

CPAC SWIM TEAMS COVID-19 Guidelines

(Subject to Modification - 06/15/2020)

Swimmers and their families need to self monitor for COVID-19 symptoms prior to participating in practice. Coaches or CPAC staff will ask questions as well upon arrival at practice. Additionally, swimmers should not attend practice if they or a family member does not feel well.

CPAC discourages swim team participation and pool usage in general if you are in a vulnerable population group or will be in contact with those in a vulnerable population group.

Do NOT come to practice if you have any of the following symptoms on the COVID-19 checklist:

- Cough
- Shortness of Breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Congestion
- Nausea or vomiting
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feverish or a measured temperature of > or equal to 100.4 degrees F
- Known close contact with a person who has tested positive for COVID-19
- List is not exhaustive

Please notify your CPAC Head Coach Tim Storsteen and Mr. King (404.966.2076 or info@chastainparkAthleticClub.org) if you or a member of your household have any persistent symptoms listed above.

PRACTICE PROTOCOLS

Practice Times

- All swimmers will prompted to register for or be assigned a practice time
- Not every practice time may be available.
- Practices are currently set for the morning through early afternoon hours.
- Unless given written email permission by the Head Coach, no swimmer should attend a practice outside of their normal assigned practice time
- Swimmers that show up at the pool outside of their assigned practice time will be turned away by the Coach on deck

Entering & Exiting

- Masks are required upon entry and exiting the facility, as well as in the bathrooms
- Swimmers should arrive 10 minutes before practice and wait at a social distance in the grandstands to be prompted to enter
- Parents should drop off their swimmers by the front corner gate
- Parents nor observers are NOT allowed in the pool area during practice
- Parents should pick up their swimmers from our secondary gate in the pool driveway by the front of the bathhouse
- Social distancing must be maintained at all times
- Swimmers are to EXIT immediately after any practice as quickly and safely as possible

Coaches

- Coaches will wear masks when not social distancing and adjust masks for instruction
- Coaches will direct swimmers on where to put their equipment and where to towel off in order to maintain 6 feet of distance between swimmers
- Coaches will adhere to social distancing during practice.
- Coaches will be located at either end of the pool
- Coaches will instruct the swimmers where to go pre and post workout to maintain 6 feet of social distance outside of the water
- Coaches will not make close contact with swimmers while giving instruction or feedback.
- Coaches will not high five, shake hands or come into physical contact with any swimmer

Equipment

- Swimmers should arrive at the pool ready to swim.
- This includes already being dressed in their swimsuits.
- Swim caps and goggles should be donned prior to entering the pool area
- Swimmers must bring their own equipment
- Swimmers may not leave their equipment at the pool
- There will be no sharing of kickboards, towels or other equipment
- Swimmers should bring a full water bottle to practice that you can drink from without touching the mouthpiece of the bottle
- Swimmers encouraged to carry hand sanitizer in swim bags in order to clean their hands after practice

Social Distancing

- Social distancing maintained in and out of the water
- Swimmers must follow the coach's directions to maintain social distancing
- Each swimmer will usually be assigned a lane with a maximum of two swimmers per lane, each swimming from opposite sides of the pool
- USA Swimming guidelines for swimmers per lane - normally 1 to 3
- No swimmers will congregate on the same wall within the same lane
- Swimmers should not make physical contact with others during practice, such as shaking hands, giving high fives, or hugs

Restrooms During Practice

- Restrooms at the pool are for emergency use only.
- Swimmers should NOT enter the restroom to change into or out of their bathing suit unless preparing for work
- If a swimmer needs to use the restroom, they should ensure that restroom use is limited to one swimmer at a time
- Swimmers should get permission from coaches before using bathroom
- Outdoor showers will be available with social distancing
- Indoor showers not to be used unless by an adult after morning practice

Cleaning & Disinfecting

- See CPAC operational procedures
- CPAC will not provide equipment to be shared, such as kick boards, etc
- Restrooms and high touch surfaces will be cleaned between all sessions

Inclement Weather

- In the case of bad weather, parents need to be within a 15 minute drive of the pool in order to pick up their swimmer if practice is cancelled.
- This will help maintain social distancing for the swimmers if they are required to exit the pool due to lightning or other weather conditions
- Normal shelter will be under our pool cover or in the exercise room, if necessary at a social distance

Consequences

- Failure to follow the guidelines set forth in this policy may result in a swimmer being asked to leave practice.
- Any Coach on deck during practice can ask a swimmer to exit the pool and leave practice if they believe social distancing instructions are not being followed
- Continued disregard of the rules or violations of this policy may result in more serious action.

SWIMMER SOCIAL DISTANCING SWIM AS RECOMMENDED BY USA SWIMMING

Chastain Park Athletic Club
COVID-19 General Operational Guidelines
(Subject to Modification - 06/15/2020)

Capacity Limit

- Public & pool members - setting initial limit of 241 per session (25% of max bather load)
- Swim team practices will be segmented by age and/or ability at much lower numbers

Entrance and Concessions

- Front corner entrance used for all programs
- Additional new educational signage at front entrance and in bathrooms
- Masks required for everyone entering and leaving the facility
- PPE required for CPAC staff and lifeguards except lifeguards in the stands
- Gloves and Mask required in snack shack
- Working on implementing an online reservation / payment system for admissions
- Reservation system will assist in contact tracing, if necessary
- Working on cashless system for concessions as well
- Will have limited concessions, such as water and some prepackaged items
- Only two people attending in snack shack at a time
- Hand sanitizer on the counter
- Pool Members will have to reserve a time as well and sign-in upon arrival

Monitoring & Enforcement

- CPAC staff managers will educate public upon entry to facility
- CPAC staff not lifeguards will monitor social distancing
- Vulnerable populations will be discouraged from using the facility
- Lifeguards will guard the pool and attend the snack shack and sign-ins
- Face masks will be required if social distancing cannot be maintained once seated
- NO masks in the water per CDC, but maintain social distance in the water
- Groups of 10 allowed if part of same household (need clarification from City)
- Staff and lifeguards will have temperature checks
- Regular announcements will be made regarding protocols

Cleaning & Disinfecting

- All high touch surfaces will be cleaned throughout the day
- Bathroom high-touch surfaces will be cleaned between practices and sessions
- We will have multiple 30 minute transition periods
- We will not provide pool furniture this year until back to normal
- Visitors will be encouraged to bring their own chairs
- We may provide some tables, which can easily be cleaned
- Table tops will be cleaned regularly if tables are out
- Taking water fountain out of service temporarily

Miscellaneous

- Visitors encouraged not to change in restrooms, but come ready to swim
- Visitors encouraged to use outdoor showers
- Wear masks to, in and from restrooms
- Only 1 person or family allowed in either restroom at a time
- Bathroom attendant will be used to control flow if necessary
- Social distancing markings will be used where waiting-lines are possible
- Pool members cannot bring guests until further notice
- No grill will be provided until back to normal
- No food deliveries until further notice
- Recommend visitors prepare and bring their own food
- Lost & found items will be kept for 1 day and only parents can access
- No ball playing of any kind and basketball court is closed

Other Pool Programs

- No summer camps
- No birthday or other parties unless < 10 from same household
- Swim lessons may be provided only if social distance can be maintained

Positive Test Procedure

- We will follow the CDC guidelines
- If sick on site, we will isolate the individual, arrange transportation and close facility
- We will notify health officials and close contacts
- Contact tracing will be enabled if necessary and by following the law
- Anyone receiving a positive test must contact CPAC
- We will notify health officials of any positive tests reported
- Anyone in contact with a person having a positive test should quarantine for 14 days or until getting a negative COVID-19 test result
- We will wait 24 hours before deep cleaning and disinfecting the facility per CDC
- CPAC COVID-19 contact is Jim King at 404.966.2076 or info@chastainparkAthleticClub.org