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## **Puget Sound Swim Club (PSSC) COVID-19 Plan – October 2021**

As a club, PSSC is committed to providing opportunities for swimmers to participate in training activities and will be doing so in full accordance with state and local guidelines as well as guidelines issued by USA Swimming, Pacific Northwest Swimming (PNS) and South Kitsap School District (SKSD).

Below is our re-open plan in which all coaches, swimmers, and parents must agree to abide by if they choose to participate in training activities.

### **General Requirements:**

1. Coaches will be required to keep a copy of this plan with them at all training events.
2. Each swimmer/parent must sign a copy of these guidelines prior to participation in training, acknowledging their understanding of the club's plan.
3. There will be NO physical contact between swimmers or coaches, and all participants must observe at least three feet of physical separation between themselves and others at all times. There will be no "high-fives", handshakes, huddles or other forms of contact.
4. Social distancing guidelines of three feet apart must be maintained during use of the facility.
5. A face mask must be worn by all swimmers, coaches and parents/spectators in and out of the building, while on deck, in the lobby area, and if using the bathroom/washing hands regardless of vaccination status.
  - a. Exceptions will be made for swimmers with conditions that prohibit them from wearing a mask pending medical documentation.
6. Coaches may utilize cones or other markings (e.g. – tape) to designate an area for swimmers to place their personal belongings. All personal belongings must be placed at least three feet apart.

### **Practice:**

1. Swimmers will only be permitted to enter 5 minutes before their scheduled practice time.
  - a. If they arrive early, they should wait in their car until the appropriate time to enter the facility.
2. Swimmers must leave the facility immediately at the completion of practice.
3. Parents/spectators
  - a. Must wear masks while in the facility regardless of vaccination status and are expected to practice social distancing.
4. No congregating in the parking lot by athletes or parents.



5. Annual attestation form must be completed for each swimmer. This replaces the need to conduct daily health attestations via the TeamSnap app.
  - a. If this is not completed, the swimmer may continue to utilize the daily health attestation in TeamSnap .
6. Swimmers within the same household families may be assigned to the same lane; coaches will assign lanes for all other swimmers.
7. Lane numbers will be assigned by a coach.
8. There will be no horseplay, splashing or spitting water while in the pool. If this behavior continues, the coaching staff will refer to the PSSC Discipline Policy for escalation and next steps.
9. Disinfectant will be provided for cleaning of equipment and other items.
  - a. Coaches will disinfect as needed.
10. Water bottles need to be filled prior to practice and should have swimmer's name clearly written on it. Swimmers will not be able to drink from or re-fill water bottles from the water fountains at the pool.
11. Locker room access will be restricted to one person at a time, and may only be used for hand washing and restrooms only. Swimmers may have a limit of 5 minutes to use the bathroom and this will be enforced, if necessary. **\*No changing in the locker room\***
  - a. Swimmers must arrive and depart in their swimsuit. They will not be able to change or shower at the facility.
12. Please bring your own equipment. Required equipment includes kickboard, fins and goggles. Pull buoys and hand paddles are optional.
  - a. If swimmer doesn't have the equipment available, the coaching staff will adjust the workout as needed.
13. PSSC will not utilize any equipment from the pool (e.g. – kickboards, fins, pull buoys, etc.) and there will be no equipment sharing between swimmers.
14. If a swimmer forgets their goggles, you cannot enter the water and will participate in dryland exercises on deck with your mask on. **\*No goggle borrowing\***.

### **Health Requirements/Guidance**

1. If you are sick, please stay home even if it is not COVID-19 related. This ensures we all stay healthy.
2. As a reminder, practice good hygiene including washing your hands frequently with warm water and soap for 20 seconds and using hand sanitizer, when needed. Also, if you must sneeze or cough, please do so into a tissue or the upper sleeve of your arm.
3. If a swimmer or coach is experiencing a fever (greater than 100.4 degrees), a cough, shortness of breath, body aches (from illness and not soreness), gastrointestinal issues, sore throat, or a loss of taste or smell they should remain at home and seek medical treatment. In addition, please follow the South Kitsap School District [COVID-19 Symptoms Flow Chart](#) for additional guidance.
  - a. If a swimmer, family member (defined as someone living in the same household) of a swimmer, or coach comes into contact with a person who has COVID-19,



please follow the South Kitsap School District [COVID-19 Symptoms Flow Chart](#) for guidance.

- b. If a swimmer, family member of a swimmer, or coach is pending a COVID-19 test result, please do not return to practice until the test result is received. This is regardless of vaccination status or whether the person is symptomatic or not. This helps ensure the safety of all members of the club.
  - c. If a swimmer, family member of a swimmer, or coach is diagnosed with COVID-19, they must notify a member of the PSSC board of directors immediately. In the event of a potential exposure, PSSC will maintain confidentiality as required by the Americans with Disability Act and the team will be instructed on how to proceed based upon the CDC's Public Health Recommendations for Community-Related Exposure.
4. If your family travels out of state, please refer to the [CDC guidelines](#) for next steps.

### **Swim Meets**

1. If and when we enter a PNS sanctioned swim meet, PSSC will adhere to these same guidelines as documented within this plan in addition to any requirements as documented with the host team and facility.

**Disclosure:** The Governor of Washington can change the COVID-related youth sports restrictions at any time. Practices can change or be suspended due to any unforeseen circumstances.

As we work towards an eventual return to “normal”, we will face a number of challenges. Please be patient, kind, considerate, and understanding of those who may not necessarily agree with these restrictions and remember that the health and safety of our coaches, swimmers and families is our priority. It takes just one of us not to follow these guidelines to have our pool privileges revoked. We have a great team and we know everyone will follow these guidelines.

If you have any questions regarding this plan, or the club's policies and procedures related to COVID-19, please contact our COVID-19 Response Volunteer, Cory Butler, at (360) 509-6267 or via email at [presidentwimpssc@gmail.com](mailto:presidentwimpssc@gmail.com).



## Acknowledgment/Signatures

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Swimmer Name/Signature – child #1

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Swimmer Name/Signature – child #2

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Parent Name/Signature