

Section Title:	Date Issued: 05/21/2021	Date Last Revised: 05/19/2021
Policy Title: COVID-19 Recommendation	Policy Number: v3	Page: 1- 7
Replaces: v1	Dated: 05/20/2021	Approved By:

Overview

This guideline has been established for documenting procedures and protocols deemed as a synthesis of best practices by USA Swimming and the Maryland Swimming COVID-19 Re-Opening Task Force.

This was established as a follow up to the CDC's updated guidelines effective May 15, 2021 to drive consistency and provide a framework for which GASL can rely to safely return swimmers to practices and meets. Given that the overwhelming majority of our athletes are unvaccinated and unable to be vaccinated, it is strongly advised that social distancing and masking for this season remain in place, following the CDC's guidelines for K-12. This is in line with the County, State, and CDC recommendations which strongly urge unvaccinated individuals to continue wearing masks and social distancing. The CDC guidelines pertaining to K-12 can be found at the following link: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/operation-strategy.html#fully-vacc>

General Goals

- To help minimize risk and create the safest possible environment.
- To help minimize the exposure and potential contamination across groups and the club.
- To help find the resources to follow the strictest local, state, and federal guidelines.

Guidance for Swimmers

- **DO NOT COME TO THE POOL IF YOU ARE SICK.**
- Perform a COVID-19 Self-Assessment daily (see COVID-19 Daily Self-Assessment Checklist).
- Come to practice and leave practice with suit on.
- Shower and use the bathroom at home before coming to the facility.
- Use hand sanitizer immediately before entering the facility.
- Come to practice with a full water bottle. Do NOT share water bottles.
- Wear facial coverings to enter and exit the facility.
- Facial coverings are required at all times within the facility, including immediately prior to entering and upon exiting the water.
- Do not congregate before, during, or after practice.
- Vacate the facility or parking lot as soon as possible.
- Do not share equipment.
- Return directly to your personal items when practice ends and prepare to leave immediately.
- Label all personal items, so there is no mix up during practice.

- Respect all social distancing rules.

Guidance for Coaches

- **DO NOT COME TO THE POOL IF YOU ARE SICK.**
- Perform a COVID-19 Self-Assessment daily (see COVID-19 Daily Self-Assessment Checklist).
- Use hand sanitizer immediately before entering the facility.
- Wear facial coverings to enter and exit the facility.
- Facial coverings are required at all times within the facility.
- Do not congregate before, during, or after practice.
- Vacate the facility or parking lot as soon as possible.
- Maintain a minimum 6 ft distance from the edge of the pool at all times during the workout (while wearing a face covering)
- Teams must ensure that the appropriate number of coaches are present during each practice to comply with MAAPP
- Communicate regularly with swimmers advising them to stay home when they have cold or flu-like symptoms.

Guidance for Parents

- Parents/spectators are expected to practice social distancing while waiting for their athlete
- Parents may observe practice from outside the facility where possible.
- Please provide your swimmer a Ziplock bag or other small, waterproof container for storage of face coverings during practice.
- Ensure adherence to all MAAPP and Safe Sport guidelines.

Facility Procedures

- All swimmers from the previous practice must exit the facility before the following practice may enter.
- Restrooms should be disinfected between practices.
- See examples of lane distribution per USA Swimming below:

Entering the Facility

- Remain in your car until a coach or staff member indicates the facility entry procedures can begin.
- Line up at designated markers (6 feet apart) outside of the facility entrance.
- Do not advance until the marker in front of you has been cleared.
- As you approach the facility entrance, a coach or staff member will perform and document a short health assessment before allowing the swimmer access on-site.

- Upon entry into the facility, the swimmer will be ushered to a social distancing compliant staging area to store belongings and prepare for practice.
- Swimmers will remain in their respective areas until a coach or staff member provides instructions on entering the pool.
- Swimmers will remove their facial coverings immediately prior to entering the pool. A close, dry area will be provided to each swimmer to store facial coverings when not in use.

Exiting the Facility

- Coaches will stagger the exit of swimmers from the pool.
- Swimmers will return directly to their respective area and immediately prepare for departing the facility.
- Once all swimmers are prepared to leave, they will be ushered to the designated markers outside the facility for pick-up.

COVID-19 Daily Self-Assessment Checklist

PART 1: SYMPTOMS

- Do you have a fever (temperature over 100.3) or have you had a fever in the last 72 hours?
- Do you have loss of smell or taste?
- Do you have a cough?
- Do you have muscle pain not usually associated with working out or joint pain (unusual fatigue)?
- Do you have a sore throat?
- Do you have shortness of breath?
- Do you have chills?
- Do you have a headache?
- Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?

PART 2: EXPOSURE

- Have you been diagnosed with COVID-19?
- Have you been placed on quarantine by a medical professional or local public health official for exposure to COVID-19?
- Have you been in close contact with anyone diagnosed with COVID-19?
- Have you been in close contact with anyone asked to self-quarantine due to exposure to COVID-19?

COVID-19 Symptoms Protocol

- Any swimmer answering “yes” to any of the questions in the COVID-19 Daily Self Assessment (above) will be sent home.

- Swimmers answer “yes” to any of the questions in PART 1: SYMPTOMS of the COVID-19 Daily Self Assessment (above) will not be allowed to come back to practice until they have 10 consecutive symptom-free days or a recent negative PCR test for COVID.
- Same household siblings of any swimmer experiencing any of the symptoms above will also be required to stay home.
- Swimmers who have been diagnosed with COVID-19 will not be allowed to return to practice until 10 days have passed from the onset of symptoms or date of positive test if asymptomatic. In addition, in order to return to practice the swimmer must be fever free for 24 hours without fever reducing medication AND other symptoms of COVID must be improving.
- Swimmers who have been in close contact with anyone diagnosed with COVID-19 may return to practice 10 days after exposure OR 7 days after exposure with a negative PCR COVID-19 test taken a minimum of five days after exposure.
- Same household siblings of a swimmer exposed to a case of COVID-19 will not be allowed to attend practice until the exposed swimmer has a negative COVID-19 PCR test result.
- Coaches will report to the team’s COVID designee when 1) a swimmer calls out sick and is experiencing any of the symptoms mentioned above or 2) a swimmer is sent home from a practice facility and is experiencing any of the symptoms mentioned above.

COVID-19 Positive Test Protocol

What forms need to be filled out?

- DHMH Pool Injury and Illness Report Form (Complete after confirmed positive test result)
- OSHA Form (Complete if employee has confirmed positive test result)
- Any required facility forms

Who do we need to notify?

- Immediately notify the facility manager
- Once you send in the DHMH form, you have informed the MD Health Dept.
- Entire swim team (while maintaining swimmer and family confidentiality)

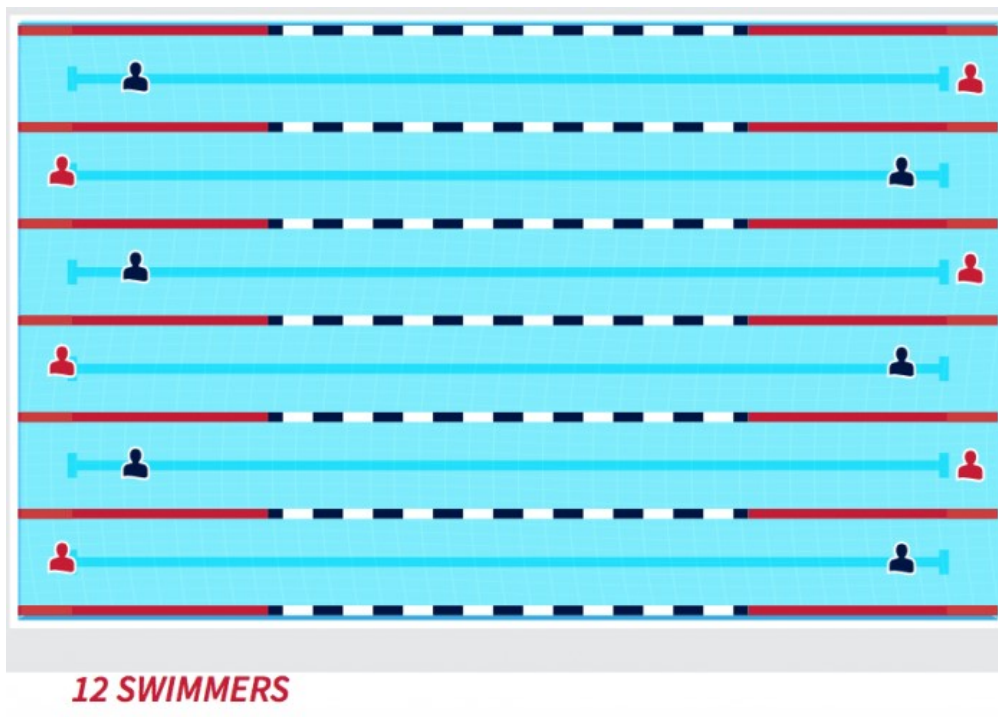
What steps do we take at the facility?

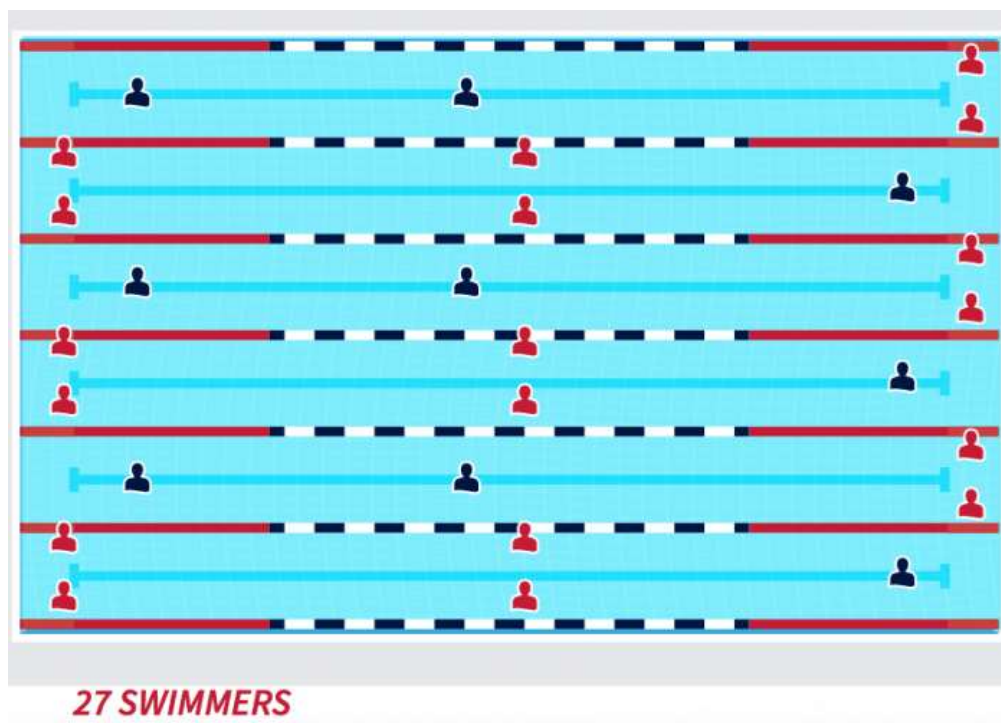
- Close off areas used by a sick person and do not use the areas until after cleaning and disinfecting them
- Wait more than 24 hours before cleaning and disinfecting these areas. Ensure safe and correct use and storage of EPA-approved List N disinfectants, including storing products securely away from children
- Follow all facility procedures

What steps do we take with the team?

- All swimmers at the impacted facility will be out of the water for at least 24 hours, after a positive test has been reported, to accommodate facility cleaning and disinfection
- Swimmers in the group, in contact with the person who tested positive, should be out of practice for 14 days
- Coaches who actively coached or who were on deck with a person who tested positive, should be out of practice for 14 days
- Per earlier recommendations, anyone who has been in close contact with someone who has exhibited symptoms or tested positive should self-isolate for 14 days
- Have all team members follow the recommendations of their family physician or medical professional
- Maintain all Safe Sport standards with respect to proper supervision, etc.

Examples of Lane Distribution:





Please Note: This guideline is being provided based on the public health situation as we understand it today. Changes to the public health situation in the coming months may necessitate changes to this guidance. GASL recommends that each GASL team establish COVID protocols that align as closely as

possible with this guidance, acknowledging that complete implementation may not be possible for some teams.