

## COVID Protocols for SMHS Swimming

**If we have a swimmer who has COVID-19 we will have a 14-day mandatory shut down. If you come into contact with someone who has COVID-19 PLEASE quarantine yourself and let a coach know immediately. If you are feeling ill at all, do not come to swim practice.**

- Parents dropping off swimmers will remain in their vehicles and will NOT enter the facility.
- Athletes will NOT enter the pool until 5 min. before their scheduled practice. If swimmers arrive early, they will remain in their vehicles.
- Athletes should come to practice in their suit and then exit the pool / facility in their suit. Items to bring should include: personal face mask, towel, cap, goggles, water bottle and mesh bag. No other items should come in the facility. Personal face masks are required in case there is a need to shelter in place and physical distancing cannot be maintained.
- The screening questions or as follows:
  - Have you or anyone in your household come into close contact (within six feet) with someone who has a laboratory confirmed COVID – 19 diagnosis in the past 14 days?
  - Have you or anyone in your household experienced any of the following during the last 48 hours? fever or chills - cough - diarrhea - shortness of breath or difficulty breathing - new loss of taste or smell - body aches
  - Have you or anyone in your household traveled in the past 14 days to/from regions that currently have a stay-in-place order for COVID-19
- All locker rooms and bathrooms will be single occupancy and NOT used for changing. Please arrive in your suit.
- NO water fountains will be used during practices. All coaches, athletes, and lifeguard staff should bring a water bottle to the pool.
- The athletes may NOT share any equipment. We will provide equipment if you need it, but it will need to be thoroughly cleaned after practice. Please bring gear if you can.
- Once athletes are inside the pool they will report to their assigned lane.
- Swimmers must remain six feet apart at all times, no matter in the water or outside the water.
- Whenever not swimming swimmers must wear a mask. If you'd like, you can bring a plastic bag for your mask and leave on the side of the deck for use if they need to go to the bathroom get out of the pool etc.
- We will have a maximum of four swimmer's per lane. One swimmer will be at the wall, one at the 15 meter mark, another at the opposing 15 meter mark and a fourth and final swimmer at the opposing wall. This will ensure swimmers remain six feet apart.
- Parents should wait in their vehicles for athletes to come to them. If parents have left the pool, please be on time to pick them up. Wash your hands thoroughly or use hand sanitizer after leaving the pool.
- Shower at home; wear your suit to and from practice.
- No extra-curricular or social activity should take place before, during practice, and no congregation after swimming.
- The rules we are putting into place are very strict. If we have swimmers or families that continue to disregard the protocol after being warned you will not be allowed back at practice until we return to a normal practice schedule.
- There will be a scheduled 10 min. window between practices for athletes to exit the pool before the start of the next practice. This also gives the staff time to clean the deck prior to the next practice.