

Minot Swim Club COVID-19 Policy

1. Close Contact Identification

- A Close Contact is defined as an individual who has been within 6 feet for a total of 15 minutes or more. One or more of the individuals is also not wearing or incorrectly wearing a cloth mask.
- Per these guidelines and in line with the current Minot Public Schools and ND guidelines, all our swimmers could potentially be deemed close contacts once in the water and no longer masked.
- If anyone is identified as a Close Contact, they are to quarantine for 14 days from the date of last exposure and cannot return until:
 - The 14-day quarantine is complete (with no symptoms present during quarantine)
 - Minot Swim Club, via the email account, must be notified as soon as the individual is aware so they can start making close contact notifications.
 - Close contact Swimmers could potentially be identified as:
 - Everyone in that swimmer's lane
 - The swimmers in the lane the swimmer is in plus the lanes on each side
 - We will follow guidelines from the ND Dept of Health.

2. Positive Test Identification

- A Positive Test Identification is defined as an individual who has tested positive for Covid-19.
- Swimmer will be required to quarantine for 14 days from the date the positive test was administered or the date the swimmer started experiencing symptoms. We will follow the guidelines from the ND Dept of Health.
- Any swimmers in the Positive Swimmer's lane plus the lanes on either side would automatically be deemed close contacts. Their quarantine timeline starts from the last day they were in practice together.

3. Liability Waiver

- By registering my child(ren) with the **Minot Swim Club**, I agree to participate (or allow my child(ren) and family members to participate) in the **Minot Swim Club**, and hereby release **Minot Swim Club**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Minot Swim Club** program, including travel to and from training sessions, swim meets or other scheduled team activities.
- I agree that neither the parents or participating children shall visit or utilize the facilities, services and programs of the Minot Swim Club if he or she (i) experiences symptoms of COVID-19 outlined by the CDC including, but not limited to fever, cough, shortness of breath, chills, muscle pain, sore throat, new loss of taste or smell or (ii) has a suspected

or diagnosed/confirmed case of COVID-19. I agree to notify Minot Swim Club immediately if this occurs.

- I agree that COVID-19 is highly contagious and easily transmitted and can result in severe illness and/or death for certain people. I further agree and acknowledge that, due to the nature of the facilities, services, and programs offered by MSC, social distancing of 6 feet per person among children in certain settings is not possible at all times. I understand and appreciate the known and potential dangers of utilizing the public facilities, services and programs of MSC and that the use thereof, despite MSC's reasonable efforts to mitigate such dangers, may result in exposure to COVID-19, which could result in quarantine requirements or serious illness.
- I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **Minot Swim Club** program.

4. Additional Information

- During the registration process, the parent will accept the Covid-19 liability waiver and compliance guarantee for each swimmer.
- Minot Swim Club contact information: email to minotswimclub@gmail.com
- If a swimmer is out due to being considered a close contact, no refunds or credits will be issued. If the quarantine extends beyond the standard 14 days, refunds/credits will be reviewed on a case by case basis.

5. Covid-19 Precautions and Safety Practices

- ALL individuals that are tied to the MSC program will wear a mask into the building and in the locker rooms.
- The swimmers will be allowed to remove masks just before they enter the pool area and put them back on when they enter the locker room.
- Coaches are required to wear a mask into the building and when swimmers are on deck and out of the water (before and after practice). Face shields and masks are strongly encouraged during practice.
- We will follow the USA Swimming guidelines to properly spread out swimmers in the lanes to socially distance them.
- Coaches will check off attendance sheets and indicate which lane the swimmers are in for close contact monitoring.

6. Communication to the Parents and Swimmers will be located on the MSC website and sent out in a separate email to the members:

COVID-19 Guidelines

Please review with your swimmer(s) before attending practice, the following guidelines from USA Swimming, CDC and North Dakota. The safety of our swimmers, coaches and families is the primary goal during practice.

Preparing to Swim:

- ALL individuals that are tied to the MSC program will wear a mask into the building and in the locker rooms.
- The swimmers will be allowed to remove masks just before they enter the pool area and put them back on when they enter the locker room.
- Wash your hands thoroughly or use a hand sanitizer before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle. Water fountains will not be working.
- Limit your time in the locker rooms. Come to practice with your suit on underneath your clothes and shower at home.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when practice begins.
- Avoid touching benches, pool toys, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

When Swimming:

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice.
- Do not wear a mask when swimming as it is not safe.

After Swimming:

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Shower at home, if possible
- No extra-curricular or social activity should take place. No congregation after swimming on the deck or in the locker room.

Parents and Spectators:

- Please remain outside of the pool and allow 6 feet between you and those that are not members of your household.
- There is an observation area at the YMCA - capacity is 15 people. Masks are required and also allow 6 feet of distance between you and others.
- Educate your swimmers on the changes for practice.
- Notify Minot Swim Club immediately of any possible or confirmed COVID-19 positive cases in your family. Please email: minotswimclub@gmail.com

Coaches:

- Coaches are required to wear a mask into the building and when swimmers are on deck and out of the water (before and after practice). Face shields and masks are strongly encouraged during practice.
- Ask swimmers, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send home those swimmers reporting feeling ill or experiencing symptoms.
- Social Distance from swimmers and other coaches at practice allowing 6 ft between them.
- Guide the swimmers during practice to facilitate social distancing.
- Notify Minot Swim Club immediately of any possible or confirmed COVID-19 positive cases in your family. Please email: minotswimclub@gmail.com

General:

- Any coaches, athletes, parents, and participants should not attend practice if they or anyone with whom they reside:
 - Are exhibiting any symptoms of COVID-19: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
 - Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.
- Athletes and Coaches must see a physician and be cleared for practice after being diagnosed or suspected to have COVID-19.
- There is no penalty for missing practice! If you are sick, stay home!
- Groups are assigned specific evenings per week to practice to allow enough room in the pool for social distancing. Those groups are the only ones that will be able to practice on their assigned night.
- Groups will be assigned an area of the pool to put their "stuff" during practice.
- Coaches and swimmers will be located on both ends of the pool to allow enough distance between them. The more experienced swimmers may be located throughout the lane when stopped. USA Swimming has provided diagrams of swimmer location in the pools to allow for space between them. The pool guidelines are shown below.
- Avoid close contact with people who are sick.
- Avoid touching your face (eyes, nose and mouth).
- Cloth face coverings are recommended for everyone where other social distancing measures are difficult to maintain.

- Cover your cough or sneeze with the inside of your elbow or with a tissue; then throw the tissue in the trash and wash your hands.
- Wash hands often with the proper technique using soap and warm water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- MSC will consult with the First District Health Unit, ND Swimming and USA Swimming to determine our response and action plan should one of the swimmers or coaches test positive for COVID-19.