

Sebastopol Sea Serpents *COVID-19 Protocol Plan* *Returning to Ives Pool*

*Enabling members to safely
return to the pool.*

This safety guideline was constructed using USA Swimming Facility reopening and planning document



Ensuring Members are Safe to Return to the Pool

Members (Athletes, Coaches & Parents/Guardians) are **NOT** permitted at Ives Pool if...

- They have a fever, cough, shortness of breath or difficulty breathing, chills, head ache, sore throat, new loss of taste or smell, or other symptoms of COVID-19 listed by the CDC.
- Anyone in household has symptoms or tested positive for COVID-19.
- They have been exposed to anyone who has symptoms or tested positive for COVID-19.
- Traveled within the last 14 days.

Parents/Guardians/Family Members

IF NECESSARY, 1 family member per athlete will be allowed on deck and shall:

- Adhere to entry check procedures for Ives Pool including symptom and temperature check, hand sanitization, and wear masks at all times.
- Follow social/physical distancing guideline: 6-feet is mandatory and will be enforced in and around pool deck area.
- Bring in their own chair. Facility chairs will not be available for use.
- Understand only a single-use restroom is available for EMERGENCY use and will be sanitized after each use.
- Be responsible for adhering to the pledge form signed by their athlete/swimmer and parent/guardian.

Coaches Shall...

- Review and comply with OSHA COVID 19 return to work guidelines.
- Be screened before each shift and directed to wear a mask and gloves (staff will be provided with all necessary PPE and training).
- Follow social/physical distancing protocols.
- Communicate daily and/or weekly with the Ives Pool staff and manager of conditions, closures, schedule changes, or additional updates and under the guide of USA Swimming protocol.
- Conduct a pool chemistry check before, during, and after facility use to ensure proper chlorine levels. A record log will be kept.
- Determine interval stops or resting points using USA Swimming guidelines for pool configuration.
- Sanitize touched surfaces at the facility between use, including starting blocks, the single use bathroom, or any other surface that may have been touched. Adequate sanitizing supplies for staff and job description will be available to staff and stored in the front office.

Athletes/Swimmers...

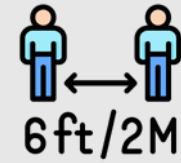
Arrive at practice:

- **Wearing a face mask**
All swimmers must wear face coverings arriving, entering and exiting the facility, taking them off only to swim.
- **With necessary practice equipment**
Shared equipment such as kick boards will not be available.
- **Pre-showered at home, wearing a swimsuit**
Locker rooms & showers will not be available.

Facility & Activity Spacing:

- Spacing markers will be positioned on the deck behind each lane to ensure distancing between swimmers.
- The deck will be marked for one-way foot traffic (facility diagram attached).
- The lap pool lanes are 7 feet wide ensuring the safety of swimmers on the same start end.
- The small pool (if used) will be set up with lanelines and spacing markers.

Return to Pool *Road Map*



Entry Checks

1



Wait at Gate

2



Temp Check

3



Sanitize Hands

4



Go to Assigned Lane

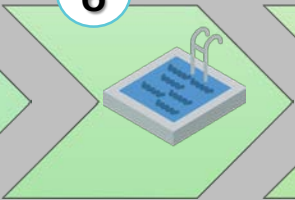
Safe Swimming

5



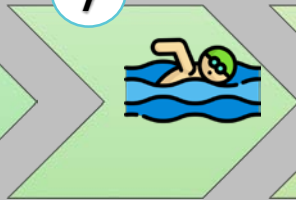
Set Items Down

6



3-point entry

7



Swim Practice

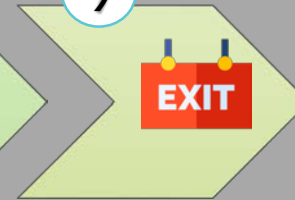
Departure

8

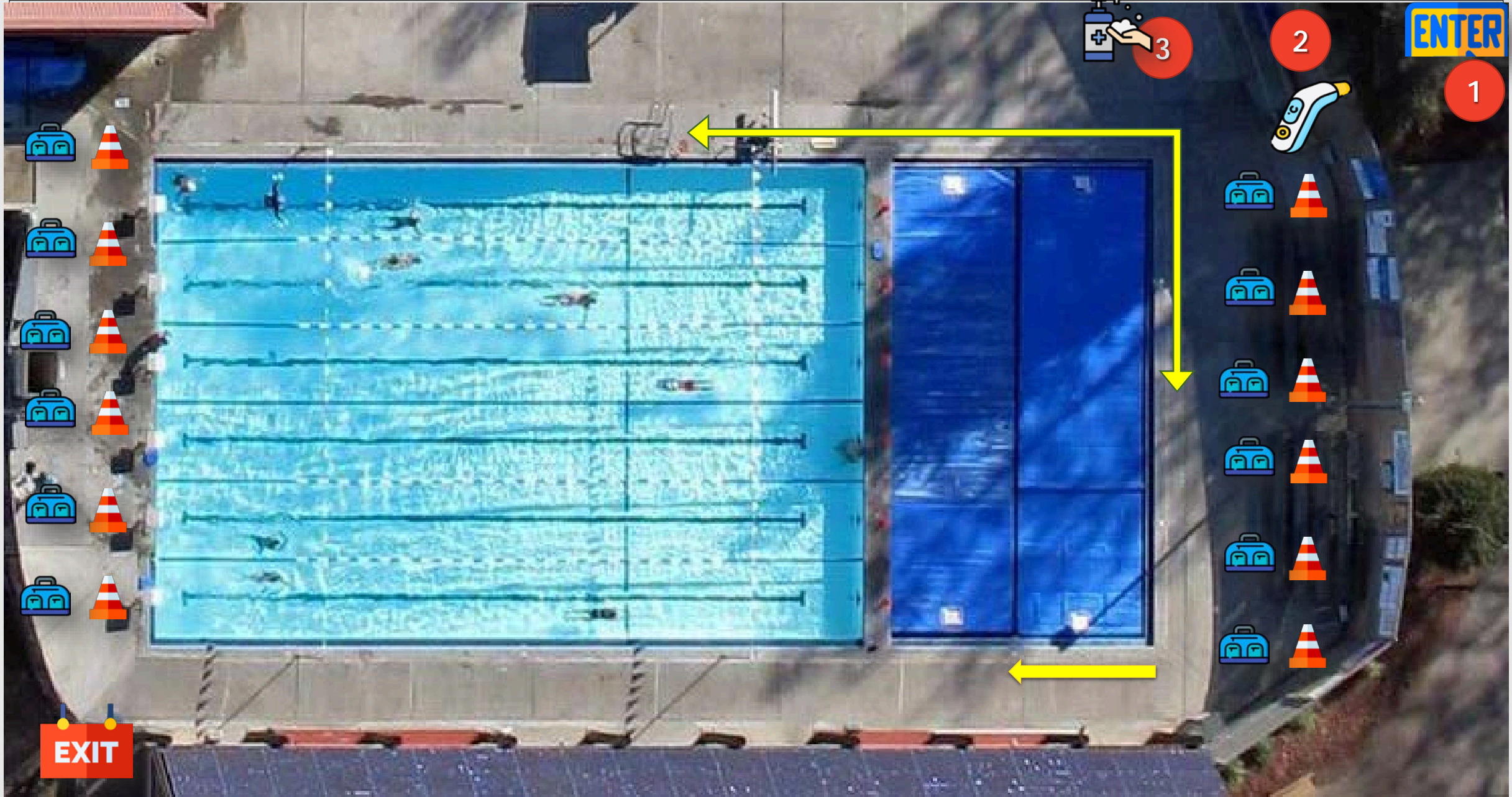


Dry Off & Retrieve Items

9



Exit Gate



ENTER

1

2

3

EXIT

Return to Pool *Entry Check Instructions*



01 Wait at Gate

Athletes will stand on pre-assigned numbered marker to maintain social distancing outside the pool gate by the park stage. Swimmers will proceed to the next marker one at a time until they reach station 2.



03 Sanitize Hands

Athletes are required to sanitize their hands with provided hand sanitizer. Social distance markers will be placed on the ground to ensure athletes waiting their turn to sanitize hands are at a safe distance.



02 Temperature Check

Athletes will have their temperature taken by a laser thermometer upon entry. Athletes will be asked if they have (1) specific symptoms such as fever, cough, or difficulty breathing, or (2) have been in contact with someone who has symptoms or has tested positive. A temperature record log will be kept.

Athletes with a 100.4 F/38 C fever or answering yes to any of the questions will not be permitted to enter the facility.



04 Go to Assigned Lane

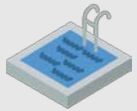
Each athlete will be pre-assigned a lane. Small pool lanes will be marked with numbered cones. One athlete per lane will be assigned.

Return to Pool *Safe Swimming Instructions*



05 Set Down Items

Any items brought into the facility (such as a towel, clothes, shoes, or gear) shall be placed in the designated square. Each athlete will have a square for their lane to ensure social distancing at all times. After practices, it is the athlete/families responsibility to disinfect any of their belongings set down at the facility.



06 Enter Assigned Lane

Athletes will enter their assigned lane with a three point entry. Athletes must sit down and slide in feet first with one hand guiding you into the pool.



07 Swim Practice

Swim practices will have at least two coaches on deck. **Due to social distancing measures, athletes will have their own lane.**

Coaches will be wearing masks. Practice instructions will also be displayed on a dry-erase board so athletes can easily follow along.

Athletes will need to bring all of the required practice equipment for their group level. Equipment, such as kickboards or fins, will not be available to borrow.

Athletes will be assigned to smaller groups, rather than regular practice groups, to limit the number of people allowed into the facility.

Return to Pool *Departure Instructions*



08 Dry Off & Retrieve Items

Athletes will dry off at the pool. The locker rooms will be closed. Athletes will not be permitted to shower or change at Ives Pool.

Deck changing is not permitted. Athletes need to plan to arrive and leave in their swim suits.



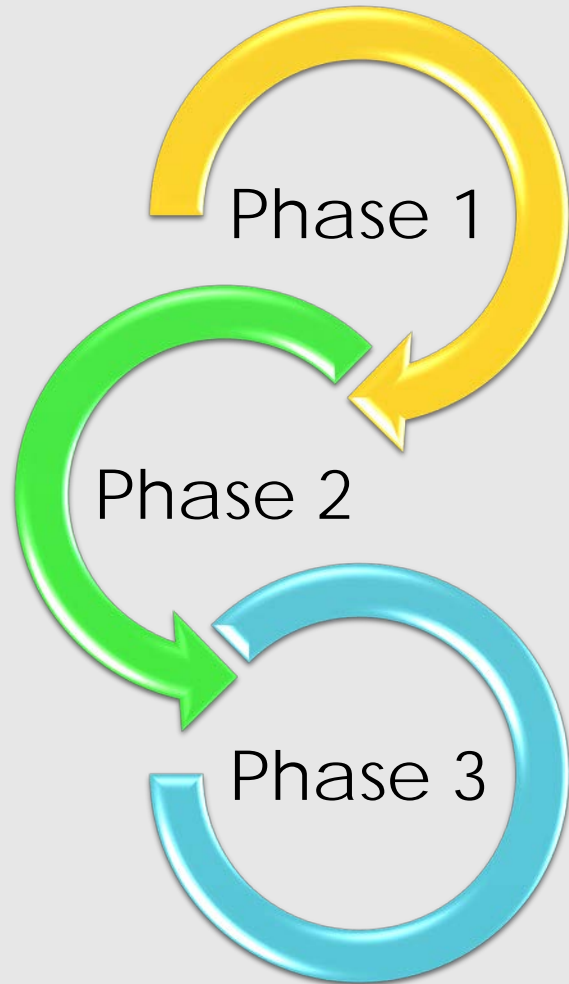
09 Exit Gate

At Ives Pool, athletes will exit through the ADA side gate near the park playground, closest to the starting block for LANE 1. Athletes will follow marked pathway and maintain social distancing at all times.

Athletes may either walk to their car or stand on social distance markings to wait for their parent or guardian.

A 10 minute gap will be placed between practices to limit the number of people at the facility. Athletes are expected to be picked up directly at the end of their practice slot.

Phased Approach



Phase 1

Safety measures including temperature checks, sanitizing station, 6' + social distancing in and out of the water, one swimmer per lane, limited group sizes (starting at 10 and up to 22 swimmers), no locker room use, no changing on site, no parents/spectators RECOMMENDED, different entry and exit gates, time gaps between practice groups FOR SANITATION, required signage and social distancing makers in place.

Phase 2

Expand to two swimmers per lane from the same household with dual start sides.

Phase 3

Return to normal-like practice schedules and full facility capability based on guidance from federal, state, county, city governments . Additional measures will stay in place as needed.