



COVID-19 Re-Opening Plan

Scottsdale Aquatic Club





INTRODUCTION

The day we have been waiting for is upon us as the City's pools reopen. The following material is critical for each family to understand as we resume training and includes health screening, safety precautions, practice protocols, and training schedules.

All SAC members (swimmers, parents, coaches) are expected to adhere to the guidelines included herein to stay safe and healthy. These procedures were developed in consultation with SAC Dad, Dr. Chris Courtney, MD, FACEP, Chairman, Honor Health COVID-19 Emergency Services Task Force and Regional Director and Chair, Honor Health Emergency Medicine, as well as publicly available resources from USA Swimming and the Center for Disease Control (CDC).

Any questions should be addressed to your group coach, Kevin Zacher, or Courtney Werner.

COVID-19 FACTS

- **Symptoms** in teenagers can be extremely atypical. Unexplained rash, headache, diarrhea, vomiting, body aches, shortness of breath, cough, and fever can all be manifestations of COVID-19.
- COVID-19 is **unlikely to be spread in chlorinated water**. The risk of spread is notably decreased in an open-air environment. The highest risk of transmission is cough, sneezes, or direct aerosolizing face to face encounters.
- **Handwashing** with lathered soap and water is unequivocally more effective than wipes, hand sanitizer, or any other form of decontamination in reducing the spread.
- The **asymptomatic spread** of COVID-19 is possible but less likely due to a lower viral load.
- The key to **limiting spread** in group settings is to identify and isolate individuals with early symptoms at the beginning of the disease process.
- If an athlete has symptoms **self-quarantine is needed until symptoms resolve** per infection control recommendations.
- Many of our athletes feel they are invincible. **Their risk of COVID-19 remains low** though not zero. They are however vectors of transmission. Parents are encouraged to remind athletes that precautions are to protect the athlete but also to limit spread to vulnerable individuals.
- There are multiple options for **drive-through testing**. Honor Health currently has a dedicated drive-through testing site at the Honor Health Urgent Care on Bethany Home road and 16th: 1515 E Bethany Home Rd Suite 120B, Phoenix, AZ 85014. 7 AM-7 PM 602-674-6260



HEALTH PRECAUTIONS

- All SAC families are required to sign the **SAC Covid-19 Waiver** before their swimmer(s) are allowed back to the pool for training.
- **Testing and Return to Practice:** Testing and results should be reported to the coaching staff to monitor contacts and early signs of transmission within the team or groups.
 - Athletes should seek testing for any of the symptoms before returning to practice.
 - Positive COVID-19 tests should require all three of the following before return to practice: a minimum of two weeks of self-quarantine from the positive test, 72 hours with no symptoms, and a subsequent negative test.
- **Contact Tracing:**
 - A swimmer who has close contact of any COVID-19 positive individual should be removed from practice. To return to practice the swimmer should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual.
 - Any COVID positive swimmer should report potential team contacts to coaches. Team contacts should include any teammate who has been within 6 feet of the infected athlete.

SWIMMING SAFELY

Generally, SAC will endeavor to follow CDC guidelines for staying safe and healthy inside and outside the pool.

Personal Swimmer Conduct: To minimize the risk of transmission and help promote safety, the following personal swimmer conduct is expected. Failure to adhere to these principles will be asked to leave training for the day. If violations continue, further action will be taken up to and including suspension.

- No person-to-person contact
- Stay 6 feet apart at all times
- No splashing or spitting water at other swimmers and coaches
- No horseplay
- Sneeze or cough into a tissue or upper sleeve/arm area

Before Practice and Arriving at the Pool

- Before heading to the pool, please:
 - Complete Self-Check Health Screen
 - Change into swimsuit (swimmers will arrive and leave in swimming suits)



- Use the restroom to minimize locker room use at the facility
- Wash hands with soap and water for at least 20 seconds
- Bring a full water bottle to avoid touching tap or water fountain
- Do not arrive to practice early; if you arrive early, stay in the car until five (5) minutes before your designated practice time to avoid unnecessarily congregation at entry points
- Swimmers, coaches, and parents are expected to wear face coverings when entering the facility
- When arriving, stay 6 feet apart and arrive no more than 5 minutes before practice is scheduled to begin
- Swimmers will wait in a designated area prior to being allowed into the facility; Training groups will not be allowed into the facility until the previous training group has left the facility (a 10-minute buffer between training group finish and start times will be maintained)

During Practice

- Coaches will tell the swimmers when they can enter the facility; Swimmers will proceed to their assigned area to place their bags and then move to their assigned starting spot in the pool for training
- Swimmers will not use equipment (e.g., snorkels) during the initial re-opening phase; leave equipment bags at home until told to bring them to practice by your coach
- We request parents avoid being on the pool deck to keep the number of people at the facility to a minimum
- We will follow USA Swimming recommendations for lane spacing to maintain social distancing; as a result, swimmer count in the lane will be reduced
- Maximizing swim time and staying off the wall will decrease opportunities for transmission
- During the initial re-opening phase, we will ask athletes to continue to do dryland on their own at home

At the end of Practice and Leaving the facility

- When practices finish, coaches will direct the swimmers to exit the pool and go to their designated bag area
- Leave promptly when practices finish; no changing or showering at the pool as locker room use will be minimized



CACTUS POOL - USAGE MAP

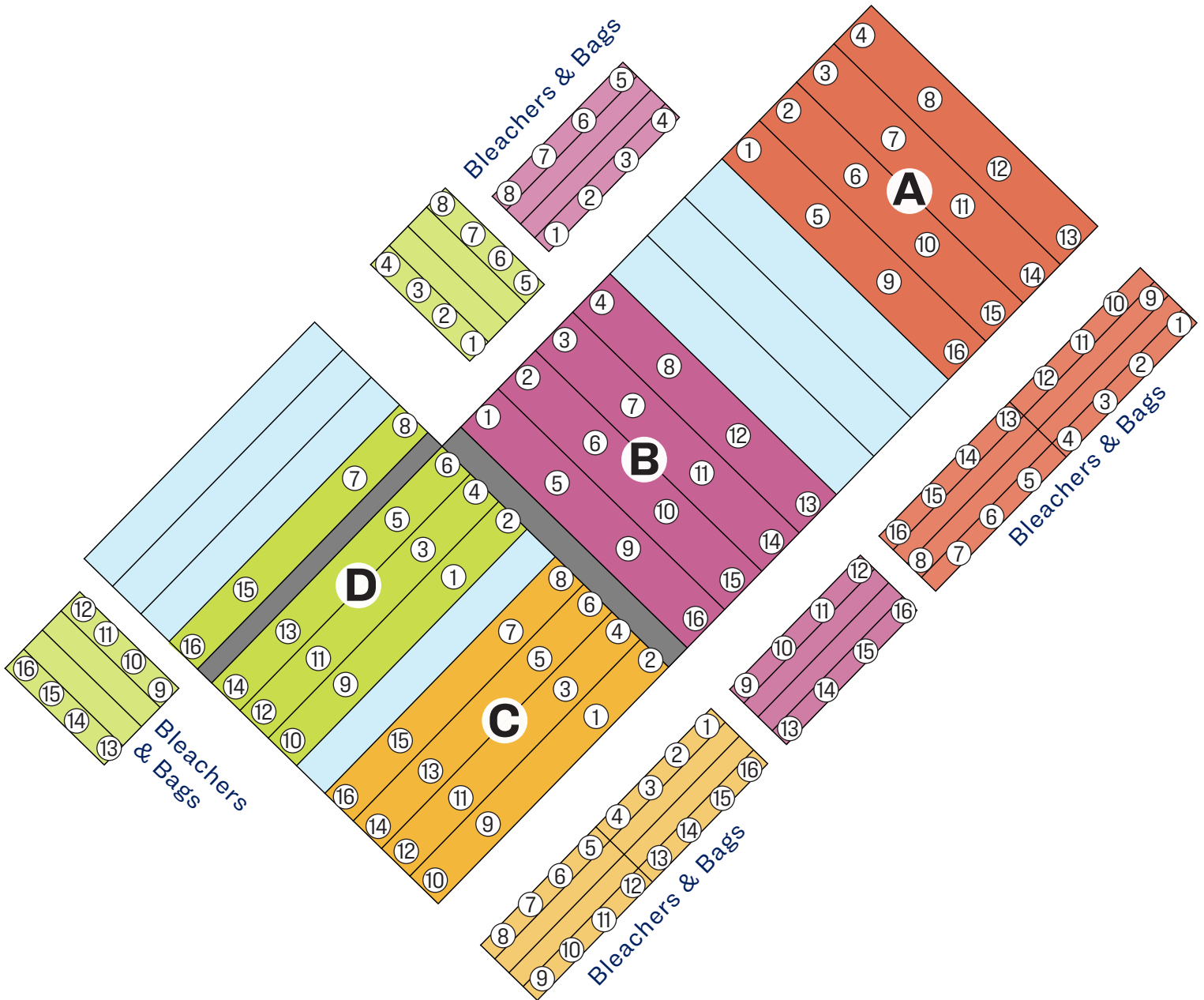
- Maintain 6' social distance at all times
- Arrive/ drop-off at **EAST parking lot**
- Pool access from **EAST stair**
- Enter pool deck from MAIN gate
- Move to assigned areas: A-D
- Leave pool deck from MAIN gate
- Depart pool from **WEST stair**
- Pick-up/ depart from **WEST parking lot**





CACTUS POOL - TRAINING LAYOUT: MAINTAINING SOCIAL DISTANCING

- Lanes are 8.5' wide, so swimmers on the same end next to each lane line will be 6'-0" apart.
- Swimmer bag area and corresponding lane placement per color group and numbered lane placement





MMR POOL - USAGE MAP

- Maintain 6' social distance at all times
- Arrive/ drop-off at **NORTH parking lot**
- Pool access from **NORTH entry**
- Move to assigned areas: A-D
- Depart pool from **SOUTH exit**
- Pick-up/ depart from **SOUTH parking lot**



MMR POOL - TRAINING LAYOUT: MAINTAINING SOCIAL DISTANCING

- Lanes are 8.5' wide, so swimmers on the same end next to each lane line will be 6'-0" apart.
- Swimmer bag area and corresponding lane placement per color group and numbered lane placement

