



COVID-19 REOPENING PLAN

Our operating guidelines will follow all social distancing guidelines and follow all protocols for Preventing Disease Transmission as outlined by the American Red Cross, Center for Disease Control and USA Swimming. Our policies will include the following:

1. All athletes will be required to come dressed for lessons or team practice and change back to street clothes **at home** at the conclusion of practice. Wearing a mask is on the pool deck is highly recommended. Locker rooms will not be used until the CDC and the Texas Governor's office recommends this action. We will use a one person at a time guideline in the bathrooms, and only for the purpose going to the bathroom, and then shall wipe down the area after each use.
2. Upon arrival each day, MARS staff will ask each swimmer or parent if any person living in their home has any symptoms related to COVID-19 (cough, fever, difficulty breathing). **If staff receives a positive answer to these symptom questions that individual, along with any other participants who rode in the car with them, will not be allowed to attend for the day.**
3. Any swimmer or staff member who displays symptoms related to COVID-19 will be sent home and asked to isolate or self-quarantine based on the current CDC or state/local health department recommendations. If a medical professional diagnoses a feverish or symptomatic person with something non-COVID-19 related, that individual may be able to return with a doctor's note, based on the medical recommendation received.
4. All staff will practice social distancing and will use face masks use as circumstances permit, while in the office or while coaching on the pool deck.
5. Commonly shared equipment will be properly sanitized at the beginning of every practice and shall not be shared during a practice.
6. Staff shall clean all door handles and commonly touched surfaces with sanitizing wipes on an hourly basis while the building is in use.
7. All spectators and guests, will not be allowed on the pool deck. Parents may glance through the pool doorways to check on their children, but must maintain social distancing and may not linger at the doorway.
8. There will be sanitize stations on the pool deck and in the bathrooms.

STEPS TO REOPENING

MARS will reopen following a two-step approach:

Step 1: (2 Weeks). This step will be used to re-open our program on a limited basis. Athletes will be given plenty of space between each other. Swim team practices will limit our athletes to two swimmers per lane, one at each end of the pool. Lesson participants (UTA) will be limited to a 2:1 ratio with instructors. Any dry land work will require 6' distancing and no equipment will be shared. All programming will extend gap times between sessions to allow for less overlap. Building/Pool capacity limits will be followed.

Step 2: Two weeks Later. This step will be used to gradually ramp up our programming. Athletes will continue to give plenty of space between each other. Swim team practices will ramp up to 4 per lane (2 on each end of the pool 6 feet apart in the lane). Lessons (UTA) will increase the ratio to 3:1 participants to instructor. Building/Pool capacity limits will be followed.

This reopening approach assumes the COVID-19 virus continues to mitigate. Adjustments will be made following any new executive orders from the Texas Governor's office.



Feeling Sick?

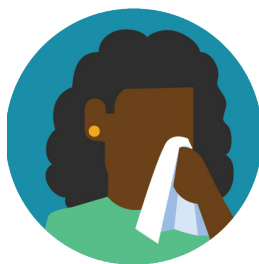
Stay home when you are sick!

If you feel unwell or have the following symptoms
please leave the building and contact your health care provider.
Then follow-up with your supervisor.

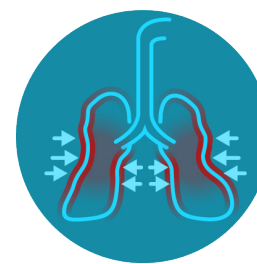
DO NOT ENTER if you have:



FEVER



COUGH



**SHORTNESS
OF BREATH**



cdc.gov/CORONAVIRUS



FACILITY RE-OPENING MESSAGING AND PLANNING

The following is being provided to assist in the development of your 'Facility Use Plan', to be shared with local public health officials and facility operators. It is important to remember that all plans must comply with local, state and federal public health guidelines.

MESSAGING

We believe swimming, like walking, hiking, running, and cycling, is a critical healthy activity within our communities. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know, with collaboration between USA Swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.

FACILITY, LOCAL, STATE, AND FEDERAL REQUIREMENTS

Recommendations:

- Each team/club should have a COVID-19 liaison responsible for staying up to date on community and state recommendations and any associated changes.

Plan building considerations:

1. What limits and phases has your state/municipality outlined for gatherings in the coming weeks/months?
 - a. Is the transmission rate in your region low to zero?

- b. Does your local health care system have capacity, or is it over-extended due to COVID-19 cases?
2. Who will make the decision about access to your facility?
 3. For a facility of your size, what is the capacity for that space within those guidelines?
 4. Have you reviewed/complied with the OSHA COVID-19 return to work guidelines? (attached)
 5. Have you reviewed/complied with the White House guidelines? (attached)

MITIGATING HAZARDS

Recommendations:

- Eliminate use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms and small dryland rooms.
- Increase water sanitation level - As example keep chlorine closer to 2.0 PPM
- Create visible markers on the floor to indicate appropriate spacing on the pool deck, entrances, etc.

Plan building considerations:

1. How will you manage/sanitize bathroom use?
2. What is your plan/checklist for cleaning and disinfecting surfaces?
3. How will you control access/egress of the facility?
4. How will you limit contact points in the facility (e.g., open doors, water bottles, equipment, etc.)?
5. What is your plan should a coach, athlete, etc. become sick?

SAFE PRACTICES/ PPE

Recommendations:

- A coach or staff member should ask athletes, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes reporting feeling ill or experiencing symptoms.
 - o Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/sneezing dissipates.
- Athletes should change clothes and shower at home.

Plan building considerations:

1. What is your staffing plan: coaching, lifeguards, a person to control flow of athletes in and out of the facility, and other programmatic considerations?
2. What will be the structure of your practice time, time between sessions, numbers of workouts per week for each group, dryland, etc.?
3. How will you maintain spacing in the pool during workouts?
 - a. Examples: staggered starts, opposite ends, numbers per lane, communication with athletes, stations, markers visible to athletes for start and stop points, (e.g., visible spacing marks on pool deck, on lane lines, etc.) coaches on both end of the pool?
4. What is your plan for staff/coaches protective measures?



FACILITY RE-OPENING MESSAGING AND PLANNING

- a. Personal Protective Equipment (PPE) such as masks
- b. Spacing
- c. Equipment to wear during cleaning
5. What is your plan for ensuring all standards for Safe Sport are maintained?
6. What is your plan for increasing air flow?
 - a. Open doors, outdoor pools, move dryland outside, increase air turnover rate

COMMUNICATION

Recommendations:

- Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Make it clear that there is no penalty for missing practice and that if an athlete, or any member of their family does not feel well, they should stay home.

Plan building considerations:

1. Have you approached other user groups about how to best work together to return to the facility?
2. What is your communication plan for parents?
 - a. Include practice health and safety expectations, drop-off and pick-up patterns, lane groupings by family instead of age-groups, etc.
3. Have you produced visual aids to explain to parents and athletes spacing protocols? (samples attached)

PROGRAMMATIC CONSIDERATIONS

Recommendations:

- Be clear and consistent about expectations and enforce policies.
- Move dryland outside where possible.
- Utilize a staff member to help athletes move from one area of the facility to another.

Plan building considerations:

1. Have you created a financial model for different numbers of athletes allowed per/hour?
2. What is your plan for coaches with health vulnerabilities?
 - a. For example, keep them actively involved in your program by continuing remote dryland, zoom team meetings etc.
 - b. Anything that helps reduce load at pool, but keeps families engaged.
3. How will you model proper practice requirements?
 - a. As example, bring older swimmers back first, let them learn the system so they can serve to model behavior for younger athletes.

OTHER CONSIDERATIONS AND COMMUNICATION TO SHARE WITH STAFF, ATHLETES, PARENTS, ETC.:

Recommendations:

- Risk factors for consideration to participate include autoimmune disease, diabetes, asthma, cardiovascular disease, etc.
- Athletes and families who travel during phase one and two will need to self-isolate for 14 days before returning to practice.
- Make sure that your state and region satisfy the Federal government's gating criteria (as outlined in the "Opening Up America Again" guidelines) and have entered Phase One of the Phased Comeback.
- States and regions with no evidence of a rebound and satisfy the gating criteria a second time may proceed to Phase Two of the Phased Comeback, in which all individuals, when in public recreation areas, should maximize physical distance from others.
- Be aware that although restrictions are eased when your state and region move from Phase One to Phase Two or Phase Three of the Phased Comeback, safety precautions must remain in place in accordance with state requirements relative to availability of vaccinations or effective treatment for the coronavirus.
- make sure to communicate with all staff, athletes, parents and participants that they should not swim if they or anyone with whom they reside:
 - > Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
 - > Have been in contact with someone who has tested



FACILITY RE-OPENING MESSAGING AND PLANNING

positive for COVID-19 in the last 14 days.

- > Are a vulnerable individual and your state and region is in Phase One or Phase Two.
- > A vulnerable individual is a person with underlying conditions or considered to be at a higher risk demographic as outlined by jurisdictional, state or federal guidelines.

SWIMMING SAFELY

Recommendations:

PREPARING TO SWIM - Protect against infections:

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

WHEN SWIMMING

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice.

AFTER SWIMMING

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area.
 - > Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place.
 - > No congregation after swimming.

EXPECTATIONS FOR TRAINING AND COMPETING

Recommendations:

- Children should still be active for at least 60 minutes per day, even though they can't gather.
- As we return to action, we must consider injury and progressive return.
- At-home workouts must be simple, low impact and low risk. Return to the pool should build off of the at home dryland workouts.

- Must emphasize movement quality, not the quantity of exercise; proper movement is key.
- Coaches should use downtime to ensure all safety skills are up to date: complete sport safety, concussion training, etc.
- Social distancing will need to be accounted for in practice planning.
- Limit group sizes and staggered sessions.
- Most injuries occur early in the season, so do not rush deconditioned athletes back to full practice, or competition.
- Increase activities by 10% each week when we return.
- Focus should be on a healthy environment, quality experience, progressive training, and safety.
- No expectations for competing.

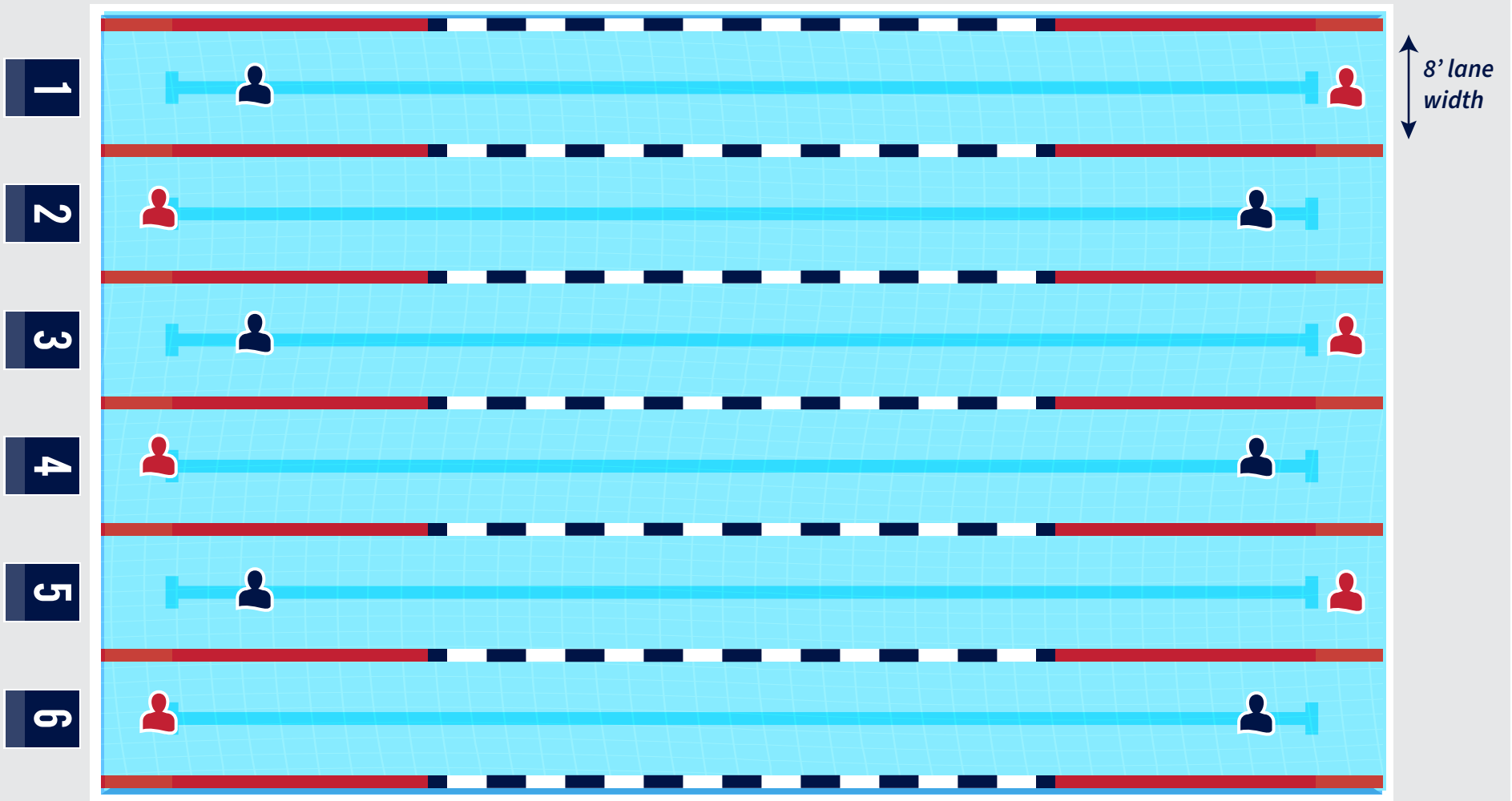
FACILITY SAMPLE DIAGRAMS

The following pages display programming model layouts that promote "social distancing".

Examples are set starting and ending places in pool and maintain spacing during rest intervals (assuming minimum eight-foot wide lanes).



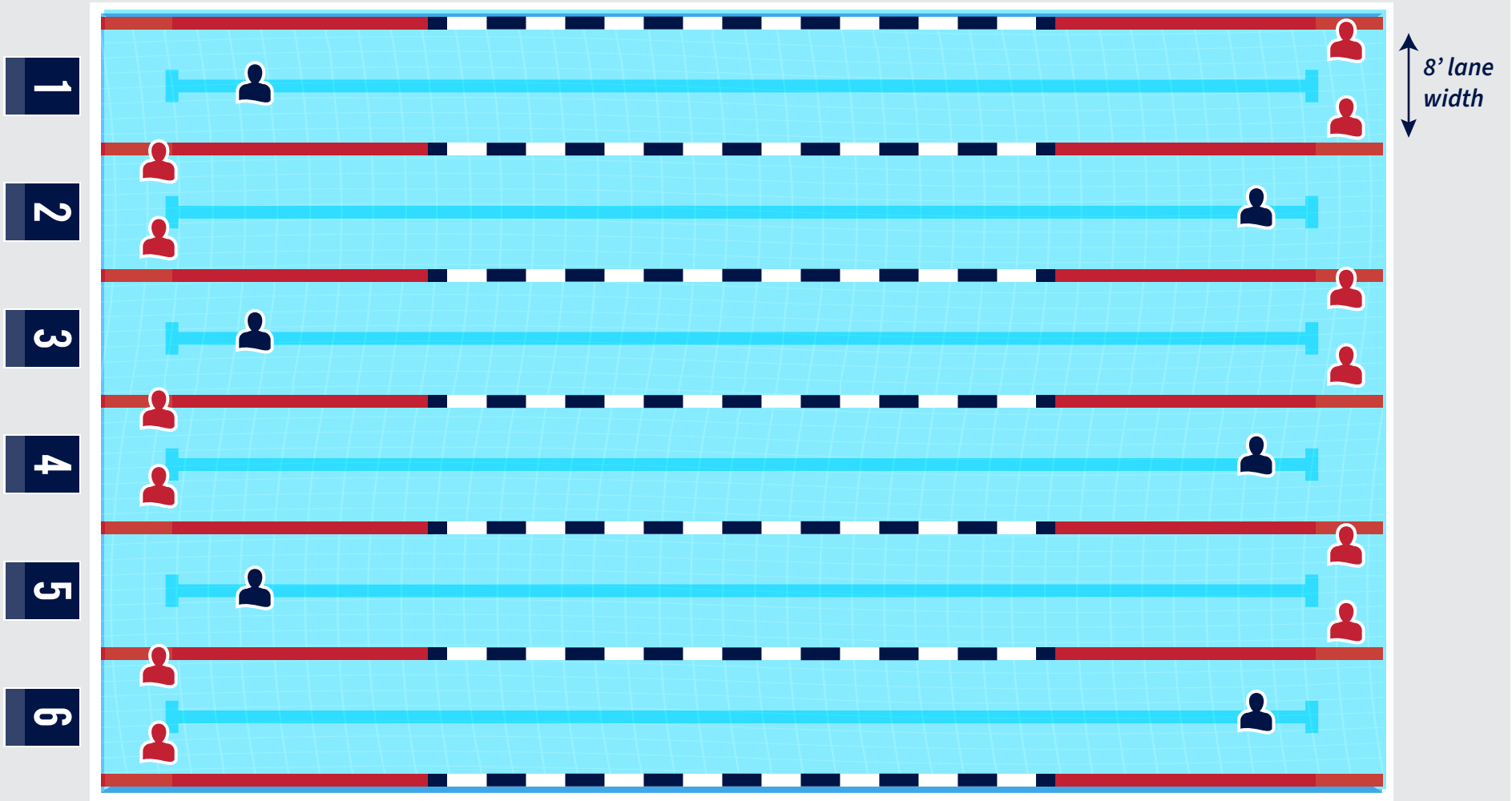
SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL



12 SWIMMERS



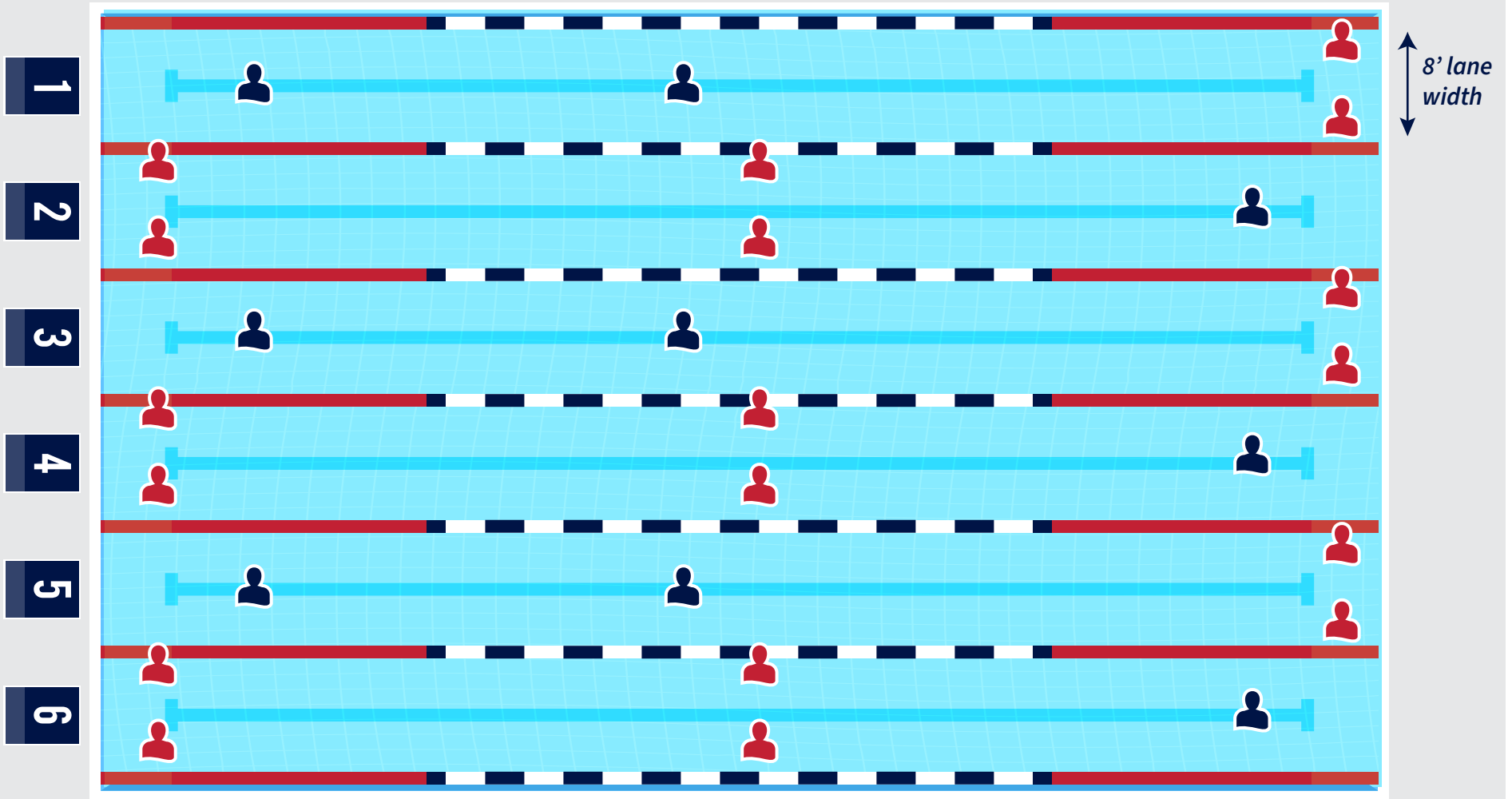
SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL



18 SWIMMERS



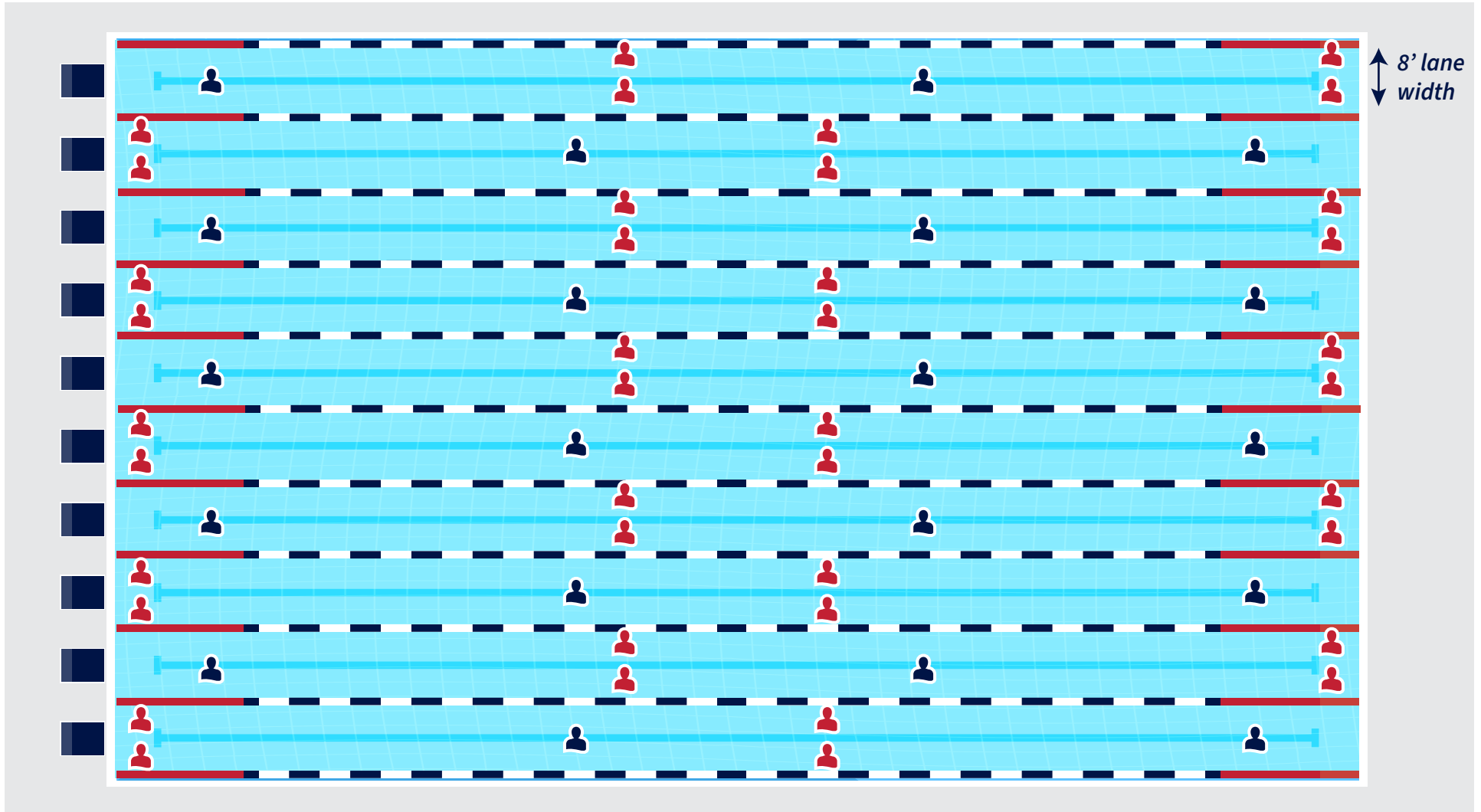
SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL



27 SWIMMERS



SOCIAL DISTANCING PRACTICE LAYOUT 50-METER, 10-LANE POOL



60 SWIMMERS



SOCIAL DISTANCING PRACTICE LAYOUT

25-YARD, ON-DECK, SIT DOWN SLIDE SETS IN CIRCLES

Swimmers maintain 6 feet apart. Mark deck with 2-inch wide colored duct tape.

Sit down/slide in to enter water.

End of set climb out and go to assigned spot.

The more "eyes" on deck the better.

Use cones or other barriers to help with separation – deck needs to be wide enough to accommodate 6' of social distance.

