



CK Swimming Sailfish FACILITY USE RE-OPENING PLAN

The following is being provided to assist in the cooperative development of a 'Facility Use Plan' following the USA Swimming guidelines and complying with local, state, and federal public health guidelines.

MESSAGING

We believe swimming, like walking, hiking, running, and cycling, is a critical healthy activity within the community. We ask that USA Swimming Sailfish member team practices to be considered for pool use. Professionally organized and supervised practice would be a good starting point for training guards in the new protocol and prior to facing a much more difficult to manage general public. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know, with collaboration between USA Swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.

FACILITY, LOCAL, STATE, AND FEDERAL REQUIREMENTS

- The coaching staff will stay up to date on community and state recommendations and any associated changes.
- The initial phase 1 and 2 plan is to have a maximum capacity 5 athletes per lane with a spacing distance in the water of approximately 15 feet.
- We have reviewed the OSHA Guidance on Preparing Workplaces for COVID-19.

1) On page 17 it states that, ... there is no specific OSHA standard covering SARSCoV-2 exposure, some OSHA requirements may

apply to preventing occupational exposure to SARS-CoV-2.

- We have reviewed the White House Guidelines, and this plan complies- Under Phase 1, LARGE VENUES (e.g., sit-down dining, movie theaters, sporting venues, places of worship) can operate under strict physical distancing protocols. GYMS can open if they adhere to strict physical distancing and sanitation protocols.
- Currently our local health care system has capacity, and is not over-extended due to COVID-19 cases.



MITIGATING HAZARDS

- We will not use bathrooms for changing or showers.
- We ask that chlorine levels in the pool water be kept around 2.0 PPM or higher.
- We will have visible markers on the ground to indicate appropriate spacing on the pool deck, and entrances to the pool.
- Sharing of clothing, suits, towels, equipment, phones, and other items is prohibited.
- Swimmers will not be allowed to use the water fountain during practice. All swimmers are required to bring their own caps, goggles, suits, gear and water bottle. Swimmers are not allowed to share their water with other swimmers.
- We will strictly follow the limits and phases of the state/municipality outlines for gatherings in the coming weeks/months.
- Athletes will only use the bathroom if they cannot hold it. We will only allow one athlete at a time to use the facilities. There will be a record of each use.

- We will coordinate with facility staff for cleaning and disinfecting surfaces.
- We will control access/egress of the facility by parents dropping off and picking up in the parking lot.
- We will limit contact points in the facility to one station for each athlete for placing equipment, water bottles, etc.

SAFE PRACTICES/ PPE

- A coach or staff member will ask athletes, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes, coaches or staff reporting feeling ill or experiencing symptoms.
 - a. Symptoms looked for include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/ sneezing dissipates.
- Athletes will change clothes and shower at home.
- Coaches will maintain spacing in the pool during workouts by putting similar ability athletes in each lane and by having designated start and stop points in the pool for each athlete.
- There will be a break between each practice session to allow the coaches to control the flow of athletes in and out of the facility,
- Athletes and families who travel during phase one and two will need to self-isolate for 14 days before returning to practice.
- Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.



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OTHER CONSIDERATIONS AND COMMUNICATION TO SHARE WITH STAFF, ATHLETES, PARENTS, ETC.:

Recommendations:

- Risk factors for consideration to participate include autoimmune disease, diabetes, asthma, cardiovascular disease, etc.
- We believe that the state of Texas and our local region satisfy the Federal government's gating criteria (as outlined in the "Opening Up America Again" guidelines) and have entered Phase One of the Phased Comeback.
- Phase Two of the Phased Comeback promotes that individuals, when in public recreation areas, should maximize physical distance from others.
- We are aware that although restrictions are eased when the state and region move from Phase One to Phase Two or Phase Three of the Phased Comeback, safety precautions must remain in place in accordance with state requirements relative to availability of vaccinations or effective treatment for the coronavirus.
- We have and will continue to communicate with all staff, athletes, parents, and participants that they should not swim if they or anyone with whom they reside:
 - > Are exhibiting any symptoms of the coronavirus: 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.

> Are a vulnerable individual and your state and region is in Phase One or Phase Two.

> A vulnerable individual is a person with underlying conditions or considered to be at a higher risk demographic as outlined by jurisdictional, state, or federal guidelines.



SWIMMING SAFELY

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.

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.

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.

EXPECTATIONS FOR TRAINING AND COMPETING

Recommendations:

- Children should still be active for at least 60 minutes per day, even though they cannot gather.
- As we return to action, we must consider injury and progressive return.
- At-home workouts must be simple, low impact and low risk. Return to the pool should build off the at home dryland workouts.

FACILITY SAMPLE DIAGRAMS

- The following pages display programming model layouts
- that promote "social distancing".
- Examples are set starting and ending places in pool and maintain spacing during rest intervals (assuming minimum seven-foot wide lanes).



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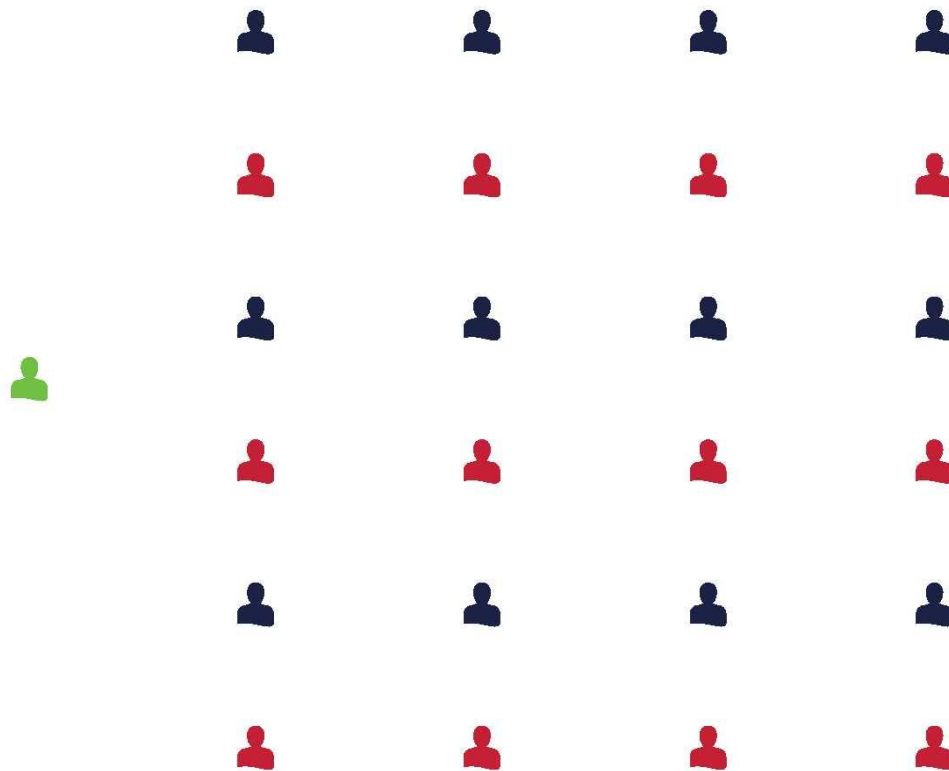
CKwimming - Sailfish SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL



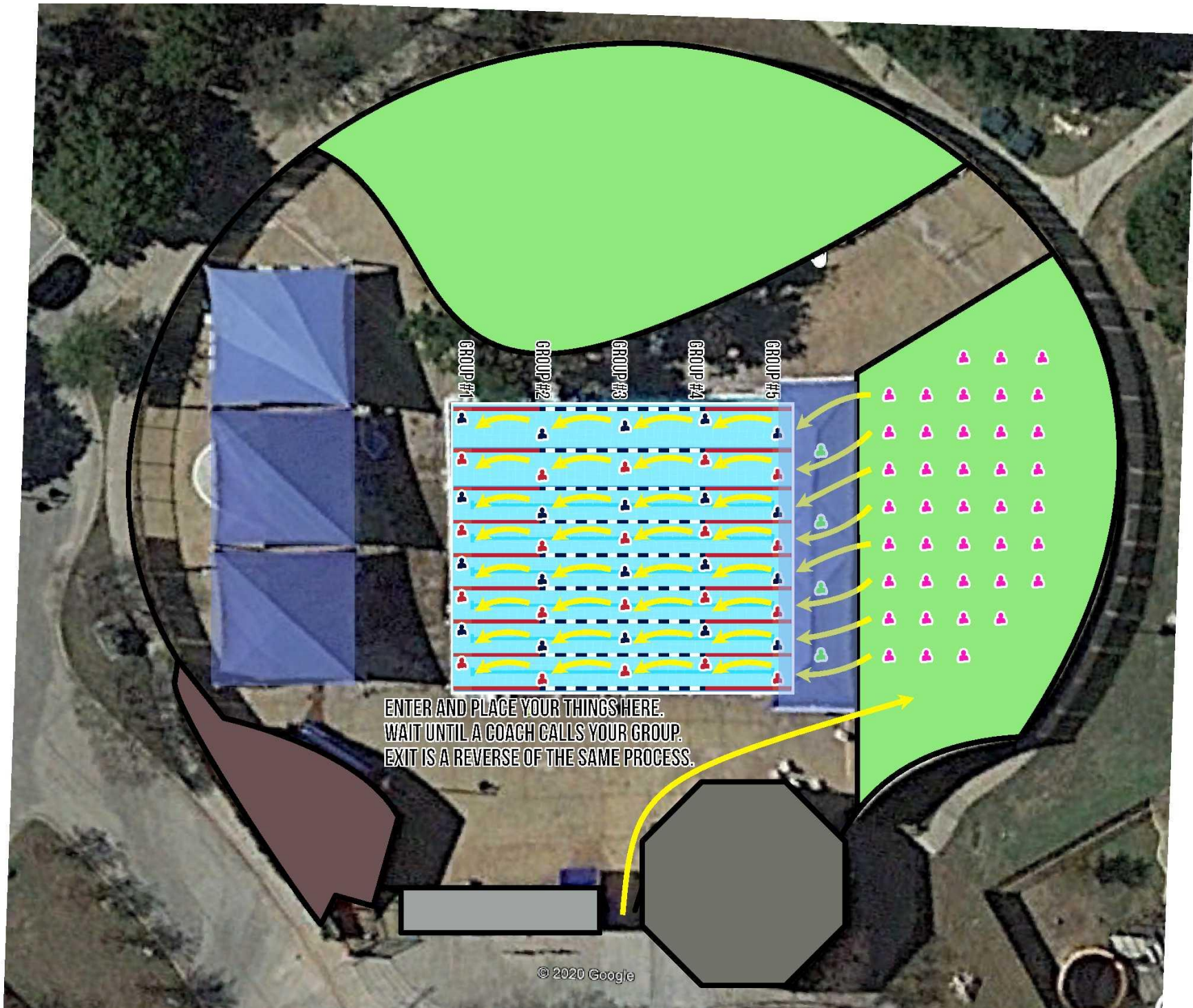
30 SWIMMERS



CKswimming Sailfish SOCIAL DISTANCING PRACTICE LAYOUT 6' Dry-land Placement Plan



24 SWIMMERS



EQUIPMENT LAYOUT

