

Covid-19 Policies and Procedures

2/6/2021

Evergreen Hurricanes Swim Team is committed to the health and safety of all our swimmers. We are in compliance with the laws, orders, and guidelines issued for gyms and pools by USA Swimming, Colorado Swimming, Colorado Department of Public Health, and Jefferson County Public Health Department. As the Covid-19 situation evolves, we are monitoring the changes and will update our policies as necessary. Thank you in advance for being understanding and flexible.

Before Practice

- If a swimmer or their cohort group gets quarantined from school, they may NOT come to swim practice during the time they are quarantined.
- If your swimmer tests positive, notify your coach promptly.
- If a swimmer in a practice time gets Covid-19, Close Contacts will be notified and will have to quarantine. A Close Contact is defined by the CDC as “someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. * *Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes).*” Close Contacts may stop their quarantine after day 10 without testing or after day 7 after receiving a negative test result. (Test must occur on day 5 or later). If you have additional medical questions please contact your physician.
- **Swimmers who are not feeling well (regardless of symptoms) are to remain home until they are feeling better.** It is suggested that swimmers who are ill with a fever or other Covid-19 symptom get a Covid-19 test or at a minimum speak with their family physician to determine the proper course of action. Remember it is better to stay home if you are feeling ill than to get an entire Category sick.
- Every swimmer will form a single file line starting at the emergency double glass doors outside standing 6 feet apart towards the employee parking lot wearing a face mask.
- Each swimmer will have their temperature checked before entering the pool area by a coach or adult. Above 99.9 the coaches will send your swimmer home. If the swimmer is higher than 99.9 for 2 days in row they will be required to get a Covid-19 test. They will only be allowed back when they are symptom free and have a negative test result.
- When the swimmers are allowed in the pool area they will enter in a clockwise direction (walking towards the bleachers) and around to the boys locker room. There will be orange cones on the floor where the swimmers will leave their clothes and towel (the cones will be 6 feet apart around the pool). The swimmers will undress and stay at their cone until told where to go by the coaches.

Remember

1. Wear face mask to practice and keep on until coaches tells them to take it off
2. Bring swim bag
3. Bring equipment
4. Clothes they are wearing with bathing suit under
5. Swimmers please don't come more than 5 minutes before your start time.
6. There will be one family bathroom for restroom use only (No showers or changing in it).

During Practice

- No Parents will be allowed in the pool area. We are only allowed to have **50 swimmers** on deck at any time; having parents on deck would reduce the number of swimmers and coaches we can have during a practice session. While some groups may be smaller than **50 swimmers** we are requesting that parents not come to practice such that the coaches can maintain focus on the swimmers and their safety.
- The swimmers will be spread out in the lanes by the coaches depending on how many swimmers are there.
- There are usually 2 fans that we turn on during practice. Doors will be open while it's warm outside.
- **Parents are to be back to Wulf Rec Center 15 minutes before their swimmer's practice is over. Please be respectful of our coaches time and arrive at practice before your swimmer is released.**
- Swimmers may not congregate outside.

After Practice

- Swimmers put clothes over wet suit and put on face mask and leave when told by coach.
- There are 5 to 10 minute gaps in the schedule (allows swimmers from one practice to exit the building before the next practice group comes in for social distancing).

Swim Meets

- Each swim meet will have procedures listed on the Meets Information tab.
- Please email Coach Jeff (jarm003@yahoo.com) if your swimmer will NOT be able to attend a meet. Meet numbers are limited so your swimmer's absence can be given to another swimmer who would like to swim.
- Parents will not be able to directly view swim meets.

Thank you!

The Staff and EST Board