

Covid-19 Safety Guidelines & Procedures

Parents and swimmers should read over these guidelines and procedures carefully. All swimmers and parents must agree to follow these guidelines as a condition of participation. Failure to comply with these rules and procedures may result in your swimmer being removed from practices, and/or your membership to CFYN being suspended. Please acknowledge that you've read and agree to these policies on your registration form.

Safety Protocols:

- Swimmers will only be permitted to enter the pool area after they are checked in by a coach outside of the pool area. Please remain in a socially distanced line in the hall outside of the pool area with masks on and covering both mouth and nose until the coach arrives to check you in.
- Locker room facilities may be limited. Remind swimmers to remain 6 feet apart when in the locker rooms, and limit time in locker rooms as much as possible. Masks must be worn in the locker rooms.
- Parents/spectators will not be allowed in the pool area at this time (unless specifically requested by a coach) and are expected to practice social distancing when waiting for their swimmer. If you would like to pick up/drop off your child at the doors, you must practice social distancing.
- Athletes should arrive with their suits on under their clothes whenever possible to limit changing time in locker rooms.
- Athletes will have their temperature checked upon arrival and will not be permitted to enter should they show signs of a fever of 100.4°F or higher or at the discretion of the coaches based on any symptoms they observe.
- Restroom breaks will be limited to only one at a time and should be avoided if possible.
- Swimmers will be assigned areas on deck to keep their belongings, upon entering the pool they should report to those spaces and wait for instruction from their coach. Swimmers will be assigned a specific spot in a specific lane and must stay in that assignment lane unless otherwise directed by a coach.
- Swimmers should bring their own water bottles already filled, and clearly marked with their name. No water fountains will be available.
- Swimmers should bring their own equipment clearly labeled with their names and should not share equipment with other swimmers.
- Coaches will be wearing PPE masks. We request athletes and anyone else in or around the practice facility to do the same. Swimmers will wear their mask until they enter the water and put the mask on after practice.
- Swimmers will be socially distanced in the pool lanes, including starting on opposite ends. The only exception to this rule will be for siblings who reside in the same home.
- Any swimmer or coach experiencing any symptoms of a fever (100.4°F or higher), recent new or worsening cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms, (which includes family, friends, and classmates) should remain at home and seek medical treatment. If any swimmer

or coach does have a fever or symptoms of illnesses, they may not attend a practice until 14 days after the fever or symptoms has ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

- Any swimmer who has been quarantined/isolated from school due to exposure must also quarantine from the team.
- For us all to stay healthy and be able to keep swimming, we ask our swimmer and coaches practice responsible social distancing when they are away from the pool as well.
- Swimmers and families who travel by air, or to an area deemed high risk by the coaching staff, will need to self-isolate for 14 days before returning to practice. Please contact the head coach if you are planning to travel.
- CFYN and pool staff will work to disinfect surfaces between practices and we request your patience while this process occurs. Practice times may need to be adjusted slightly to ensure everything is sanitized properly between practices.

Policies for virtual or other types of meets will be announced later in the season closer to when the meets will occur. Spectators may be limited or prohibited based on the safety guidelines issued by the state, health department, YMCA, and USA swimming. We will keep everyone up to date as these decisions are made.

Swimmers and family members found to not be adhering to proper safety procedures maybe removed from practices at any time without refund at the discretion of the coaches and board.

POSITIVE TEST PROCEDURE

Should someone test positive in our membership the following measures will take place:

1. The individual should let Coach Ryan know immediately.
2. The individual or individuals swimming on either side of that swimmer will be expected to self-quarantine for 14 day and/or receive a negative COVID-19 Test [this is why we will be strict with our lane assignments and attendance tracking throughout the season].
3. We will notify the facility and follow all of their protocols and requirements for sanitation.

CFYN's practice policies will continue to evolve with the guidance of the State, CDC, and USA Swimming to provide the safest practices possible during this difficult time.

PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES BELOW REGARDING COVID19 VIRUS:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

By signing your registration form you acknowledge that you have read and gone over this information with your swimmer and you both agree to comply with all guidelines and procedures.