

## **FHSSDT CoVid-19 Practice Policies, 2021**

### **Athlete Requirements:**

Masks must be worn at all times, except in your vehicle and in the water.

Masks are only allowed to be taken off behind the blocks, immediately before entering the water.

Masks must be put back on before leaving the edge of the pool for any reason.

All athletes must answer Covid screening questions prior to each practice.

- Athletes must be able to honestly answer “no” to all questions.
- If any question is answered affirmatively, the athlete must notify their coach and cannot attend practice.

Athletes must take their temperature each day and will not be allowed to attend practice if their temperature is 100.4 or above.

Athletes will stagger in assigned lanes with a maximum of 4 people per lane (with a maximum of 2 per end of the pool).

Athletes must place their bags in the designated areas, and may place equipment behind their lanes.

- No equipment should be shared between athletes.
- No equipment will be provided by the facility.

Athletes should bring a full water bottle to practice. Athletes will not be allowed to use the drinking fountains.

Athletes should arrive no more than ten minutes before the start of their practice and cannot be dropped off more than five minutes after the start of practice.

If waiting to be checked in, athletes will need to line up six feet from each other.

Athletes will exit the facility immediately after practice.

Athletes must go immediately to their vehicles after exiting the building.

Parents who drop athletes off at practice must return for pick up no less than 5 minutes before the end of practice and remain in their vehicles.

Athletes, as well as coaches and facility staff should remain at least six feet apart at all times.

Athletes will not be allowed to use locker rooms to change.

- Athletes should use the restroom before coming to practice. Restroom use during practice will be very limited.
- Deck changing will not be allowed. Athletes must come to practice, and leave, in their suit.

If an athlete has been asked to stay out of any other activity, like school, for a coronavirus related reason, they must notify their coach before attending a practice, even if they feel they can answer no to all the questions.

### **Parent Guidelines**

Parents will not be permitted to enter the facility except for emergency situations.

Parents must take the temperature of their athlete(s) daily.

If an athlete has a temperature of 100.4 or over, they will not be allowed at practice until they are fever free for at least 24 hours.

If an athlete's family suspects that they have been exposed to coronavirus the team respectfully requests that they contact their primary care physician and follow instructions provided.

If your athlete has been asked to stay out of any other activity, like school, for a coronavirus related reason, you must notify their group coach before attending a practice, even if they feel they can answer no to all the self-survey questions.

### **Current Covid Screening Questions**

Have you been told to quarantine/self isolate by a health care provider or the Health Department?

Are you currently awaiting COVID-19 test results?

Excluding situations where students or employees of a healthcare profession have been wearing appropriate professional PPE in their patient care settings, in the last 14 days, have you had close contact (i.e. less than 6 feet of physical distance) for 10 minutes or more with someone who has or is suspected of having COVID-19?

Are you experiencing a cough, shortness of breath, or difficulty breathing which is new or not explained by a pre-existing condition?

In the last 48 hours, have you had at least two of the following symptoms which is new or not explained by a pre-existing condition: fever, chills, repeated shaking chills, fatigue, muscle pain, body aches, headache, sore throat, nasal congestion or runny nose, vomiting, diarrhea, or loss of taste or smell?

Was your temperature 100.4 or above just prior to answering these questions?