



Covid-19 and the California Diving Academy (19mar20),

Dear CDA Divers,

These are uncharted and unprecedented times. We are concerned about the ongoing spread and containment of Covid-19. Rest assured that the safety and welfare of our divers, families, and friends is CDA's top priority. We have been closely monitoring the Covid-19 updates from the Centers for Disease Control (CDC) and the various County Departments of Health (DOH) for our areas.

The purpose of this message is to share with you the policies and procedures that we have put in place during this time. The situation with Covid-19 containment is very fluid as new, better information, and solutions are made available and vetted. CDA is closely monitoring the situation and will reach out as we have club-specific news to share.

CDA is currently observing Contra Costa County's Shelter in Place protocol that began on March 17th and is set for re-evaluation on or about April 7th. Dryland and the pools we use will remain closed for the time-being.

In lieu of regular in-person sessions, CDA will be offering **LIVE Remote Training** beginning Friday, March 20th. Each session will last 60-90 minutes and will represent approximately 20 hours of training each week, depending on how often you/your divers decide to participate. These sessions will include:

- Conditioning
- Stretching
- Modeling
- Video Analysis and Chalk-Talks (with occasional guest speakers)

All of this is designed to keep our divers in shape, engaged in diving, and physically/mentally ready to return when in-person training restarts.

LIVE Remote Training sessions are temporary replacements for regular training, but we believe they are also part of the unique overall value proposition for belonging to and supporting this club year-round. Therefore, our expectations are that all club members will take advantage of these sessions to remain engaged in the program during these times.

Once we get going, these LIVE sessions will be offered twice per day at 6am and 4:30pm and will run until things get back to the new "normal." It is up to the individual diver to sign-up for and participate in these LIVE Remote Training sessions. The system will be capturing a list of those in attendance.

California Diving Academy
Covid-19 Outbreak
19mar20

MakeUps ~ CDA will track all programs and create make-up matrices for all divers from the first date of cancellation for Covid-19 (Friday, 13mar20) until we are back to in-person sessions. The window for scheduling make-up sessions is typically 30-days. In this case, make-ups will be authorized throughout the summer and until the end of our fiscal year (31aug20).

Upon returning to our regular schedule we will be offering at least 24 hours/week of in-person training and may extend sessions beyond that. In fact, we may be able to begin dryland training before water sessions are allowed to re-start. If we do, these will be considered full and replacement sessions to any previous and/or future sessions scheduled. During summer, the number of hours CDA offers will dramatically expand to between 40-50 hours/week. Between now and August 31st, there should be ample time for everyone to make-up sessions they missed during the Covid-19 outbreak.

Cleaning ~ Before re-starting in-person sessions at dryland, the facility will be thoroughly cleaned and disinfected. All water facilities have their own protocols for cleaning/disinfecting before allowing anyone back in the water.

Our pools in San Ramon are currently closed until April 30th unless there is a change in DOH/CDC policies. Our pools in Moraga and Lafayette are currently on-hold until April 7th. These decisions will re-assess between now and then.

Payments ~ If we are unable to begin offering in-person sessions by Saturday, April 11th, 2020, we will begin refunding monthly program fees (so that you do not have to cancel) until such time as we are able to re-start in-person sessions. Unfortunately, we do not have a way of suspending payments. We are only able to either charge/refund OR cancel your program (after which you must completely re-register).

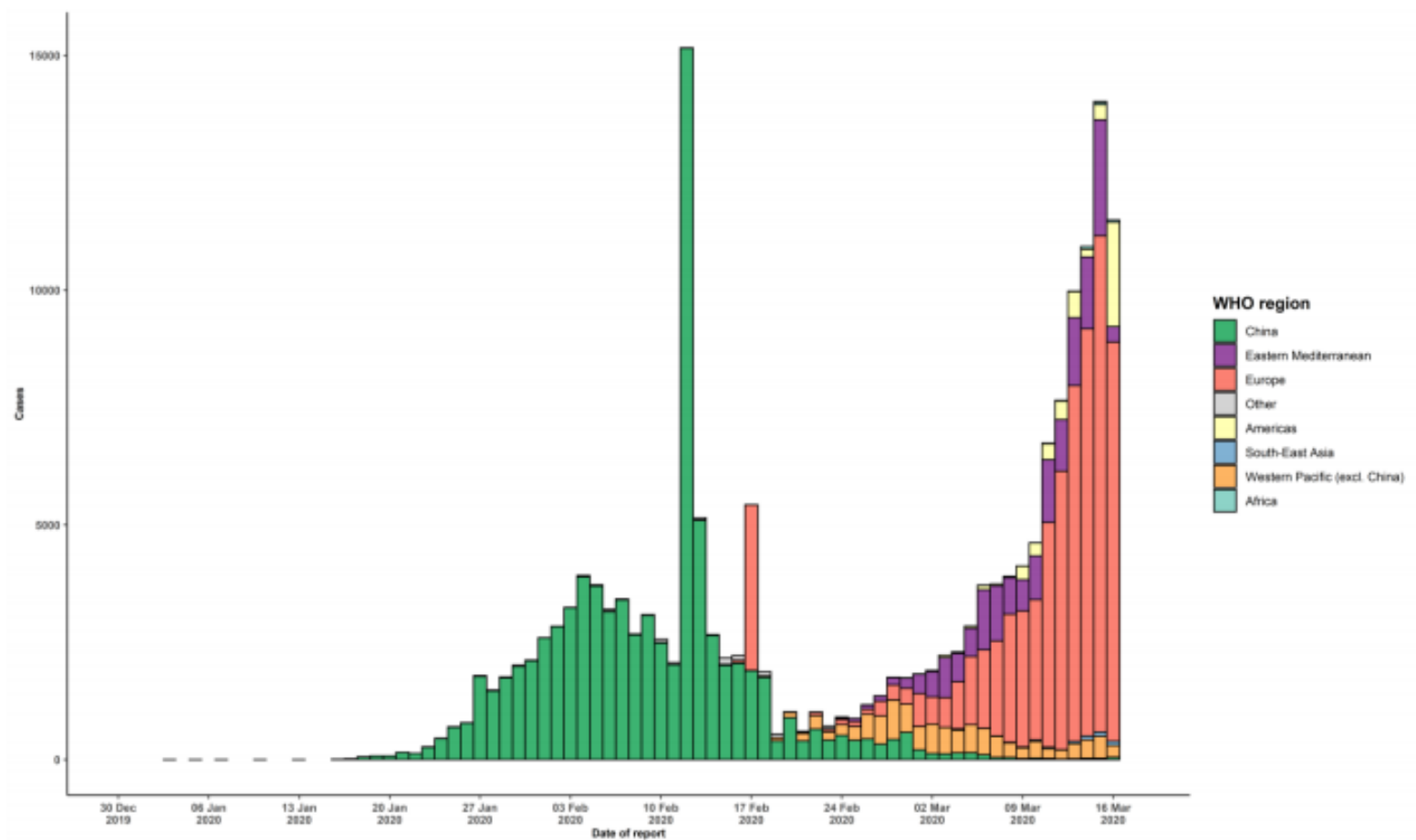
- a. **Cancelling** ~ If waiting, paying, and collecting make-up sessions is untenable to you, there are a couple of things you should know before you decide to cancel:
 - i. We will waive the 30-day cancellation notice/fee for Covid-19
 - ii. Re-starting requires payment of the yearly team fee
 - iii. Any unused make-up sessions are also cancelled at that time

California Diving Academy
Covid-19 Outbreak
19mar20

POSITIVE NOTE-1 ~ at its most recent meeting (17mar), the California Interscholastic Federation (CIF – high school sports) said it will reevaluate the post-season schedule at their next meeting (April 3rd). Let's wash our hands frequently so that we may cross our fingers in hopes of a positive decision.

POSITIVE NOTE-2 ~ The chart below (from the WHO's website) is very encouraging as it shows that when China mandated their shelter-in-place (quarantine), the length of time it took them to flattened-the-curve and begin to re-start normal life was about 6 weeks (late January – first week of March).

Figure 2. Epidemic curve of confirmed COVID-19, by date of report and WHO region through 17 March 2020



FINAL THOUGHTS ~ regarding STUDENT-athletes

The Covid-19 outbreak has already had a significant impact on the world. As students and athletes there are or may be dramatic disappointments for all involved, it is especially devastating for any/all STUDENTS and STUDENT-athletes who may be forced to end their season prematurely. The sacrifices they will make during these unprecedented times asks them to draw on the very lessons they've learned through sports: to be resilient, have a growth mindset, and become leaders in and out of sports.

What we are all being asked to do is the essence of some of the best life-lessons sports can offer. Athletes learn through sports that there is great nobility in fighting the good fight; whether it is in a team sport and for teammates, or in an individual sport surrounded by team. You are now being asked to come together to support one another, the greater community, our nation, and the world. Hopefully, your CDA coaches have helped you discover that hard work, sacrifice, perseverance, integrity, and a supportive, team-centric approach are key components of success in life. Individuals that foster, nurture, and daily-demonstrate these traits create winning environments for themselves and those with whom they interact. These traits speak to a higher calling, one that takes precedence over individual concerns.

The current crisis asks our athletes and all of us to apply these ideals in a real-time and substantive way today. Coaches, parents, and even other athletes won't be able to erase the disappointment of missed "regular" practices or competitions. They can, however, help athletes see that living up to this difficult civic responsibility is honorable and should become a source of pride.

It is okay to be disappointed if you're feeling bad or isolated; or to think "it's not fair" ~ that's understandable; and it is okay to feel that way ~ BUT only temporarily! The bigger picture is about perspective. Sports teaches us that we have the opportunity to overcome, regardless of what crucible we find ourselves in at the moment. Given the opportunity, we are all amazingly resilient. Even when disappointed, this is a time to work on shifting our focus and efforts toward ~ "controlling what we can control." CDA wants you to develop an athlete's mentality for the rest of your life. This is a time to work on how you'll do that NOW and in the rest of your life ~ forever.

California Diving Academy
Covid-19 Outbreak
19mar20

PARENTS ~

Beyond some of the ways you might talk to your student-athlete during this time, there also other action steps you can take ~ now. Set up routines (schoolwork in the morning, "recess" in the backyard or any kind of play time or break) - help normalize and help them schedule their day as much as possible. CDA's Remote Training sessions can go a long way to assisting your diver in scheduling and normalizing their daily routine while getting or staying in shape as often as 2x/day.

ATHLETES ~

Recognize how important it is to remain organized and to take excellent care of your mind, body, and soul when things are difficult. When we face disappointment, fear, or stress, it is important that we pay particularly close attention to our mental health, nutrition, hydration, exercise, and sleep. Continue to be a great teammate. If you are able, reach out to teammates and friends to ask how they're doing and whether they're okay. The process of supporting and showing care for each other is cathartic and will benefit and strengthen both/all of you immeasurably. Be courageous about asking for help. Parents, coaches, and other trusted adults want to support you at all times and especially during difficult times. If you are feeling overwhelmed, anxious, fearful, or depressed, let one of the adults you trust know very specifically what's going on with you. Ask them for a time you can have an honest conversation with them when they can be free of other distractions. Be honest with them about what's going on and how you are feeling. Don't hesitate to ask for help thinking that your concerns aren't important - they are. Youth sports has been and will continue to be an outstanding platform to develop better athletes and better human beings through character building, as well as mental, social, physical, and skills development. Let's apply the lessons of youth sports participation: resilience, grit, determination, and selflessness, to name a few, to also include the current challenge we are all facing in the world today.

These are unprecedented times. We must band together to weather the storm and support one another. This crisis will pass and we will all get back to normal soon. Until then, be kind and thoughtful of others.

All the Best ~ Coach Eric
See you in (and on) the Air!