



Acknowledgement and Agreement of 2021 WHALe Guidelines

As the appointed WHALe Representative for the team noted below, I acknowledge that I have received a copy of the 2021 WHALe Guidelines (“Guidelines”). On behalf of my team, we accept that our participation in the 2021 WHALe season and related insurance coverage is contingent on the following agreements:

We agree to implement Guidelines issued by the WHALe Executive Board, including any updates;

We agree to implement any additional requirements issued by our pool facility provider (such as an HOA), pool manager, or local government entities;

We agree that we will be incorporated prior to the first day of practice or that our team will have begun the process of incorporation, intending in good faith to complete this process in a timely manner;

We agree that we will not begin team practice until cleared to do so by WHALe;

We agree that team activities (including practices and team parties) will conclude on or before June 30, 2021, except for meetings of the team board;

We agree that we will contact our Division Vice President in a timely manner if our team or any participant has questions about the interpretation of the Guidelines.

Rep Signature: _____

Rep Name: _____

Team Name: _____

Date: _____



WHALE, FACILITY, AND GOVERNMENT REQUIREMENTS

1. The WHALe Rep will be responsible for communicating all WHALe requirements to the team board.
2. WHALe will attempt to incorporate federal and state requirements and best practices. Teams will be responsible for ensuring compliance with HOA, and Harris or Fort Bend County requirements, as applicable.
3. Each team will designate one Team Board member to be responsible for ensuring that all WHALe, HOA, facility, and government requirements are being met.
4. These guidelines are subject to change based on new requirements issued by federal or state authorities or evolving best practices. Teams will be responsible for adjusting to accommodate those changes.

MITIGATING HAZARDS

1. Each team will maintain adequate stock of cleaning and sanitizing products.
2. Each team will assure that the facility, including accessible restrooms are cleaned and sanitized after practices.
3. Teams are recommended to not make restrooms available for casual use and limit them to emergency use only.
4. Each team will assure that the facility entrance and high-touch surfaces are cleaned and sanitized after practices and between sessions.
5. Each team will assure that any team equipment will be sanitized after each practice.
6. Each person entering the facility will be required to wear a mask covering their mouth and nose for the duration of their time in the facility.
7. Swimmers, coaches, and other team members will wear a mask unless in the pool, eating, or drinking.
8. Each person entering and exiting the facility will wash their hands or use hand sanitizer in accordance with recommended guidelines.
9. Coaches and other team members wash their hands or use sanitizer between practice sessions.
10. Those waiting on deck must maintain 6 feet of separation.
11. Teams will prohibit the use of pool owned furniture. Parent/Guardians must bring their own chairs if they wish to sit down.
12. Parent/Guardians waiting on deck must remain in designated waiting areas.
13. Teams with facilities with more than one door will request that the HOA/pool management company facilitate the designation of specific entrance and exit doors.

SAFE PRACTICES/PPE

1. If a person on deck begins to sneeze or cough for any reason (including allergies or water irritation), they must move away from others until the sneezing/coughing



subsidies. Swimmers or Coaches must wash their hands or use hand sanitizer in accordance with recommended guidelines before returning to practice.

2. Teams will schedule a 5-minute break between practice sessions to allow finishing swimmers to exit the facility before the next group arrives. Teams must extend this break if 5 minutes proves to be insufficient.
3. Teams will request that arriving swimmers wait in a separate area until the deck has been cleared from the previous practice. Teams will separate the entering and exiting groups according to proper distancing rules.
4. Teams will maintain an action plan and equipment to allow coaches to provide safe medical assistance in an emergency (such as gloves, masks)
5. Team members who have been diagnosed with COVID will not be permitted to attend practice for 10 days following the diagnosis or onset of symptoms and 3 days after symptoms subside, whichever is later.
6. Team members who have been significantly exposed (within 6' for more than 15 minutes or within the same household) to a person who has been diagnosed with COVID will not be permitted to attend practice for 10 days or 7 days with a negative test result.
7. Teams will not permit repeated safety violations. A swimmer or Parent/Guardian will be allowed one warning for violating COVID guidelines, after which the swimmer will be removed from practice for the day and asked to leave the pool. Swimmers with three removals will not be permitted to swim for the remainder of the season. Teams can choose to decide if this removal from the team will have an impact on registration for next season.

COMMUNICATION

1. Teams will post signage indicating entry and exit rules, distancing requirements, and advising of the potential for exposure.
2. Teams will install a WHALe-mandated process for swimmers to declare they meet health standards to prior to their attendance at any team events; this declaration may not be completed more than 36 hours prior to the event.
3. Teams will complete daily attendance records and maintain the records.
4. Teams will prepare a plan to notify Parent/Guardians and coaches if a team member (Coach, swimmer, or Parent/Guardian) reports diagnosis or exposure to the novel coronavirus. Teams must not disclose any identifying information about the reporter.

PROGRAM CONSIDERATIONS

1. Swimmers will maintain six feet of separation while on deck.
2. The deck will be marked with tape to indicate where swimmers should stand while preparing to enter the pool.



3. Teams will not exceed 50% occupancy, based on occupancy limits provided by the pool operator. Teams may choose how to allocate occupancy between coaches, swimmers, volunteers, parents, siblings, and other spectators.
4. Teams with sufficient deck space may consider conducting dryland practice to facilitate practice for more than the number of swimmers in the water.
5. Dryland practice will maintain the same six feet of separation. Spaces should be marked on concrete; best effort should be utilized on grass.

GUIDELINES FOR SWIMMERS

PREPARING TO SWIM

1. Swimmers should not attend practice if they or someone in their home is sick.
2. Swimmers should wash their hands immediately prior to coming to the pool.
3. Swimmers should bring water bottles that are clearly marked.
4. Swimmers should arrive as close to practice start times as possible.

WHEN SWIMMING

1. Swimmers should maintain six feet of separation from others when on deck.
2. Swimmers should avoid touching their faces.
3. Swimmers should not share food, drinks, or towels.
4. Swimmers will not touch others, their effects, or their equipment.

AFTER SWIMMING

1. Swimmers should leave the pool as soon as practice is over.
2. Swimmers should wash their hands immediately after leaving pool area.