

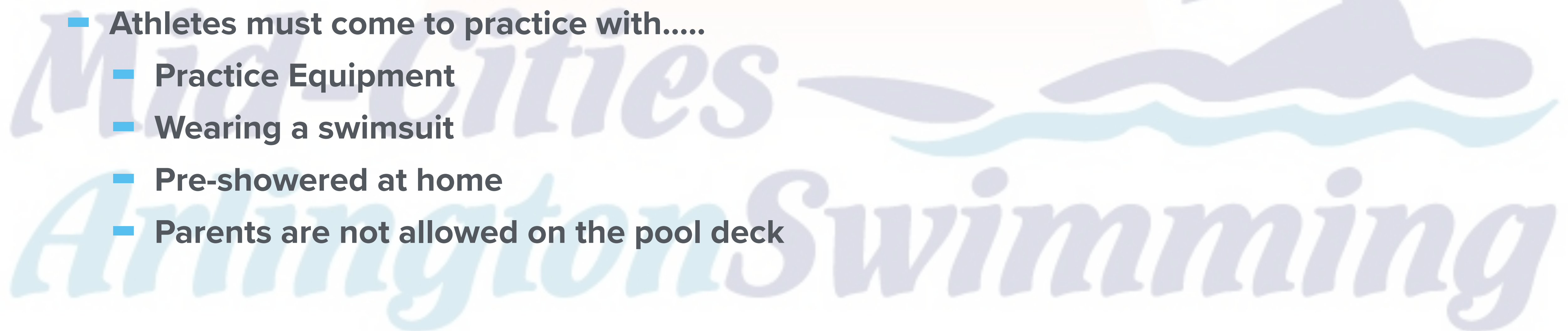
RETURN TO THE POOL PLAN

Enabling athletes to safely return to the pool.

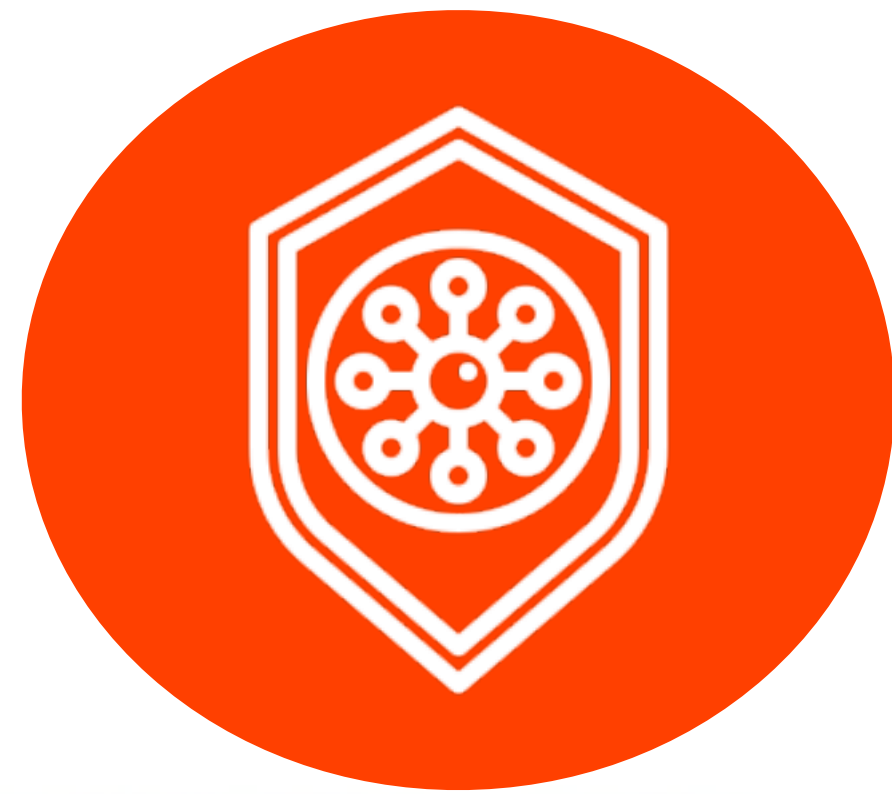
Mid-Cities  *Arlington Swimming*

ENSURE ATHLETES ARE SAFE TO RETURN TO THE POOL

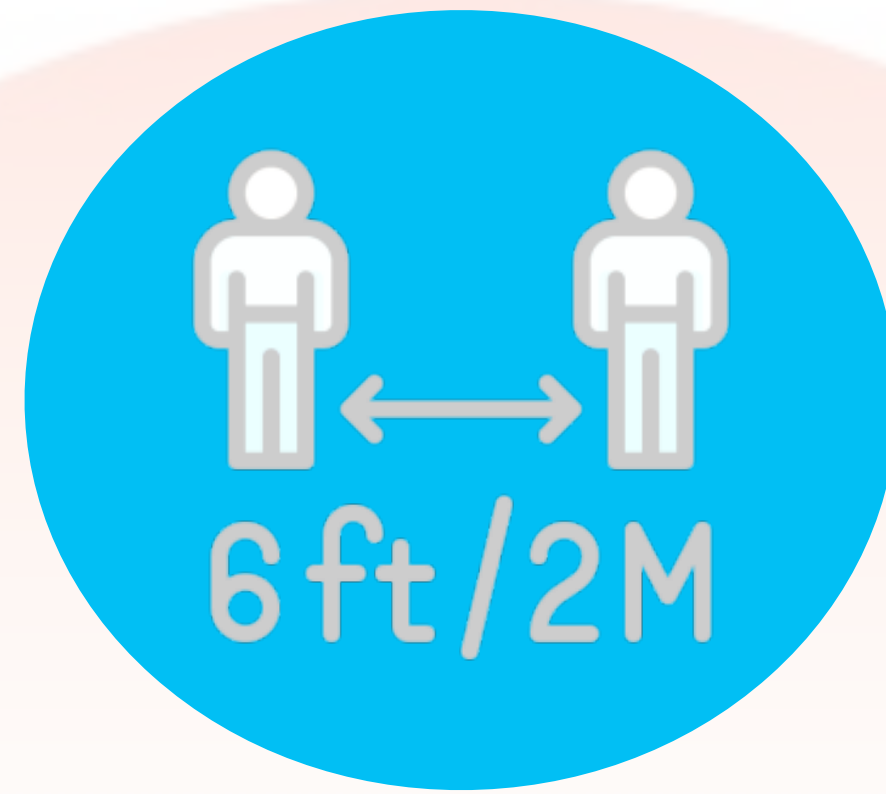
- Athletes are NOT permitted to attend practices if...
 - They have a fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC.
 - Anyone in household has symptoms or tested positive for COVID-19
 - They have been exposed to anyone who has symptoms or tested positive for COVID-19
 - Traveled within the last 14 days
- Athletes must come to practice with.....
 - Practice Equipment
 - Wearing a swimsuit
 - Pre-showered at home
 - Parents are not allowed on the pool deck



WHY RETURN TO THE POOL?



Chlorine &
COVID-19



Return to the
Pool Roadmap



MARS
FAQ's

Mid-Cities
Arlington Swimming



CHLORINE & COVID-19

From the CDC...

Can the virus that causes COVID-19 spread through pools?

Proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19.

- Maintain proper disinfectant levels (1–10 parts per million free chlorine or 3–8 ppm bromine) and pH (7.2–8).
- CDC's Model Aquatic Health Code has more recommendations to prevent illness and injuries at public pools in parks.

From the WHO...

Virus type that causes COVID-19 is killed easily

Enveloped viruses are easier to kill than non-enveloped viruses: "Sars-CoV-2, the virus responsible for the Covid-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses".

The World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus and coxsackievirus, and an enveloped virus such as Covid-19 would be inactivated at even lower levels.

Research

CDC

<https://www.cdc.gov/healthywater/swimming/residential/disinfection-testing.html>

WHO

https://www.who.int/water_sanitation_health/bathing/srwe2full.pdf

Articles

USA Swimming

<https://www.usaswimming.org/utility/community-quarantine-resources>

Swimming World

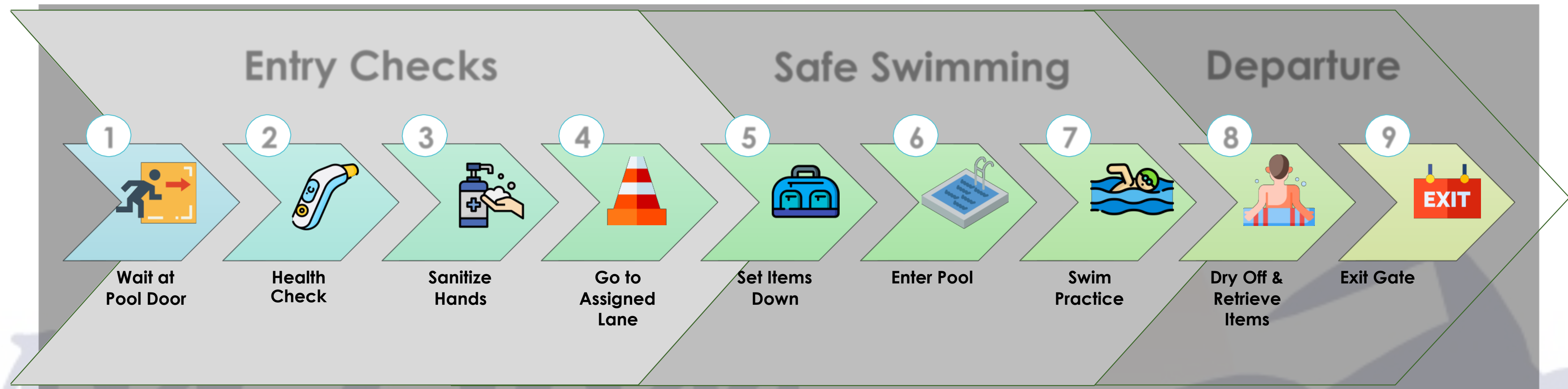
<https://www.swimmingworldmagazine.com/news/2008-uni-of-arizona-research-called-for-more-study-into-survival-of-coronavirus-in-water/>

SF Gate

<https://www.sfgate.com/bayarea/article/Swimming-pools-shelter-in-place-California-COVID-15240322.php>

Arlington Swimming

RETURN TO THE POOL ROAD MAP



Middle-Cities
Arlington Swimming

HUGH SMITH RECREATION CENTER

1815 New York Ave, Arlington 76014

- Park in lots North or East of HSRC
- All swimmers must enter through the north doors of the Rec Center
- All swimmers will exit through the south doors and can be picked up either in the loop off the East lot, or in the North lot.
- Parents are not allowed on the pool deck
- If parents want to see their children, they may look through the patio doorways on the south side of the building. Social distancing must be maintained.



Return to Pool *Entry Check Instructions*



1. Wait at the pool door

Athletes will enter through the main pool door. Athletes will stand on the colored markers to maintain social distancing. Swimmers will proceed one at a time until they reach station 2.



2. Health Check

Athletes will be asked health questions upon entry. Athletes will be asked if they have (1) specific symptoms such as fever, cough, or difficulty breathing, or (2) have been in contact with someone who has symptoms or has tested positive. Athletes answering yes to any of the questions will not be permitted to enter the facility.



3. Sanitize Hands

Athletes are required to sanitize their hands with provided hand sanitizer.



4. Go to Assigned Lane

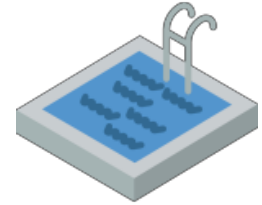
Each athlete will be pre-assigned a lane. Lanes will be marked with numbered cones. Athletes are assigned two athletes per lane, on opposite ends.

Return to Pool *Safe Swimming Instructions*



5. Set Down Personal Belongings

Any items brought into the facility (such as a towel, clothes, shoes, or gear) shall be placed in the designated spot. Each athlete will have a cone for their lane to ensure social distancing at all times. After practices, it is the athlete/families responsibility to disinfect any items set down at the facility.



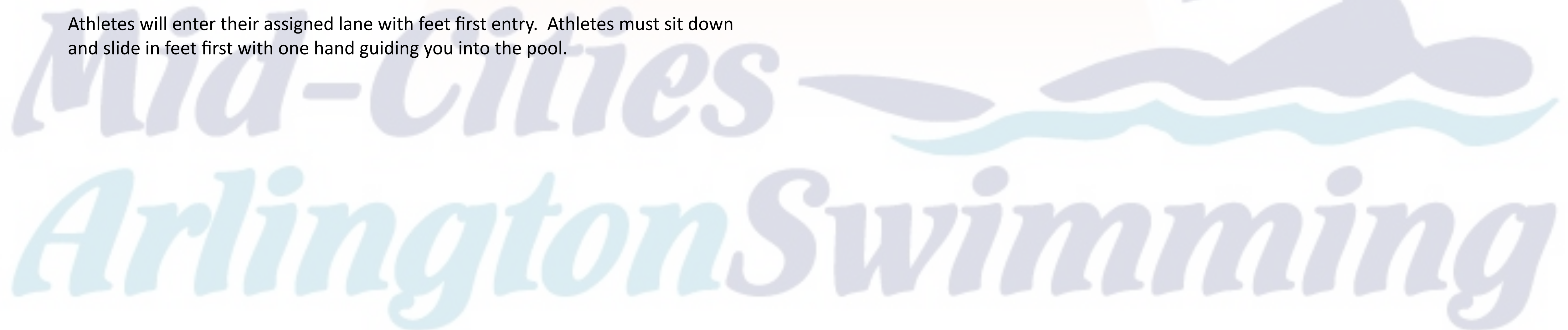
6. Enter Assigned Lane

Athletes will enter their assigned lane with feet first entry. Athletes must sit down and slide in feet first with one hand guiding you into the pool.



7. Swim Practice

Swim practices will have at least two coaches on deck. Athletes will need to bring all of the required practice equipment for their group level. Kick boards are available to borrow and will be sanitized by staff after each use. Athletes will be assigned to smaller groups, rather than regular practice groups, since we can allow a limited number of athletes into the facility at a time.



Return to Pool *Departure Instructions*



8. Dry Off and Retrieve your Stuff

Athletes will dry off at the pool. The locker rooms will be closed. Athletes will not be permitted to shower or change on site. Per USA Swimming rules, deck changing is not permitted. Athletes need to plan to arrive and leave in their swim suits.



9. Exit Pool

At the HSRC Pool, athletes will exit through the south pool doors and then through the gate off the patio, which is adjacent to the pick up loop. Athletes may either walk to parking lot or stand while social distancing, to wait for their parent or guardian.

A gap will be placed between practices to limit the number of people at the facility. Athletes are expected to be picked up directly at the end of their practice slot.

COVID-19 *Practice* FAQ's



COVID 19 SYMPTOMS

◦ *What if my athlete has symptoms or suspected exposure?*

Athletes who are ill are not able to attend. Swimmers who have had any members in their household ill may not attend for 14 days. Report any illness to officemanager@marswim.org so staff can trace and ensure the safety of all athletes.

◦ *What protective equipment is required?*

Swimmers may elect to wear a mask into and out of the facility. Social distancing must be maintained at all times.

◦ *What precautions are coaches taking to keep athletes safe?*

Hand sanitizer is available. Coaches will keep 6' social distancing except in emergency situations. Practices are designed to keep athletes separated while in the water.

PRACTICE PREPAREDNESS

◦ *Can my swimmer participate if they are late to practice?*

No, swimmers will not be permitted to enter the facility or participate if they are late to practice. Any swimmers who are late and have missed proceeding to Station 2 in a timely manner will not be permitted to enter.

◦ *Can my swimmer borrow equipment?*

Due to an abundance of caution, only kick boards will be available to borrow. These will be sanitized by staff after each use. Swimmers are strongly encouraged to bring all of their required practice equipment to the pool. D&J Sports has the required equipment items available for sale.

◦ *Can my swimmer leave their equipment at the pool?*

Swimmers will not be permitted to leave personal belongings at the facility.



COVID-19 *Practice* FAQ's



PARENTS & SPECTATORS

◦ *Are parents or spectators allowed into the facility?*

Parents and spectators are not allowed into the facility at this time in order to reduce the number of individuals gathering. Parents may check on their swimmers by looking through the open doorways on the south side of the HSRC pool, on the patio. Social distancing must be maintained.

CHANGING & LOCKER ROOM ACCESS

◦ *Can my swimmer take a shower after practice?*

No, out of an abundance of caution, the locker rooms will not be available for use as we cannot guarantee that they can be cleaned between each practice group. Athletes are advised to shower when they return home.

◦ *Can my swimmer change in the locker rooms after practice?*

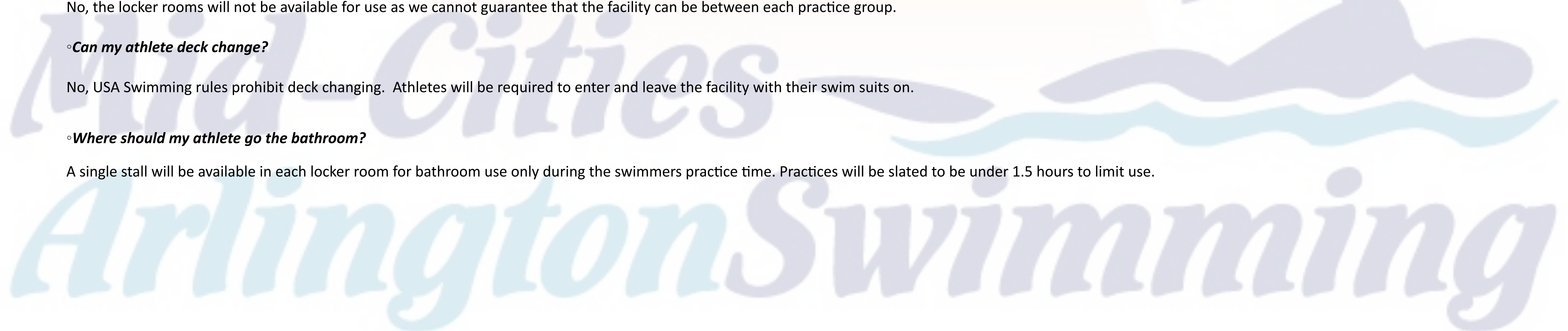
No, the locker rooms will not be available for use as we cannot guarantee that the facility can be between each practice group.

◦ *Can my athlete deck change?*

No, USA Swimming rules prohibit deck changing. Athletes will be required to enter and leave the facility with their swim suits on.

◦ *Where should my athlete go the bathroom?*

A single stall will be available in each locker room for bathroom use only during the swimmers practice time. Practices will be slated to be under 1.5 hours to limit use.



COVID-19 *Practice FAQ's*



TRAINING GROUPS & PRACTICES

◦ *Will my swimmer be in the same training group as before COVID 19?*

Yes, but MARS will be running much smaller groups than normal. Swimmers from any of the other MARS locations may be swimming at HSRC now, so they may well see some new faces.

◦ *Will my swimmer be able to move-up a group?*

If we have the space any swimmer needing to be moved up will be evaluated and moved similar to our normal policies. Our priority is to ensure each athlete has an opportunity to return to the pool.

◦ *Will practices times be our normal practice schedule?*

Due to social distancing measures, practices may be shorter, have gap between practice slots, and minimal number athletes. Thus, MARS cannot maintain a normal practice schedule. We have attempted to keep scheduling as close as possible to our normal schedules.

SAFE SPORT & MINOR ATHLETE ABUSE PROTECTION POLICY (MAAPP)

◦ *How is MARS complying with Safe Sport MAAPP with the new parent restrictions?*

MARS will continue to maintain at least two coaches on deck at all times. MARS is making all practices available for viewing to parents with swimmers in that session through the open doorways on the south side of the pool, on the patio. Social distancing must be maintained.

ADDITIONAL TRAINING OPTIONS

Will MARS continue to host dry land?

Due to the continued restrictions for swim practices, MARS will continue to do regular drylands through Zoom. Please see your coach emails for more updates.

Can MARS coaches offer private lessons?

MARS staff will not be able to teach private lessons. We have limited pool time available.

Is MARS going to have try-outs?

MARS will offer try-outs on a very limited basis while the pool restrictions are in place. We will waitlist new swimmers.

OTHER QUESTIONS

Why do we have to sign the COVID waiver?

A liability waiver has been developed because the USA Swimming insurance coverage may not cover claims against MARS or USAS for claims for illness or other issues associated with COVID-19. Thus, all swimmers participating under the restricted pool policies must have a signed waiver on file.

Does a swimmer have to be from HSRC to swim there now?

No, all MARS athletes may swim at HSRC. Other locations will open soon. Swimmers may swim at any open location during this time of restricted pool use.