



## COVID-19 UPDATE

**Given the recent developments in this very fluid situation, Excel has decided to suspend all practices for two weeks, until Monday, March 30. Suspension of practices at Meadowbrook is effective immediately. Suspension of practices at Sand Point will be effective on Monday, March 16. We will continue to train at Sand Point today and tomorrow. We will be reassessing as the end of the month approaches and will communicate as necessary.**

We considered multiple options in making this difficult decision and closely reviewed all recommendations of Public Health, local government, Pacific Northwest Swimming (PNS) and the management of the facilities we rent. In the end, our overriding concern for the health and safety of our swimmers, coaches and related family members led us to what we feel is the appropriate action at this time.

In order to help reduce the risk to swimmers, families and coaches, we need those who plan to attend practice for the rest of this week to be diligent in following health and safety protocols as outlined below:

- Swimmers may not participate if they exhibit ANY cold or flu symptoms (cough, sneezing, fever, etc)
- Individuals who are considered high-risk should avoid coming to the facility. This includes: anyone over age 60, anyone with underlying health conditions such as heart disease, lung disease or diabetes, anyone with a weakened immune system and/or anyone who is pregnant

In addition, we are requesting that swimmers and families do the following when attending practice at Sand Point:

- If at all possible, drop your swimmer at the door, in their suit ready to swim
- Go immediately to the pool deck without spending time in the pool lobby
- Plan to shower and change at home to avoid using the locker room
- Reduce or eliminate unnecessary time spent in the pool lobby area for snacking, socializing or waiting

We also plan to modify the workout structure to ensure appropriate spacing between swimmers. Please remind your swimmer to respect personal space and avoid clustering at the start and finish of sets. For more information about the virus and protocols as well as today's communication from USA Swimming, please read the three attachments below and check the [King County Public Health website](#) or [blog](#). For up-to-the-minute local news updates regarding closures and cancellations, see the special page on the [Seattle Times website](#).

There will be no billing on March 15. This will be a no-fee hold period until further notice.

Excel has had a tremendous season in terms of registration, attendance and performance. We are disappointed that circumstances have brought us to this. Our hope is that the interruption is short and resumption is in the near term. Management at Meadowbrook and Sand Point are in full support of our decision and believe that we are doing the right thing. We know you share our disappointment and that we will all do everything possible to reduce the transmission of this virus so we can be back in the pool as soon as possible. Meanwhile, stay healthy and stay in touch. We will keep you posted on any further developments so watch your email in the coming days and weeks. Feel free to email us at anytime with questions.

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### Document links

[2020-03-12 USA Swimming Letter to Members - Coronavirus \(COVID-19\) Update.pdf.pdf](#)

[covid-19-recommendations-EN.pdf](#)

[COVID-19 Anti-Stigma Infographic.pdf](#)