



Return to Swim - Covid-19 Mitigation Plan 2020-2021

Slippery Rock Swim Team coaches and board members take the health and safety of our swimmers and families very seriously. To support our efforts for a return to swim in the fall, the following plan of action will be adhered to:

SRST Coaches and Board Member Responsibilities

- ❖ Monitoring will be conducted in order to adhere to the Federal, state and local guidelines for the mitigation of Covid-19. As such, a change in our local guidance will have an impact and may result in the possible suspension of swim practices until deemed appropriate. Our return to swim plan will be changed to make necessary accommodations.
- ❖ Further guidance from our National and local swim governing bodies will be considered and implemented as necessary.
- ❖ SRST Coaches will be required to use their own stopwatches, pens, etc., and will not share/cross contaminate personal items.
- ❖ SRST Coaches and Board Members will limit the number of swimmers in the water based on specific facility requirements. Swimmers will be spaced at the deep end, mid-pool, and the shallow end to avoid overcrowding in any given lane. Furthermore, SRST Coaches and Board Members will limit the number of parents/guardians at each facility in accordance with the specifications under SRST Families.
- ❖ Dryland practices will be conducted via Zoom to minimize congestion in the pool area. Links will be available via email and the SRST Facebook page.
- ❖ SRST will adhere to all guidance provided by Buhl Community Recreation Center and Cool Springs Fitness and Aquatics regarding any additional sanitization of the equipment and facilities at the beginning and end of each practice day.
- ❖ Team group meetings will be conducted early in the season, and on a frequent basis, to ensure effective communication regarding safety procedures and any changes to our return to swim plan.

SRST Families

- ❖ Families will be restricted based on the facility requirements. Buhl will have a limit of 12 parents and Cool Springs will have a limit of 16 parents. Please understand that we will need to limit swim families to a maximum of only one parent/guardian. Given our numbers, you may be asked to leave the pool area as it may be necessary to take turns due to attendance.

While in the pool area, spectators will be required to maintain social distancing and adhere to face mask requirements. Facilities will provide further guidance on entry and exit procedures.

- ❖ Prior to arrival at practices, if a Swimmer is feeling ill or has any symptoms of Covid-19, they **MUST** stay home and alert the SRST Head Coach. Self-monitoring is recommended, and if symptoms persist, the recommendation is to consult the Swimmer's personal physician prior to returning to practices.

If anyone in the Swimmer's immediate family home has any symptoms of Covid-19, the Swimmer and their family members **MUST** stay home from practices and should consult their personal physician prior to returning to practices.

While at practice, if any Swimmer, family member, or SRST Coach becomes sick, they will be required to leave the pool area and be transported home.

- ❖ Temperature screenings are required prior to entering Buhl Community Recreation Center and Cool Springs Fitness and Aquatics for **ALL** swimmers, family members, and coaches. Parent volunteers may be required to complete these screenings daily using team equipment and recording results in log books.

Parents are not permitted to drop off swimmers until temperature screenings are completed.

Those with temperatures over 100.4 will be asked to leave and cannot return until they have a release from their personal physician or have been fever free for 48 hours without medication.

Temperatures over 100.4 will be reported to the SRST Board to ensure appropriate measures have been taken prior to a swimmers return to practice.

- ❖ SRST will require all swimmers, family members and Coaches to enter the facilities in accordance with their guidance and report directly to the pool area. SRST will abide by all rules set forth by Buhl Community Recreation Center and Cool Springs Fitness and Aquatics.

As long as it is government mandated, and when required by the facilities, face masks must be used while on facility premises, to include in hallways and in the spectator area of the pool. Swimmers will be required to wear their face masks until they enter the water.

- ❖ Locker rooms will be used only for bathroom emergencies during rental hours. No changing is permitted in the locker rooms. Swimmers should arrive and depart in their suits.

Swimmers must use their own personal restroom facilities prior to arrival at swim practice. Only 1 swimmer is permitted in the restroom at a time. Swimmers will ensure hands are properly sanitized before returning to the pool.

- ❖ When practice for your family is completed, you should leave the pool area as soon as possible. Please refrain from congregating with other families in the facilities or in the parking lots.

SRST Swimmers

- ❖ Swimmers will follow all instructions provided by the SRST Coaches regarding spacing, both while in the pool and on the deck.
- ❖ Swimmers will be mindful of personal contact with one another and others at the swimming facilities, including; hand shakes, high fives, etc. Swimmers should refrain from direct, personal contact as much as possible.
- ❖ Swimmers are not permitted to share equipment, towels or water bottles. If a Swimmer needs to borrow equipment during practice, they should speak with an SRST Coach and will return the equipment immediately to the SRST Coaches upon completion of the practice.
- ❖ SRST will have hand sanitizer available throughout the pool area for use as needed during practice.