

## **COVID-19 SAFETY GUIDELINES, PROCEDURES, & EXPECTATIONS\*\*\***

It is the top priority of the Donner Swim Club to follow all best practices and guidelines set out by the federal, state, and local governments along with the information provided by the CDC, USA Swimming, and Indiana Swimming. Donner Swim Club wants all of our members to understand our concern and commitment to protect the safety of everyone associated with Donner Swim Club, and the community of Columbus, Indiana.

- Athletes should enter the pool 5 minutes before their scheduled practice time and place their belongings in their assigned area (check-in squares, **visual attached below**) by the coaching staff to ensure social distancing. If they arrive early, they must wait in their car until the appropriate time to enter the pool area.
- Athletes are prohibited from leaving the pool area unless directed and guided by a Donner Swim Club coach.
- Athletes should be prepared to arrive in their swim suits.
- Locker room use will be limited to 10 athletes at a time. Only the locker rooms in the pool area are designated areas for changing. Parents that do not plan for their athlete to change at the pool should ensure that the athlete can dry off and bundle up before heading home.
- Restroom breaks will be limited to emergencies only. In case of an emergency, the restrooms located in the pool locker rooms will be used.
- Parents/spectators are **required** to remain outside of the pool/facility while practice is taking place. If waiting outside the facility parents/spectators are expected to practice social distancing when waiting for their swimmer(s).
- Athletes and staff must enter and exit through designated areas. *At Columbus North, door 37 will be used for drop off of athletes. Door 38 will be used for pick-up of athletes. This entrance and exit are located on the East side of the pool & high school. A visual is attached below.*
- Parents must be prepared to immediately pick up athletes at the end of the scheduled practice time outside of door 38.
- Athletes will be screened upon entry to the pool/facility. Parents should escort their athlete to the entrance of the pool for screening. The screening process will consist of:
  - Temperature taken (must be 100.4 or less)
  - BCSC Screening questions asked to each athlete:
    - *Do you live with, had close contact with or cared for someone that is experiencing symptoms, has pending test results, or diagnosed with COVID-19 in the last 14 days?*
    - *Have you experienced any cold or flu-like symptoms in the last 4 days (fever, cough, shortness of breath, or other respiratory problems)?*
  - If an athlete does not pass screening questions or develops symptoms during practice and a parent is not in attendance at the time to pick-up, the Breakfast Room (located next to the pool upstairs bleachers) will be utilized as a Safe-Space for the athlete to wait for a parent or guardian to pick them up from practice.
- Athletes should bring their own water bottles filled and with their names written on them.
- There is to be no sharing of caps, goggles, water bottles, or any other equipment.

- Athletes will not be permitted to store their equipment bags at Columbus North High School. They must take them home after each practice.
- Donner staff will be wearing PPE masks throughout the practice. **All athletes entering the pool area for practice must also wear a mask while they are in the facility and not participating in exercise.**
- Donner staff will maintain the social distancing guidelines while speaking with athletes.
- Donner staff/volunteers will disinfect check-in squares after practices to prepare for additional groups of athletes entering facility and using check-in squares.
- Athletes will swim with a maximum of four (4) athletes per lane on the competition end and 2 athletes per lane in the diving well end, starting from different locations throughout the pool to maintain social distancing. **Maximum pool capacity is limited to 46 (athletes, coaches, volunteers).** A visual representing social distancing and spacing in the pool is attached below. (Lanes at Columbus North competition pool are 7 feet in width. Diving well lanes are 6 feet in width.)
- Any athlete or staff experiencing any symptoms of a fever (100.4°F or higher), recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment. If any athlete or staff does have a fever or symptoms of illnesses, they may not attend a practice until 14 days after the fever or symptoms has ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

#### Positive Test Procedure

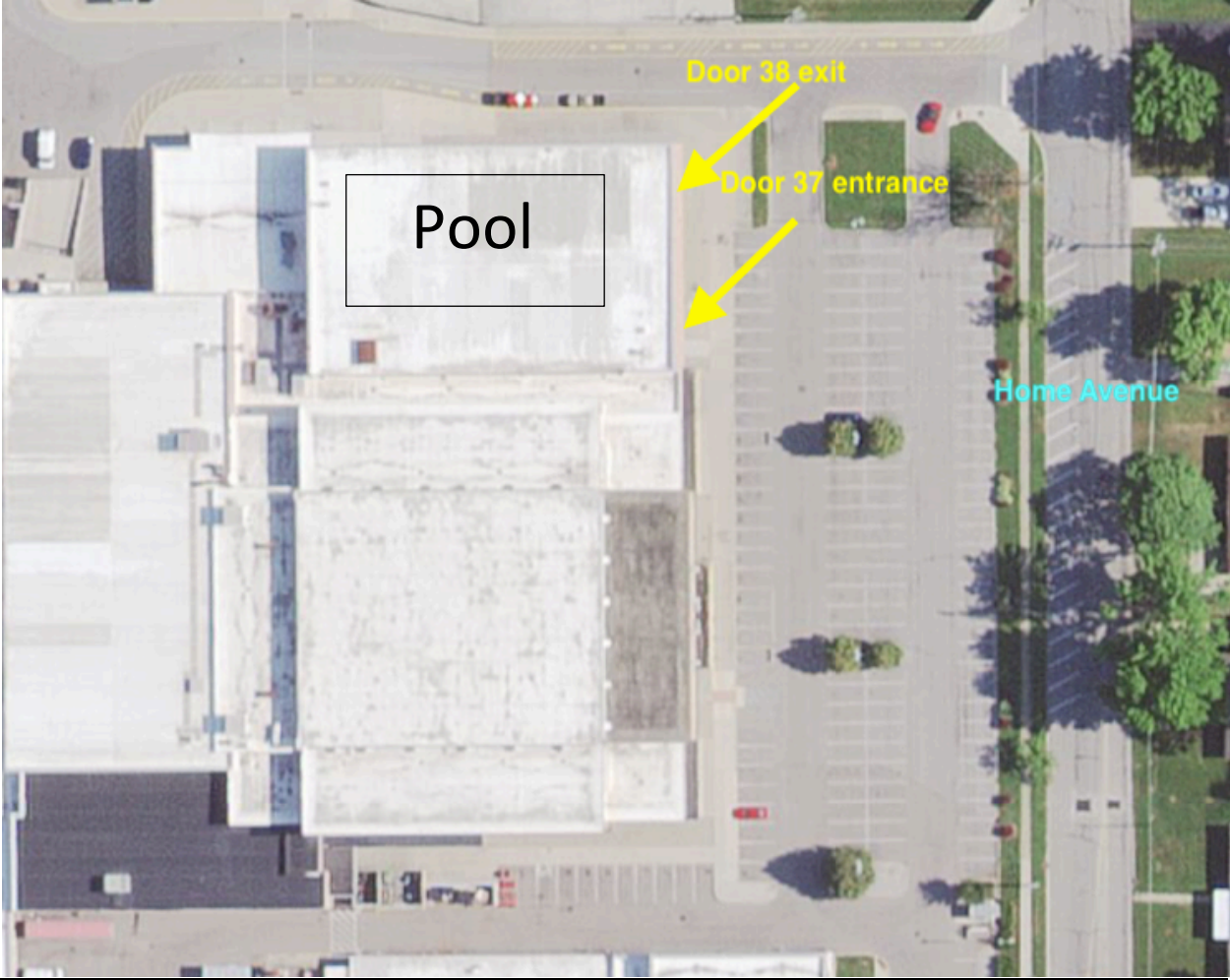
Should someone test positive in our membership the following measures will take place:

1. The individual should let the Donner staff know immediately.
2. Must remain home in isolation for at least 10 days from the date symptoms began and 72 hours fever-free without fever reducing medications and improvement of respiratory symptoms.
3. The individual or individual swimming on either side of that athlete that were in close contact (within 6 feet for more than 15 minutes of someone with confirmed COVID-19) will be expected to self-quarantine for 14 days before returning to the facility. We will be assigning check-in squares and lanes for all practices so we are clear what athletes may be impacted by this.

\*\*\*Unfortunately, failure to recognize, follow, and commit to the above guidelines, procedures, expectations, and any other additional precautions established, if necessary, through the duration of the session may result in the swimmer being removed from practice. Continued failure to adhere to the above may result in being removed from further participation in the session. It is our hope that all swimmers, parents, and family members understand and take the necessary steps needed to act in accordance with the above guidelines, procedures, & expectations. It is critical we all protect the safety of everyone involved. Please help Donner Swim Club provide the best environment possible for our swimmers, parents, coaches, and communities in these challenging times.

Best Regards,  
Donner Swim Club Board of Directors

**Columbus North Facility Skyview – door 37 (facility entrance) & door 38 (facility exit)**



**Donner Swim Club designated Entrance Visual – door 37**



**Donner Swim Club designated Exit visual – door 38 (ramp/step in place outside exit)**



**Visual of Donner Swim Club athlete Check-In Squares**





**Visual Representation of Social Distancing in the Columbus North Pool Diving Well**

→ Donner athletes will be at opposite ends of the pool to maintain Social Distancing requirements of 6 feet in all directions (across lanes, on the wall)

**10 swimmers in competition end of pool**    ***\*Columbus North diving well lanes are 6 feet in width***

		<b>1</b>
Athlete	Athlete	<b>2</b>
Athlete	Athlete	<b>3</b>
Athlete	Athlete	<b>4</b>
Athlete	Athlete	<b>5</b>
Athlete	Athlete	<b>6</b>
		<b>7</b>
		check in squares
		19
		20
		21
		22
		23