



MONTGOMERY STROKE AND TURN CLINIC

COVID-19 PROCEDURES FOR INSTRUCTIONAL SWIM CLINICS PHASE 2 MONTGOMERY COUNTY

PPE requirements:

All Staff will wear masks when checking in athletes and checking out athletes.

Staff will wear masks while indoors and when social distancing cannot be maintained at all times. All athletes will wear masks entering and exiting the facility, on deck and during dry land activities.

If space permits over 6 feet of separation between athletes, masks are not required during dry land activities.

Exceptions will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation. In such cases a face shield must be worn in place of a mask

Social distancing

Athletes and Staff will maintain 6 feet distance at all possible times.

There will be designated places on the pool deck for athletes to leave their personal belongings to ensure social distancing.

Athletes are to remain in their designated spot with masks on until the coaches give further instruction to begin practice.

Athletes and Staff will refrain physical contact (handshakes, high-fives, fist bumps, etc.) and if they have to cough or sneeze to do it into their arm or to exit to an isolated area.

Athletes who repeatedly disregard social distancing protocols will be asked to withdraw from the clinic.

Facility procedures (site specific procedures will be distributed to participants)

Only Athletes and staff will be allowed in the pool area.

One way entry and one way exits will be created for arrival and departure.

Breaks will be scheduled between clinics to reduce occupancy in the facilities.

Registrations will be limited to ensure a maximum of 50 athletes and staff in the pool area at one time.

Athletes will arrive in swimsuits ready for practice, locker room use will be on an emergency use basis only.

Athletes may use restrooms on an emergency only basis, one athlete in restroom at a time.

Athlete Check in and pool entry

Athletes and staff will take their temperatures and do a self-symptom check before arrival to practice. An athlete or staff member with a temperature of 100.4 or higher or who has any symptoms should not come and will not be permitted at practice.

Athletes must wear a mask entering and exiting the facility. Athletes must arrive and depart in their swim suit.

Athletes will be encouraged to arrive on time and will wait in their cars or outside remaining socially distanced until they are signaled that the facility has been cleared by the previous clinic.

Athletes should bring their own marked filled water bottle and swim bag with towel, cap, goggles and personal items, no other equipment will be required or used.

Once all athletes have checked in and are ready at their designated spot, staff will begin allowing swimmers to enter the designated lane at the designated location in a manner that maintains social distancing.

Once the athletes who are starting away from the wall have entered the pool the next group of swimmers may enter the pool.

Athletes will have designated start and stop points in the lanes and be separated in to small subgroups with a designated coach monitoring the group to maintain social distancing at rest and during instruction.

Athlete Dismissal

At the conclusion of the practice all athletes will be excused in a manner that will maintain social distancing until the entire pool is empty.

All swimmers will put on an appropriate mask while drying off and dressing.

Athletes must depart in their swim suit.

Swimmers will be excused out the exit door in a manner to maintain social distancing for parent pick up.

No gathering after practice in the facility or parking lot.

Positive or suspected COVID-19 case and exposure procedures

Any athlete or staff member that has a fever or symptoms of illnesses, may not attend practice until 14 days after the fever or symptoms has ceased or a confirmed negative COVID-19 test has been taken.

Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

If an athlete or staff member tests positive for COVID-19:

Inform MSTC and Montgomery County Department of Health and Human Services

All members in that clinic session will be notified via email to inform them that a participant in their clinic session has tested positive for COVID-19.

The immediate training subgroup who could possibly have had close contact with that the positive athlete or staff will have to pause their practices and they have two options.

The athletes or staff can choose to quarantine for 14 days and then return to practice OR,

they can get tested for COVID-19 following 5 days from the date of exposure and provide with documentation showing a negative test result.

If an athlete or staff member's member of immediate household has tested positive for COVID-19:

The athlete or staff member must quarantine for 14 days, isolating themselves from the members of their household to best of their ability.

If an athlete or staff member is exposed to COVID-19 from someone outside of their household:

The athlete or staff member must quarantine for 14 days OR,

The athlete or staff member must get tested after 5 days from the date of exposure and provide documentation showing a negative test result.

This guidance is subject to change. Talk to your health care provider especially if you have a high-risk underlying health condition or if you are 65 years and older. You may need to stay away from other people longer.

Travel Policy

Athletes and their families should follow all Federal, State and Local guidelines for travel and isolation and quarantine.

Communication

These Procedures and any updates as well as facility specific procedures will be posted on the website, referenced in registration materials and distributed electronically to all registered participants.