kept for our records. All athletes must come to practice with:
 - a. Face Mask
 - b. Practice equipment if owned in a mesh bag
 - c. Wearing a swimsuit
 - d. Pre-showered
2. Each athlete will use hand sanitizer upon entering the facility.
3. Masks MUST be worn at all times inside the pool facility other than while swimming in the water. Please bring something to store your mask inside with your belongings while you are swimming. DO NOT just place it on the deck or on a bench or the floor.
4. Temperatures must be taken prior to each practice, temps over 100 will not be allowed to attend practice.
 - a. Any athletes who display symptoms of illness are not permitted at practice. Athletes with family members reporting any of these symptoms will not be allowed at practice.
 - Fever
 - Cough
 - Shortness of breath
 - Sore throat
 - Vomiting
 - Diarrhea
 - Chills
 - Muscle aches
 - Lost of taste and/or smell
 - Headache
 - b. Swimmers who had COVID-19 must be cleared by a Doctor and have a note on record to return to practice.
 - c. Swimmers who had family members living in their household with COVID-19 may be asked to take a test before returning to practice. Please text Coach Jen 845-551-4860 if your family is in this situation. All household quarantine periods must be completed before the swimmer is permitted to return. Other requirements may be requested by VAC.
 - d. New or revised requirements may be required/requested by VAC as new guidelines and information becomes available.

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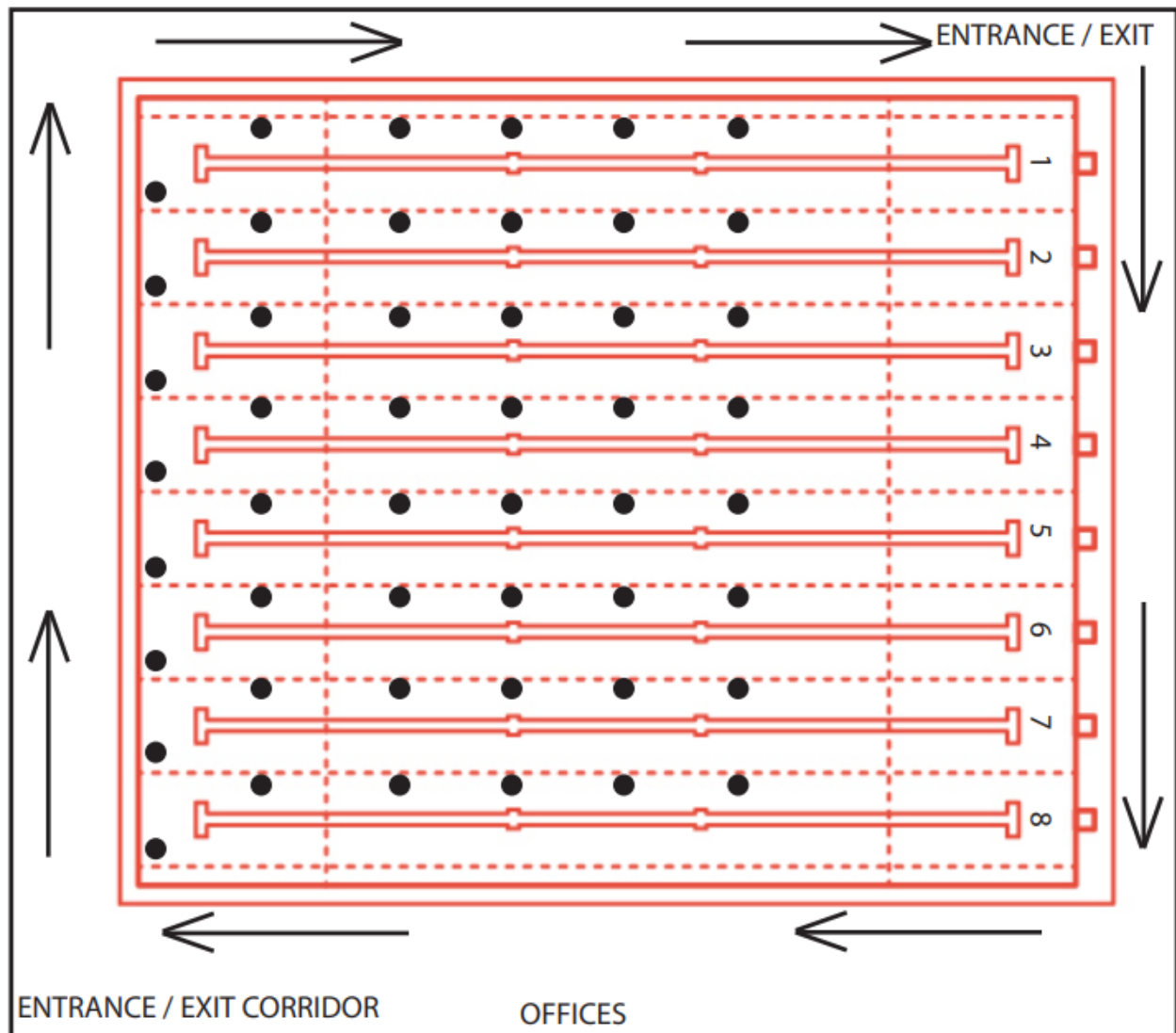
5. ***Locker room changing/showering is NOT PERMITTED.*** Athletes must come dressed for practice and leave in their suits during the summer season.
6. The locker rooms will ONLY be used as a changing room during the fall/winter season.
 - a. You may enter the changing room following social distance guidelines (stay 6 ft apart) and wear a mask at ALL times.
 - b. There will designated marked off areas that you may use and may NOT use (6 ft. apart)
 - c. There will be NO showering in the changing rooms
 - d. Once you are changed you MUST bring your belongings out to the pool deck and place them at a minimum of 6 ft from any other belongings)
 - e. NO LOCKERS will be used
7. Only one athlete will be able to use the bathroom at a time. Please try to use the bathroom prior to coming to practice. If an athlete needs to use the restroom, they must use hand sanitizer prior to entering and wash their hands prior to leaving the bathroom.
8. Practices will be drop off and pick up only. No spectators will be allowed on deck. This may change as restrictions are lifted.
9. Swimmers must enter/exit the pool through the exterior door that leads onto the pool deck near the blocks. Athletes must respect social distancing while entering and exiting the facility
10. Athletes must leave personal items in assigned bag areas, maintaining social distancing.
11. During time trials, all officials and parent volunteers will wear masks, have their temperature taken and complete a COVID screening questionnaire prior to entering the pool area.

Daily Practice Check In/Traffic Flow

Athletes will enter and exit the pool via the exterior door that leads directly onto the pool deck by the blocks. **Traffic flow will be clockwise around the pool deck when not in the water swimming.** Athletes should line up outside the entrance door, in a social distancing line (6 ft apart) to wait to be checked in by the coach/parent volunteer. Once checked in, athletes will be given their assigned position for that day. That position will be their designated bag area and swim station. At the end of each practice, coaches will send athletes one group at a time to retrieve their belongings/bags and exit t

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Please see the diagram below for traffic flow.



In the pool

1. Enter the assigned lane/pool - via the steps, ladders, or sitting down and sliding into water.
2. Swim using social distance guidelines staying 6 ft or more apart. The farther apart the better.
3. Swim practice should be following all guidelines set forth by VAC as well any other governmental agency.
4. Athletes must only swim at designated stations each day, no sharing stations (unless siblings). These stations will be at least 6 feet apart.
5. Swimmers will take their personally owned equipment home daily to sanitize.
6. Any facility equipment used will be distributed by coaches and sanitized after each use.

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This form must be submitted to Coach Jen. No Swimmer will be permitted to swim without it.

I, _____ understand the Covid-19 policies provided by VAC.
(Athlete Name)

I will adhere to all 2021-2022 VAC Team policies, as well as the current VAC Covid-19 policies. I understand that at any time these policies may change to stay up to date with current state and local guidelines. I acknowledge that if I do not have the requirements needed to enter the pool, I will not be allowed at practice. I understand that if I am found to give false information during daily screenings, I will be dismissed from VAC immediately.

(Athlete Signature) Date: _____

I, _____ understand the Covid-19 policies provided by VAC.
(Parent Name)

I will adhere to all 2021-2022 VAC Team Policies, as well as the current VAC Covid-19 Policies. I will ensure that my child adheres to all 2021-2022 VAC Team Policies, as well as the Covid-19 Policies provided by VAC. I understand that at any time these policies may change to stay up to date with current state and local guidelines. I acknowledge that if my child does not meet the requirements needed to enter the pool, (s)he will not be allowed at practice. I understand that if myself or my swimmer is found to give false information during daily screenings, our family will be dismissed from VAC immediately.

(Parent Signature) Date: _____

THIS DOCUMENT MUST BE PRESENTED THE FIRST DAY OF PRACTICE FOR EACH SWIMMER. IF SWIMMERS DO NOT HAVE THIS DOCUMENT, THEY CANNOT BE ALLOWED INSIDE THE FACILITY.