

COVID-19 RETURN TO PRACTICE SAFETY PLAN

According to the [CDC](#), COVID-19 transmission is not likely through contact with properly disinfected water. Excel Swim Club will follow DOH's [guidance document](#), which focuses on reducing transmission through air and frequently touched surfaces.

Physical Distancing

- Physical distancing practices (six feet separation) will be maintained during swim practice by coaches and swimmers
- Clear markings of at least six feet will be indicated on the deck in any area where swimmers are stationed
- Signs will be posted reminding swimmers about distancing requirements

Personal Protective Equipment

- All coaches will wear face coverings/masks at all times
- Swimmers must wear masks at all times when they are NOT engaged in water activities (i.e., entering and exiting the facility, in the lobby, etc.)
 - ▶ Exceptions will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation
- Coaches and Excel representatives must wear masks and gloves when cleaning and disinfecting the facility and equipment
- Personal Protective Equipment for Excel employees will be provided by Excel Swim Club

Hand Washing and Hand Sanitizing

- Handwashing stations will be available for coaches and swimmers in the locker rooms
- Hand sanitizing stations and signs will be available at entry/exit gate and on the pool deck

Disinfection Procedure

- Coaches or an Excel representative will clean touch points (to include blocks, hand rails, ladders) between each swim session using a bleach solution
 - ▶ Disinfectant Solution: 5 Tablespoons ($\frac{1}{3}$ cup) of bleach in 1 gallon of water OR 4 teaspoons of bleach in 1 quart of water
- Procedure:
 - ▶ Spray the surface with disinfectant (bleach solution mixed daily)
 - ▶ Allow two minutes to pass
 - ▶ Wipe area with cloth

Screening

All coaches will use an online form to complete screening questions prior to the start of their shift
Screening questions include:

- Have you had a temperature of 100.4 or above in the past 48 hours? (All staff must take their temperature prior to coming to work to ensure that it is less than 100.4 degrees F)
- Have you been in close contact with a confirmed case of COVID-19?
- Are you experiencing a cough, shortness of breath, or sore throat?
- Are you experiencing any fever, chills, muscle pain or headaches?
- Have you had a recent loss of taste or smell?
- Have you had vomiting or diarrhea in the last 24 hours?
- Have you had a positive test for COVID-19 in the past 10 days?
- Are you quarantining or self-monitoring due to exposure or concerns about COVID-19 infection?

Athlete / Family Protocol

All families and swimmers must provide a signed waiver in order to participate. Waivers can be found on the team website and will be available during registration

Parents/Guardians are required to screen swimmers prior to arrival at the pool for every swim practice by ensuring that the swimmer's temperature is taken on the day of the swim practice and that the swimmer

- Does not have a temperature of 100.4 degrees F or higher
- Has not been in close contact with a confirmed case of COVID-19
- Has not been experiencing any of the following symptoms:
 - ▶ Cough, shortness of breath, or sore throat
 - ▶ Fever, chills, muscle pain or headaches
 - ▶ Fever in the last 48 hours
 - ▶ Loss of taste or smell
 - ▶ Vomiting or diarrhea in the last 24 hours

ARRIVAL

- Swimmers will be asked to confirm that the screening above has been completed
- Swimmers must arrive in their swimwear and will not be allowed to shower or change at the facility
- Swimmers should plan to bring a full water bottle to avoid touching water fountains/faucets
- There will be a 10-minute window between practices
- Swimmers will enter from the lobby door only after all departing swimmers have exited; masks and physical distancing of 6' are required while waiting to enter
 - ▶ Parents/guardians will drop off swimmers at the pool lobby door accessed from the lower parking lot
 - ▶ Only swimmers and coaches are permitted beyond the lobby door
 - ▶ Parents/guardians are not allowed to wait in the lobby during practice
 - ▶ Parents/guardians who choose to wait during practice must remain in their vehicle in the upper parking lot
 - ▶ Locker room and/or restroom use will be limited to emergencies only
- Swimmers will be allowed to leave their bags in the lobby only during inclement weather; otherwise, they should be left on the pool deck
- Swimmers are encouraged to bring as little as possible (i.e., mask, towel, goggles, cap, footwear)

DEPARTURE

- At the conclusion of the swim practice, swimmers will collect their belongings from the pool deck or lobby, put on their mask and exit the facility through the lobby door
 - ▶ Parents / guardians will pick up swimmers in the parking lot, not inside the building
 - ▶ Swimmers must be picked up on time in order to allow for the next group of swimmers to enter in time for practice

Exposure Response Procedure

Any coach or swimmer experiencing mild to severe respiratory illness with fever, cough, difficulty breathing, or other symptoms identified by the CDC, or who has had close contact with someone who has any of these symptoms (including the 48 hours before the symptoms began), or who has tested positive for COVID-19 may not attend practice until:

- 1) At least 10 days have passed since exposure or the onset of symptoms
and
- 2) They have had no fever for *at least* 24 hours without the use of fever reducing medication
and
- 3) All other symptoms have improved (i.e., cough or shortness of breath)
and
- 4) Be aware that negative test result does not rule out COVID-19 and the full quarantine must be completed. This is because it can take up to 14 days for infection to start

If a coach or swimmer becomes ill, that individual or an Excel representative must inform anyone who had close contact with the individual while that person was ill. An Excel representative will also provide a copy of the **COVID-19 Fact Sheet for Families**.

Close contact includes the following:

- Proximity of 6 feet of a suspected or confirmed case for 15 minutes or more
- Sharing of utensils, coughing, sneezing, kissing or exposure to bodily fluids

If a coach or swimmer exhibits symptoms upon arrival or while at the facility, an Excel representative will:

- Immediately separate the individual from others
- Utilize area in the lobby near the water cooler (away from entrance to the pool)
- Maintain a minimum of six feet physical separation from the individual whenever possible
- Provide needed support wearing a face covering and gloves at all times.
- Ask the individual to wear a face covering to prevent possible spread of illness
- Call the individual's emergency contact(s) immediately to pick up the individual
- Complete an Incident Report

All individuals should seek emergency medical care immediately if the following CDC published emergency warning signs for COVID-19 are exhibited:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Incident Reporting

- All instances of coach and swimmer illness will be documented using the Incident Report
- The report will be shared with facility management within 24 hours
- Incident reports may be reported to Public Health

Public Health Notification:

A representative of Excel Swim Club will notify Public Health in the event of:

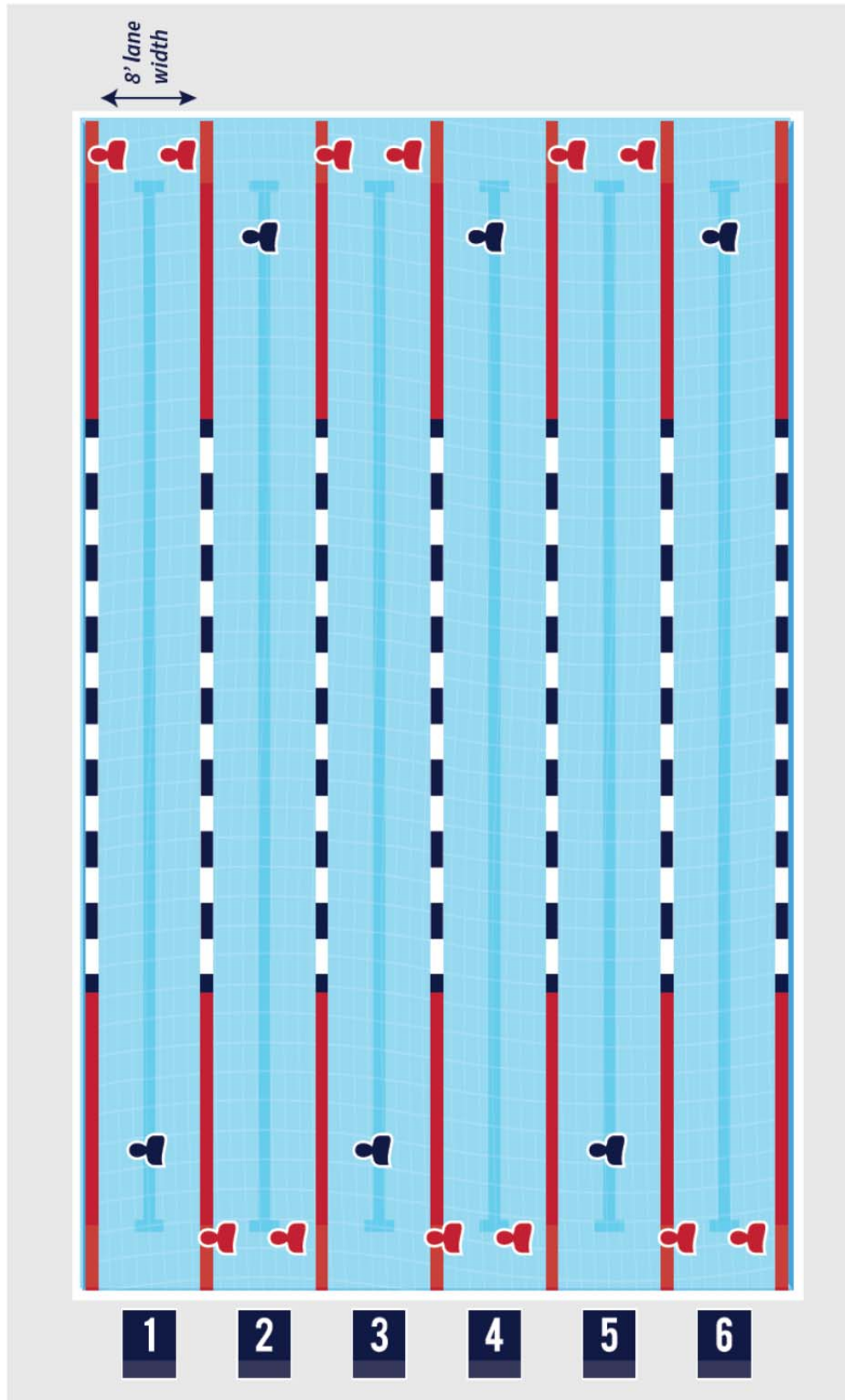
- A confirmed positive case
- A group of swimmers and/or coaches (i.e., a cluster) have a suspected or confirmed COVID-19 infection
- A coach and/or swimmer becomes severely ill with suspected or confirmed COVID-19 infection or an undiagnosed respiratory illness requiring hospitalization or causing death

To notify Public Health, call the King County Novel Coronavirus Call Center: 206-477-3977

Age Group Workouts, Monday – Friday

Capacity: 18

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



18 SWIMMERS

Medalist workouts, Saturday

Capacity: 24

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

