



**RETURN TO THE POOL PLAN:**  
Enabling athletes to safely return to the pool

# **ENSURE ATHLETES ARE SAFE TO RETURN TO THE POOL**

## **Athletes are NOT permitted to attend practices if...**

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

## **Athletes must come to practice with...**

- Practice equipment
- Wearing a swimsuit
- Pre-showered at home



## WHY RETURN TO THE POOL?

- Outdoor activity
- Minimal touchable surfaces
- Chlorine is a disinfectant
- New practice process to ensure athlete safety
- Social distancing of 6' can be maintained both in and out of the water during organized swim practices



**Chlorine & COVID-19**



**Return to Pool  
Roadmap**



**SBY FAQ**

# **CHLORINE & COVID-19**

## **From the CDC...**

### **CAN THE VIRUS THAT CAUSES COVID-19 SPREAD THROUGH POOLS?**

Proper operations, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19.

Maintain proper disinfectant levels (at a minimum 1 part per million free chlorine and pH between 7.2-7.8)

CDC's Model Aquatic Health Code has more recommendations to prevent illness and injuries at public pools.

## **From the WHO...**

### **VIRUS TYPE THAT CAUSES COVID-19 IS KILLED EASILY**

The World Health Organization recommended chlorination level of 1ppm is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus and coxsackievirus, and an enveloped virus such as COVID-19 would be inactivated at even lower levels.

# RETURN TO THE POOL: ROADMAP

## ENTRY CHECKS

## SAFE SWIMMING

## DEPARTURE

1

Temp  
Check at  
Front  
Door

2

Sanitize  
Hands

3

Set Down  
Items

4

Go to  
Assigned  
Lane /  
Marker

5

Swim  
Practice

6

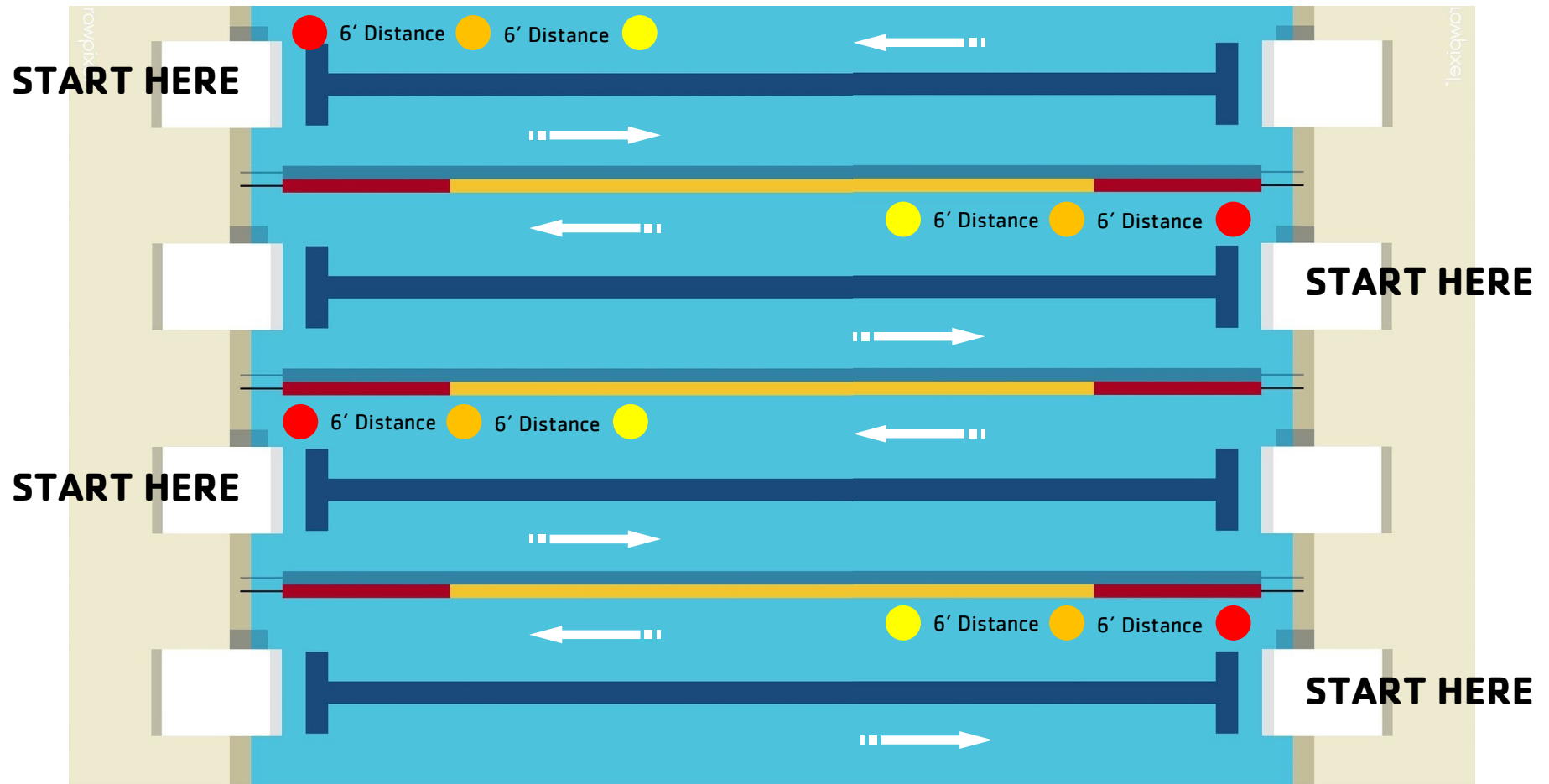
Dry Off  
and  
Retrieve  
Items

7

Exit  
Through  
Front  
Door



# RETURN TO THE POOL: POOL LAYOUT



Swimmers will be assigned a lane and color marker for each practice. When stationary, swimmers must remain on their colored markers at the end of the pool (spaced 6' apart) to promote social distancing. Shorter practice sets will be designed to prevent swimmers from lapping one another during sets and coaches will send off swimmers to be half a length apart at all times while swimmers are moving.

## **RETURN TO THE POOL: ENTRY CHECK INSTRUCTIONS**

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

### **SANITIZE HANDS**

Hand sanitizer will be available to participants. Social distance markers will be placed on the ground to ensure athletes are spaced appropriately apart as they move through the facility and onto the pool deck.

### **SET DOWN ITEMS**

Any items brought into the facility (such as towels, clothes, shoes, or swim gear) shall be placed in a designated area on the pool deck. Each athlete will have a square to place their items to ensure social distancing at all times. After practices, it is the athlete/families responsibility to disinfect any items set down at the facility.

## **RETURN TO THE POOL: SAFE SWIMMING INSTRUCTIONS**

### **GO TO ASSIGNED LANE / MARKER**

Each athlete will be assigned a lane during their practice time based on age and swimming ability, and will have alternating starting ends of the pool to promote social distancing. In each lane, one swimmer will enter the water at a time and move to their assigned marker on the bottom of the pool to keep swimmers 6' apart while stationary.

### **SWIM PRACTICE**

At the start of practice, there will be at least 2 staff members on deck to help ensure social distancing is being followed and can facilitate swimmers to their designated lanes / markers.

Coaches will be required to wear face coverings and will not be permitted in the water with swimmers.

Athletes need to bring their own equipment to practices. Only kickboards will be available for swimmers and no equipment sharing between swimmers will be permitted. After practice, swimmers will need to collect their personal equipment and YMCA kickboards will be given to YMCA staff for proper disinfecting before being placed back in use.



## **RETURN TO THE POOL: DEPARTURE INSTRUCTIONS**

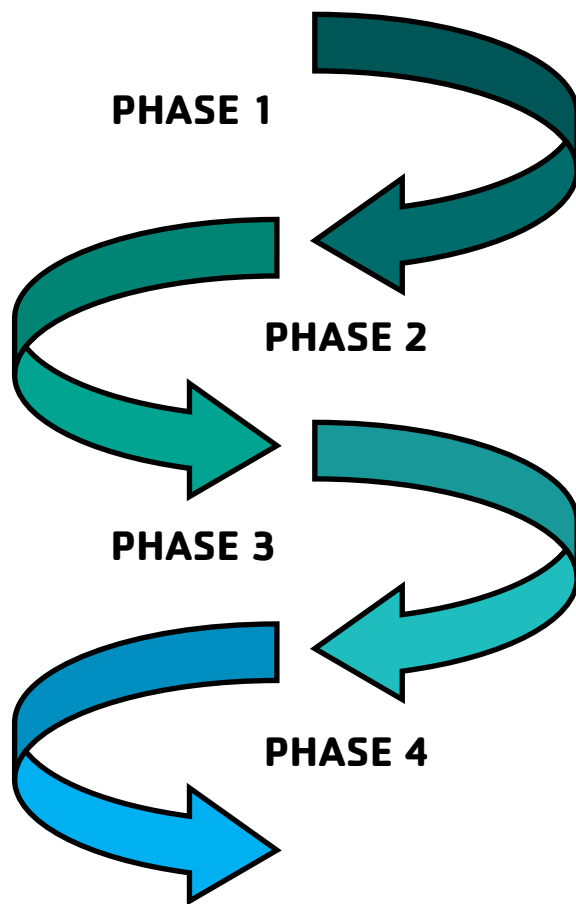
### **DRY OFF AND RETRIEVE ITEMS**

Athletes will dry off at the pool and are not permitted to shower on site. Via USA Swimming rules, deck changing is not permitted. Athletes need to plan to arrive and leave in their swim suits.

### **EXIT**

Athletes will exit through the building's front doors and should maintain social distancing at all times. A 15 minute gap will be placed between practices to limit the number of people on the pool deck. Athletes are expected to be picked up / leave directly at the end of their practice slot.

# PHASED APPROACH



## PHASE 1

Safety measures including temperature checks, sanitizing stations, 6' social distancing in and out of the water, dial start ends, limited group sizes, no locker room use, no changing on site, time gaps between practice groups, social distancing markers in place and limited to no more than 3 swimmers per lane.

## PHASE 2

Expanded practice times and numbers of swimmers per lane.

## PHASE 3

Allow swimmers to utilize locker rooms with appropriate social distancing

## PHASE 4

Return to normal-like practice schedule and full facility capability. Additional measures will stay in place as needed.

# **COVID-19 PRACTICE FAQs**

## **COVID-19 SYMPTOMS**

What if my athlete has symptoms or suspected exposure?

Athletes who are ill are not able to attend. Swimmers who have any members in their household ill may not attend for 14 days. Report any illness to **(insert email)** so staff can track and ensure the safety of all athletes and coaches.

What protective equipment is required?

The use of face coverings is recommended for participants while in the facility, but not required.

What precautions are coaches taking to keep athletes safe?

Coaches will wear a face coverings and have hand sanitizer available. Coaches will keep 6' social distancing except in emergency situations.

## **PRACTICE PREPAREDNESS**

Can my swimmers borrow equipment?

Due to an abundance of caution, only kickboards will be available for swimmers. Swimmers are responsible for bringing all of their required practice equipment and will not be permitted to share equipment with other swimmers.

Can my swimmer leave their equipment at the pool?

Swimmers will not be permitted to leave personal belongings at the facility nor will be permitted the use of a locker during practice times.

# **COVID-19 PRACTICE FAQs**

## **PARENTS & SPECTATORS**

Are parents or spectators allowed on deck?

Parents/spectators are allowed, but must maintain 6' social distancing on deck

## **CHANGING & LOCKER ROOM ACCESS**

Can my swimmers take a shower after practice?

No, out of an abundance of caution, the locker rooms are available for restroom use only. Athletes are advised to shower at home before and after practice.

Can my swimmer change in the locker room after practice?

No. To avoid large groups entering the locker rooms at any one time, we ask that swimmers be prepared to arrive and leave practice with their swimsuits on.

Can my athlete deck change?

No, USA Swimming rules prohibit deck changings.

Where should my athlete go to the bathroom?

Facilities with restrooms located on the pool deck will encourage athletes to use those, while other facilities will make the locker rooms available for restroom use only. The goal is to limit the need to have athletes in an indoor environment.

# **COVID-19 PRACTICE FAQs**

## **TRAINING GRUPS & PRACTICES**

Will my swimmer in the same training group as before COVID-19?

In order to reduce risk, SBY will be running in much smaller groups than normal. Swimmers will be assigned a practice time with swimmers of the same age and skill level and limited to no more than 3 swimmers per lane.

Will my swimmers be able to move-up a group?

Since we are not able to operate with normal sized practice group, our priority is to ensure each athlete has an opportunity to return to the pool. Group changes will occur when we are back to semi-normal operations and can allow more athletes in the water at a time.

Will practice times be our normal practice schedule?

Due to social distancing measures, practices will be shorter, have a 15 minute gap interval between practice slots, and minimal number of athletes. Thus, SBY cannot maintain a normal practice schedule.

## **AFTER PRACTICES**

What are swimmers advised to do have practice?

Swimmers should shower and rinse their suits at home. Remember to clean off shoes and any items set down at the facility.

# **COVID-19 PRACTICE FAQs**

## **ADDITIONAL TRAINING OPTIONS**

Will SBY continue to host drylands?

Due to the continuing restrictions for swim practices, SBY will not be offering dryland training at this time.

Can SBY coaches offer private coaching sessions?

SBY staff members will not be able to teach private lessons at this time. Currently, we are maintaining 6' social distancing protocol. Additionally, with the current practice model, open pool time slots are limited. We will add lesson options in once we have additional protocols in place and it is safe to do so.

## **JOINING SBY**

Can swimmers join SBY at this time?

Swimmers will be added, if space permits, to practice groups where a slot is available. Otherwise, swimmers can be added to a waitlist.