



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2021-2022 LEHY COVID Protocols

UPDATED 1/12.2022

LEHY Swimming and the EH YMCA are committed to creating a safe and healthy practice environment for our swimmers, families and staff. All COVID Protocols must be followed.

There will be no penalty for Swimmers missing practice due to Covid-19

If we are notified a swimmer is COVID positive, we will follow health department requirements. Strict attendance will be taken, and swimmers who are in the same lane as the COVID positive swimmer will have to quarantine. If the health department allows swimmers who are vaccinated to not quarantine we will abide by their direction. Please see below for latest updates from State of CT Department of Health for sports.

VACCINATION

Swimmers are not required to be vaccinated in order to swim. However, if your child is vaccinated and you want to share that information with the coaches you can, especially if we have to do a close contact protocol.

Swimmers must come to practice...

- Wear Face Mask until you enter the pool (bring a plastic bag or plastic container to put your mask in after you get in the pool. Masks must stay near the lanes.)
- Pre-showered at home (it optimal, but understand if it cannot happen)
- With a full, clearly marked water bottle
- We recommend using the restroom at home before coming to practice. Bathrooms will be available for emergencies. Prepared to follow all physical distancing requirements.
- Arrive as close as possible to when activity begins

WHEN SWIMMING

- Swimmers should bring their own swim equipment.
- Swim bags will be kept on the pool deck. We will try to have space between each child.
- 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 swimmers when taking a break.
- Swimmers are allowed to change after practice, but masks must be worn in the locker rooms and no showers are allowed.
- When swimming do not stop and stand to let swimmers pass. Slow down a little and let another swimmers pass.

ARRIVAL TO PRACTICE

1. **Park in back parking lot (pool entrance lot)**
Parents must park in the parking lot
2. Swimmers should wait outside until a coach lets them in. Enter through designated entrance. The back door directly into the pool
3. **Attendance**
Coaches will take attendance daily to insure we have a record of who attended which practices in the case one of our members becomes ill.
4. **Set items in assigned area on the deck**
Swimmers will leave all belongings behind there lanes and it is up to the swimmer to bring a container to put all of their stuff in. it is recommended that swimmers only bring essential things in to practice.

DEPARTURE TO PRACTICE

5. **Dry off and retrieve items from designated area**
Swimmer will be allowed to use the locker rooms to change before/after practice but masks must be worn in the locker rooms. No showers will be allowed.
6. **Following the approved flow of traffic swimmers will be dismissed in accordance with social distancing norms.**
Coaches will be directing the swimmer on how to exit the pool area using one-way access points.
7. **Swimmers will immediately proceed out the entrance and leave the grounds.**
Swimmers will make their way out the entrance of the facility and either head to their cars or wait in the parking lot, maintaining physical distancing from other members. Parents, please wait in your cars for your swimmer(s) to come out.

PRACTICE EXPECTATION

COVID-19 SYMPTOMS

What if my swimmer has symptoms or suspected exposure?

Please see protocols from the State of CT Health Department below.

What protective equipment is required?

Swimmers, coaches, and parents are required to wear a mask to practice. Swimmers will remove masks once they are allowed to enter the pool.

What precautions are coaches taking to keep swimmers safe?

The coaching staff will wear masks during the all practices. Coaches will keep 6' physical distancing except in emergency situations.

Can my swimmer participate if they are late to practice?

Yes, they must still follow all of the steps outlined when arriving.

Can my swimmer leave equipment at the pool?

All personal items/equipment must be taken home at the end of practice each day. We will not have a "lost and found" anything left at practice will be thrown away at the end of each practice.

PARENTS AND SPECTATORS

Are parents or spectators allowed onto the pool deck?

Parents may bring their swimmer onto the pool deck, and are allowed to sit in the gallery for practices. Masks must be worn at all times and no parent may remain on the pool deck.

CHANGING AND LOCKER ROOM ACCESS

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

No, showers will be allowed but swimmers may change in the locker room with masks on.

Can my swimmer deck change?

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

Where should my swimmer go to the bathroom?

Swimmers should use the bathroom at home prior to coming to practice. In an emergency, swimmers will be able to use the designated bathrooms. We will not allow more than 2 swimmers in the bathroom at one time.

What are swimmers advised to do after practices?

Swimmers should dry off put on any cloths they came with and exit the facility through the front entrance, once at home swimmers should shower and rinse out their suits at home. Remember to clean off shoes and any items set down at the facility.

SAFE SPORT AND MAAPP

How is GHYMCA complying with Safe Sport MAAPP with the new parent/spectator restrictions?

Practices are open and parents may sit in the gallery with masks on.

LEHY Safe Sport Coordinator: Joe Guenther

-If you have any concerns the parent listed above is the LEHY Safe Sport Coordinator.

UPDATED PROTOCOLS FROM STATE OF CT DPH

The State of CT has updated COVID protocols for athletics as of 1/10/2022. There are changes so please take the time to read this whole email and the new protocols.

[CLICK HERE](#) to read the full updated memo from the DPH.

I am going to try to break it down for families to be easily understood. That being said, if you have ANY questions please let me know. All this information will be on the LEHY website too.

What has NOT CHANGED for our LEHY Swimmers and Families:

- All swimmers must wear masks into practices and keep the mask on until they enter the water (Please help us by reminding your swimmers of this). Swimmers will still be allowed to change in the locker rooms before/after practice, but they must have mask on and there are still no showers.

- All parents/guardians watching practices must be masked. No parent will be allowed on deck (except to get to the bleachers).
- Any meet we attend, swimmers will be required to wear mask, unless swimming, no matter what the meet host says.
- Out of an abundance of caution, swimmers who tell a coach they do not feel well in practice will be removed from practice and we will ask parents to immediately pick them up.
- All situations pertaining to a participant being a close contact, testing positive for COVID, or having COVID like symptoms must be reported to Kaeley so we may appropriately log isolation/quarantine period, and contact trace (yes, there is still contact tracing for swimming because the kids are in a lane unmasked together).

**The following information HAS changed
Isolation/Quarantine Periods for Swimmers:**

Definition of Isolation- the practice of separating people with confirmed or suspected COVID-19 (e.g., people who test positive or have symptoms that are associated with COVID-19) away from those without COVID-19 until they are no longer likely to infect others.

Definition of Quarantine- a strategy used to prevent transmission of COVID-19 by keeping people who do not have symptoms but have been in close contact with someone with COVID-19 separated from others because of the possibility that they may have been infected.

For individuals who develop ANY symptoms that could be associated with COVID-19

- Immediately isolate at home
- Test for COVID-19 (either a self-test or at a testing site)
 - **FOR SWIMMING, unvaccinated, positive test result (vaccinated or unvaccinated), or no test taken, it is a full 10-day quarantine. The day count starts the first full day after symptoms.**
 - EX #1) Swimmer experiences symptoms on January 10th, decides not to test.
 - Day ONE of isolation from swimming- January 11th
 - Day TEN of isolation from swimming- January 20th
 - Return to swimming date- January 21st
 - EX #2) Swimmer experiences symptoms on January 10th, tests positive for COVID on January 11th
 - Day ONE of isolation from swimming- January 11th (first full day after symptoms began)
 - Day TEN of isolation from swimming- January 20th
 - Return to swimming date- January 21st
 - EX #3) Swimmer experiences NO Symptoms on January 10th, tests positive for COVID on January 11th
 - Day ONE of isolation from swimming- January 12th (day of positive test)
 - Day TEN of isolation from swimming- January 21st
 - Return to swimming date- January 22nd
 - **FOR SWIMMING, fully vaccinated (i.e., 14 days after their final vaccine dose, with or without a booster dose), or fully recovered from COVID-19 in the prior 90 days, return to team activities with negative COVID test results, and**

when fever-free for 24 hours and other symptoms are significantly improved. Proof of full vaccination will be required.

For individuals identified as a close contact of a COVID-19 case and symptom free

- If fully vaccinated (i.e., 14 days after their final vaccine dose, with or without a booster dose), or fully recovered from COVID-19 in the prior 90 days:
 - Quarantine is not required away from athletics or other activities as long as a mask is consistently and correctly used.
 - Test 5 days after being notified of the close contact (note: testing is not recommended for individuals who have recovered from COVID-19 within the prior 90 days, as a positive test result may be residual and not reflective of current infection).
 - Share the test result with the individual responsible for managing COVID-19 protocols for the organization so that contact tracing can occur if needed.
 - Wear a mask when around others outside of your household for a full 10 days.
 - **FOR SWIMMING- No quarantine is necessary and day 5 testing results must be share with Kaeley. Proof of vaccination will be required.**
- If not fully vaccinated, and have not had COVID-19 in the prior 90 days:
 - Quarantine away from athletic activities for a full 5 days.
 - Test for COVID-19 (either a self-test or at a testing site) on day 5 or later (note: testing is not recommended for individuals who have recovered from COVID-19 within the prior 90 days, as a positive test result may be residual and not reflective of current infection).
 - If test result is negative, return to team activities on day 6 or later.
 - If test result is positive or if no test is taken, continue isolation through day 10; return to team activities after 10 days assuming symptoms do not develop.
 - Wear a mask when around others outside of your household for a full 10 days.
 - **FOR SWIMMING- This means a minimum of 5 days isolation from swimming with return to practice on day 6 with a negative test result. If Positive a full 10 day isolation from swimming.**

Return-to-Play after COVID-19 Infection

DPH recommends that all youth athletes receive health screening and clearance from a healthcare provider prior to resuming athletic activities after recovering from COVID-19. Post-COVID athletic health screening and a phased approach to a return to athletic activities should incorporate the American Academy of Pediatrics' (AAP) [Guidance for Return to Sports and Physical Activity.](#)

- **FOR LEHY SWIMMING- At this time this is a recommendation and not a requirement.**
- **That being said, swimmers should not return to swimming until they are symptom free and feel able to participate.**

Out-of-State Competition

Currently, areas of "substantial" or "high" COVID-19 transmission risk (as defined by CDC) are widespread throughout the country. As such, DPH recommends that athletes, coaches, and other participants who are not fully vaccinated refrain from travel out-of-state to participate in athletics at this time. DPH recommends that those teams or individuals

choosing to travel outside of Connecticut for the purposes of engaging in athletic activities follow all of the current CDC guidelines for [Travel During COVID 19](#).

- **FOR LEHY SWIMMING- At this time this is a recommendation and not a requirement.**
- **There are meets and team host that are requiring proof of vaccination and/or negative COVID test results to attend meets.**