

Ohlone College Swimming Pool Specific Protection Plan

California Dolphin Swim Team



CDST COVID-19 Safety Precaution Plan

- SAFETY MEASURE BEFORE GO TO THE POOL
- PREPARING TO SWIM
- WHEN SWIMMING
- AFTER SWIMMING
- POOL FLOOR PLAN

Health Screening Questionnaire

Prior to enter the Ohlone College Pool, all individuals must answer all screening questions in an accurate and clear manner in the following link:

<https://forms.gle/SUnNGVPeg1Eq5TV1A>

Safety Measures Before Returning to the Pool

Athletes are NOT permitted to attend practices if...

- They have a fever, cough, shortness of breath or difficulty breathing, chills, head ache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC
- Anyone in household has symptoms or tested positive for COVID-19
- They have been exposed to anyone who has symptoms or tested positive for COVID-19

Athletes and coaches must come to practice with...

- Face mask
- Practice equipment
- Wearing a swimsuit
- Pre-showered at home
- Finish the screening questionnaire

PREPARING TO SWIM

Protect against infections

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.
- Body temperature check at the gate.

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 sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice. No changing at pool bathroom
- Only one person use the bathroom at a time. Disinfect is required after each use.

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.
- Do not use the locker room or changing area.
 - Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place.
 - No congregation after swimming.

Practice Route

Arrive at pool 5 minutes before the schedule



Line up before the Pool Gate and check temperature



Enter the gate and find your spot for belongings



Leave your belongs at the assigned area



Practice at assigned lane

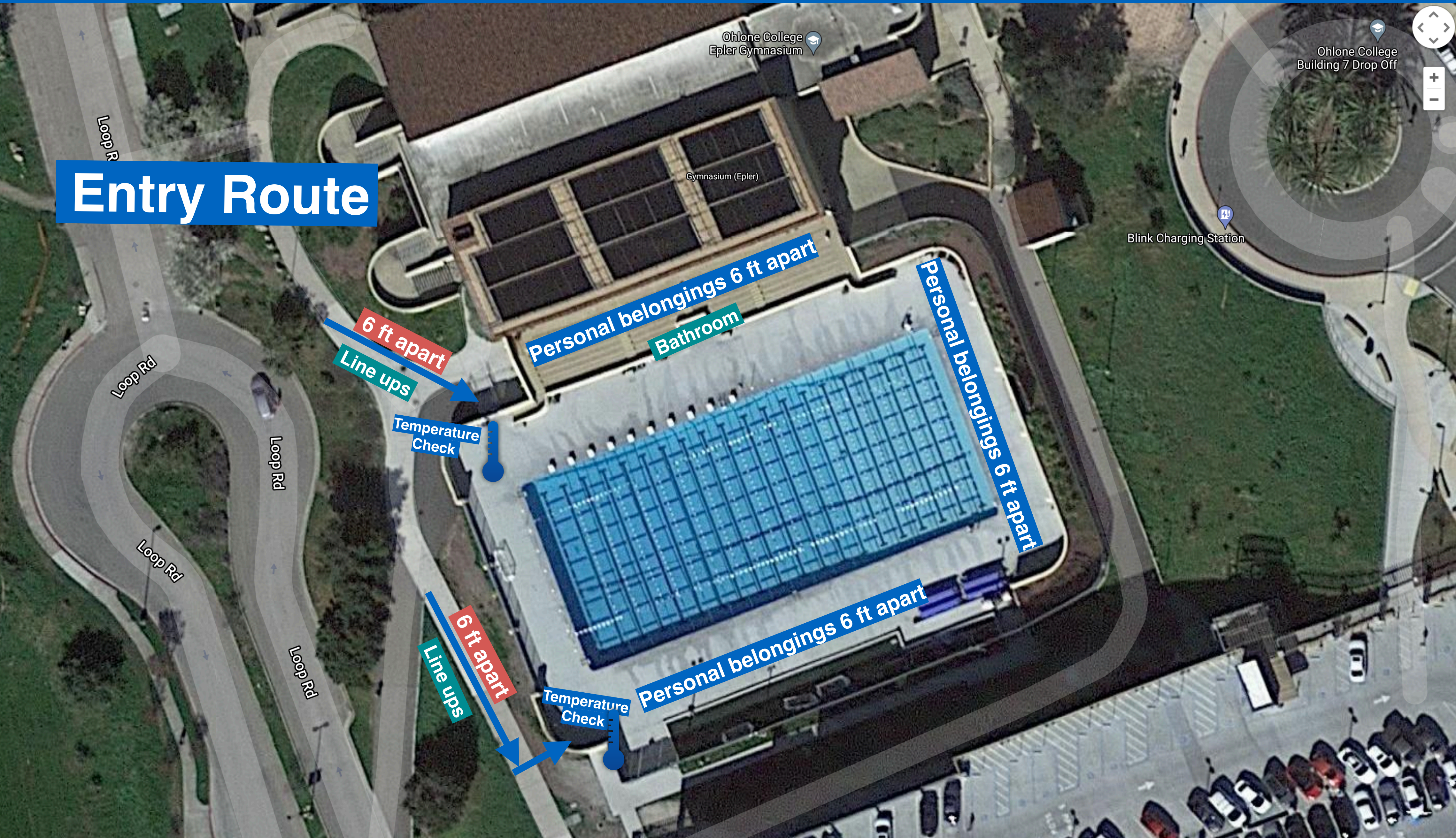


Dry off at the assigned area/cone



Leave the pool with distancing

Entry Route



Exit Route

