

BENNINGTON MARAUDERS SWIM CLUB

COVID-19 PLAN



BACK IN THE WATER SAFELY

MARAUDERS FAMILIES-THANK YOU ALL SO MUCH FOR YOUR SUPPORT OF OUR CLUB AND COACHES THROUGH THE COVID-19 PANDEMIC.

AFTER MUCH DISCUSSION AND RESEARCH INTO THE DIFFERENT POLICIES AND REGULATIONS PERTINENT TO A RETURN TO THE POOL, WE ARE PLANNING ON RESUMING PRACTICES ON SEPTEMBER 8TH. WE HAVE DEVELOPED A PLAN TO RETURN SAFELY TO THE POOL BASED ON THE RECOMMENDATIONS AND GUIDELINES FROM THE CDC, LOCAL HEALTH AND TOWN OFFICIALS, AND USA SWIMMING.

THE SUCCESS OF OUR RETURN TO THE POOL WILL REQUIRE A TEAM EFFORT. THAT MEANS THAT SWIMMERS, COACHES, AND PARENTS WILL NEED TO FOLLOW THE PLAN AND HELP OTHERS ADHERE TO THE PLAN. WE EXPECT EVERYONE TO ADHERE TO THESE PLANS, PRACTICE SOCIAL DISTANCING AND PROPER HYGIENE AT ALL TIMES. SHOULD ANY MEMBER NOT ADHERE TO THE GUIDELINES THEIR PARTICIPATION IN PRACTICES MAY BE SUSPENDED. FOLLOWING THE GUIDELINES WILL HELP TO PROTECT EVERYONE ON THE TEAM AS WELL AS TO ENSURE OUR CONTINUED ACCESS TO THE BENNINGTON RECREATION CENTER.

WE REALIZED RETURNING TO PRACTICE IS A VERY PERSONAL DECISION AND THAT NOT EVERYONE WILL FEEL COMFORTABLE RETURNING TO THIS LEVEL OF ACTIVITY. PLEASE MAKE THE BEST DECISION FOR YOUR FAMILY.

BEFORE LEAVING HOME


ANY SWIMMER EXPERIENCING ANY OF THESE SYMPTOMS BELOW SHOULD REMAIN AT HOME AND SEEK MEDICAL TREATMENT.

- A FEVER (100.4° OR HIGHER)
- RECENT COUGH
- SHORTNESS OF BREATH OR DIFFICULTY BREATHING
- CHILLS
- MUSCLE PAIN (UNUSUAL FATIGUE)
- SORE THROAT
- NEW LOSS OF TASTE OR SMELL
- CONGESTION OR RUNNY NOSE
- NAUSEA OR VOMITING
- DIARRHEA



ARRIVING AT THE POOL

PARKING LOT

- SWIMMERS AND FAMILIES MUST NOT CONGREGATE IN THE PARKING LOTS
 - SWIMMERS WILL MAINTAIN SOCIAL DISTANCING (6 FEET) IF WAITING IN LINE.
 - SWIMMERS AND FAMILIES MUST WEAR MASKS.
 - IF PARENTS ARE DROPPING OFF A SWIMMER, THE PARENT MUST STAY UNTIL THEIR SWIMMER IS ADMITTED TO THE POOL DECK.
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ENTERING THE FACILITY

- SWIMMERS WILL ENTER THROUGH THE SIDE DOOR OF THE FACILITY (THE DOOR WE NORMALLY USE).
- SWIMMERS WILL MAINTAIN SOCIAL DISTANCING IF WAITING IN LINE.
- A CHECK-IN PERSON WILL BE PRESENT AT THE DOOR AND ALLOW SWIMMERS IN. THERE MAY BE A DELAY IN LETTING SWIMMERS IN IF MANY ARRIVE AT THE SAME TIME.
- ONLY ONE SWIMMER MAY ENTER AT A TIME AND BE ADMITTED TO THE POOL DECK.
- SWIMMERS MUST ARRIVE IN BATHING SUITS AND READY TO SWIM. LOCKER ROOMS WILL NOT BE AVAILABLE.
- THE PARENT AT THE DOOR WILL ADMIT SWIMMERS AND ASK THE SWIMMER TO REPORT DIRECTLY TO THE POOL AND ASSIGNED LANE. LANES WILL BE ASSIGNED PRIOR TO THE SWIMMER'S ARRIVAL.

COVID-19 TESTS

WE WILL NOT BE ADMINISTERING COVID-19 TESTS BUT WE DO ASK THAT IF A MEDICAL PROFESSIONAL RECOMMENDS A COVID-19 TEST, THE SWIMMER SHOULD NOT RETURN UNTIL COVID-19 TESTING RETURNS NEGATIVE. RETURNING TO THE POOL WILL REQUIRE A DOCTOR'S NOTE CONFIRMING THE SWIMMER IS CLEARED TO RETURN.

REPORTING A POSITIVE COVID-19 TEST

WE ASK PARENTS REPORT A POSITIVE TEST FOR THEIR CHILD TO MARAUDERS COACHES. PARENTS SHOULD ALSO REPORT IF ANY OF THEIR FAMILY'S CLOSE CONTACTS TEST POSITIVE. IN THE CASE OF A REPORTED POSITIVE TEST, THE COACHING STAFF WILL ALERT THE REST OF THE SWIMMERS WHO ARE IN THE THE POSITIVE SWIMMER'S GROUP, WITHOUT NAMING THE SWIMMER WHO TESTED POSITIVE. FAMILIES IN THAT GROUP WILL BE ENCOURAGED TO CONSULT WITH A MEDICAL PROFESSIONAL TO DETERMINE IF A COVID-19 TEST IS NEEDED. IF ANY SWIMMERS BEGINS TO EXPERIENCE ANY SYMPTOM OF COVID-19, THE SWIMMER SHOULD STAY HOME FROM PRACTICE AND SEEK ADVICE FROM A MEDICAL PROFESSIONAL.

PRACTICE OBSERVATION


- PARENTS ARE NOT PERMITTED TO BE ON DECK OR IN THE LOBBY DURING PRACTICES.
- PARENTS OF GUPPIES WILL BE ASKED TO BE IN THE WATER WITH THEIR SWIMMER.

EXITING THE POOL

- SWIMMERS MUST EXIT THE FACILITY PER THE COACH'S INSTRUCTIONS.
- SWIMMERS MUST LEAVE IMMEDIATELY AT THE CONCLUSION OF THEIR PRACTICE.
- SWIMMERS MUST LEAVE ONE AT A TIME.
- SWIMMERS MUST GO DIRECTLY TO THEIR CAR OR PARENT'S CAR.
- NO CONGREGATING IN THE PARKING LOT.
- ALL SWIMMERS MUST BE PICKED UP/LEAVE IMMEDIATELY AT THE CONCLUSION OF PRACTICE.




SOCIAL DISTANCING ON THE DECK

- COACHES WILL ENSURE THAT EVERYONE CAN STAY AT LEAST SIX FEET AWAY FROM EACH OTHER WHILE MOVING AROUND THE POOL DECK.
 - IF SWIMMERS BRING BAGS, BAGS MUST BE PLACED AT LEAST SIX FEET APART AND COACHES WILL DESIGNATE WHERE EACH SWIMMER MAY PLACE THEIR BAG.
 - SWIMMERS ARE NOT TO DRAG THEIR EQUIPMENT BAG ON THE POOL DECK OR THROW IT TO THEIR SPOT.
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SOCIAL DISTANCING IN THE POOL

- SWIMMERS WILL BE KEPT MORE THAN 6 FEET APART IN THE WATER WHENEVER THEIR HEADS ARE OUT OF THE WATER.
 - WE ARE RESTRICTED TO 25 TOTAL SWIMMERS IN THE POOL AT ANY ONE TIME.
 - WE HAVE DEVELOPED SOCIAL DISTANCING SCENARIOS FOR EACH POSSIBILITY, BASED ON GUIDELINES FROM USA SWIMMING.
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SWIMMER/FAMILY RESPONSIBILITIES

- IF ANY SWIMMERS EXPERIENCES SYMPTOMS OF COVID-19, THEY WILL NOT ATTEND PRACTICE UNTIL CLEARED BY A MEDICAL PROFESSIONAL.
- SWIMMERS WILL COME DRESSED TO SWIM. SWIMMERS WILL BE TURNED AWAY IF THEY ARE NOT IN A SWIMSUIT.
- SWIMMERS MUST HAVE A WATER BOTTLE ALREADY FILLED.
- NO SHARING OF EQUIPMENT.
- NO CHANGING AT THE POOL.

COACH RESPONSIBILITIES

- THERE WILL BE A MINIMUM OF 2 USA CERTIFIED COACHES IN THE FACILITY FOR EACH PRACTICE.
- COACHES WILL MAINTAIN SOCIAL DISTANCING (6 FT APART AT ALL TIMES).
- COACHES WILL WEAR FACE MASKS IF IN CLOSE CONTACT WITH A SWIMMER, COACH OR PARENT.
- IF ANY COACH EXPERIENCES SYMPTOMS OF COVID-19, THEY WILL NOT ATTEND PRACTICE UNTIL CLEARED BY A MEDICAL PROFESSIONAL.

LOCKER ROOMS AND RESTROOMS ACCESS

- LOCKER ROOMS WILL BE CLOSED. NO CHANGING ALLOWED AT THE POOL. SWIMMERS WILL ARRIVE AND DEPART IN SWIMSUITS.
- RESTROOMS WILL BE FOR EMERGENCY USE ONLY. PLEASE TRY TO USE THE BATHROOM AT HOME. RESTROOMS ARE SANITIZED.



BENNINGTON MARAUDERS SWIM CLUB RESPONSIBILITIES

- PROVIDE PERSONAL PROTECTIVE EQUIPMENT FOR COACHES.]
- KEEP ABREAST OF TOWN, FACILITY, USA SWIMMING AND CDC GUIDELINES AND MAKES CHANGES AS DIRECTED.
- CLEAR AND TIMELY UPDATE FOR MARAUDERS FAMILIES ABOUT THE ONGOING SITUATION.
- CLEAR AND TIMELY UPDATES TO THE BENNINGTON RECREATION CENTER ABOUT FACILITY USE.

SCHEDULE

	Monday 6:00-8:00 pm	Tuesday 5:00-7:00 pm	Thursday 5:00-7:00 pm	Friday 5:00-7:00 pm	Saturday 9:00-10:30 am
Guppies	x	5:15-5:45 pm	5:15-5:45 pm	x	x
Level 1	6:15-6:45 pm	x	5:40-6:10 pm	x	9:10-9:40 am
Level 2	7:00-7:45 pm	x	6:15-7:00 pm	5:45-6:30 pm	9:45-10:30 am
Level 3	6:30-7:45 pm	5:30-6:45 pm	5:30-6:45 pm	5:30-6:45 pm	9:15-10:30 am
Level 4	6:00-8:00 pm	5:00-7:00 pm	5:00-7:00 pm	5:00-7:00 pm	9:00-10:30 am