



**Comprehensive COVID-19 Plan**  
**Summer 2020**

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# I. Operating Plan—Coronavirus

## **Objective:**

- Open Arbor Heights Swim and Tennis Club in compliance with the phases as outlined by the Governor’s mandates.
- Offer programs with the purpose of fitness, health and wellness for the AHSTC community.
- Provide a safety plan for members and staff.

## **Cleaning Procedures:**

- Clean all high-touch surfaces with alcohol spray once every shift (every 3-4 hours). This includes:
  - Railings
  - Door, faucet, and toilet handles
  - Diaper changing tables
  - BBQs
  - Water fountain
  - Kitchen surfaces, including all handles on drawers, cabinets, microwave, refrigerators
  - Garbage can lids
- Nightly deep clean with disinfectant spray of chairs, tables, and all surfaces listed above
- Office person wipes down all counters and vectors (register, fridge/freezer handles, computer mouse, etc.) at the beginning of their shift. Wipe down counter once an hour.

## **Additional measures taken:**

- Signage added about signs to be aware of with coronavirus.
- Signage to remind people about social distancing.
- 6 hand sanitizer dispensers installed around club.
- Provide alcohol spray bottles on all tables for member use.

## **Lifeguard Protocols:**

- Do not come in to work if feeling sick. The manager on duty will screen all employees at the beginning of their shift.
- Masks must be worn when entering the facility at the start of their shift, and when leaving the facility.
- Masks and gloves are required when in close contact with members and employees.
- No masks or gloves will be worn when in the chair actively guarding.
- 3 people maximum in the guard room at a time. Masks should be worn in the guard room.
- Lifeguards will practice rescues and emergency actions with a family member and maintain social distancing from other lifeguards or staff.
- If CPR is required, lifeguards will perform chest compressions only until EMT arrives, unless a bag-valve-mask is available and there is a 2<sup>nd</sup> rescuer.
- Lifeguards will focus only on the safety of members and guests in the facility. Lifeguards will not enforce social distancing or any other COVID-19 related rules.
- Lifeguards will be trained on COVID-19 safety protocols prior to any work shifts.

**Member expectations:**

- Do not come to facility if feeling sick.
- Members must wear masks (not provided by club) when checking into the facility. Masks may be worn in the facility but may not be worn in the pool.
- Be mindful of social distancing guidelines and follow them while at the facility, including in the bathrooms.

**Reservations:**

- Members and staff must make a reservation to use the pool for a time block.
- Members and staff should come shortly before their shift and leave promptly after their shift.

**In case someone gets sick:**

- We will isolate the person from other staff and patrons and arrange for them to be transported to their home or healthcare facility.
- We will notify the local Department of Health of possible incidence of COVID-19.
- We will inform all those that have been in close contact with the potential COVID-19 person to stay home, monitor symptoms and follow CDC guidance if symptoms develop.
- We will close off areas that have been used by the sick person and clean and disinfect those areas thoroughly.

## II. Team Protocols

### A. General

#### **Employee Expectations**

- Do not come in to work if feeling sick. The manager or lead lifeguard will screen all employees at the beginning of their shift.
- Wear a mask at all times when near kids, parents, coaches, or other employees.
- Strictly adhere to practice times.
- Follow social distancing requirements at all times.

#### **General Team Protocols**

- Kids should not come to the facility if feeling sick. Parents should take their child's temperature before coming to practice.
- Kids should arrive in swimsuit (if on swim/dive team).
- Showers are closed. Kids should leave facility in their swimsuit if not going to tennis after swim.
- If a kid is going from swim to tennis or tennis to swim, they may change in the bathroom.
- Kids must wear a mask when entering the facility and when exiting, as well as in the bathrooms.
- Parents may not be in facility during practices and must pick up their child promptly after practice.

#### **Practice logistics**

##### At the start of practice:

1. Participants wait outside the check-in window, with masks on, until the start of their practice time. Tennis-only kids will be dropped off, with masks on, at the tennis gate on 31<sup>st</sup>.
2. When it is time for their practice, each participant will check in with the office staff before entering the pool area.
3. Team coaches will greet their team participants (with masks on) just inside the entrance gate and take them to their designated practice location.

##### During practice:

- Coaches will follow their team procedures to ensure social distancing by kids and coaches.

##### After practice:

- Any kids that do not have another team practice must leave facility.
- If a kid has another practice, coaches will direct them to their next practice.
- No kid may hang out in facility between practices.

## B. COVID-19 Waiver

Parents are required to read and agree upon registering their child for team participation at Arbor Heights Swim and Tennis Club

I, the undersigned parent or guardian:

Understand the Washington State Department of Health describes COVID-19 as a respiratory illness caused by a new, or “novel” coronavirus. It spreads through droplets from sneezes and coughs, as well as close contact with others, including handshakes and sharing food or drinks. Symptoms include: coughing, difficulty breathing, fever, chills, muscle pain, sore throat, and possible loss of taste or smell (it is acknowledged some may experience all, some, or none of these symptoms to be a carrier). Older adults, people of any age with underlying conditions, and pregnant women may be at higher risk or severe illness.

Acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my family, including child(ren), and I may be exposed to or infected by COVID-19 while on site at the Arbor Heights Swim and Tennis Club (herein, “Club”) and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

Understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the Club coaching staff, Club employees, volunteers, and program participants and their families.

Am fully informed as to these risks and in consideration of being allowed to participate in Club facility activities, I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I, my family and my child(ren) may experience or incur in connection with my child(ren)’s attendance at the Club or participation in pool activities (“Claims”).

On my behalf, and on behalf of my children, hereby release, covenant not to sue, discharge, and hold harmless the Club and their employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto.

Understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club and their employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in Club facility activities.

Am aware of the safety protocols put in place at the Club, including, but not limited to: 1) Strict entry and exit procedures, 2) Signing in with contact information, 3) The use of the locker rooms being prohibited (all participants must arrive in their swimsuits). Single use restrooms are available for use, 4) Use of masks for all persons over 3 years old NOT in the pool or participating in activities, 5) Encouraging social distancing, including parents not allowed on pool deck unless with permission.

## C. Swim Team

1. The Swim team will abide by the recommendations of the CDC, the Washington Health Department, the Requirements of “Phase 2” of re-opening in Washington as it pertains to outdoor athletic teams, AND the COVID plan enacted by the pool and manager.
2. General requirements of the team:
  - a. **General requirements:** As per the above recommendations, social distancing will occur both on deck and in the pool. While on deck, if not engaged in exercise activities (dryland), coaches and athletes will be required to wear cloth masks.
  - b. **Entry and Exit:** In line with the pool guide for lap swim, there will be a 15-minute period to allow egress and ingress. Once on the pool deck, there will be specifically spaced areas for swimmers to place their bags and undress for swim (please arrive in a suit). Swimmers will be instructed to stick to these areas until they have a mask back on and will then further be encouraged to keep proper distancing.
  - c. **Staggered Practices:** To ensure the proper distancing, both on deck and in the pool, each age group will be split up into two (2) different practices groups (Monday / Wednesday or Tuesday / Thursday) so as to have manageable numbers. At present time, maximum numbers look to be 20 athletes (see ‘practice flow’, below).
  - d. **Friday “Meets”:** It is the goal of the coaching staff to have age group “meets” on Fridays with the entire age group, so long as it is not above 40 athletes. Meet specific instructions will go out the Wednesday of the first week, but teams will warm up separately to maintain the normal practice distancing. The meet itself will operate with a heavily taped pool deck and staging, keeping distancing as swimmers move around the deck and into starting positions for their swims.
  - e. **Practice Flow:** There are four (4) models of practice we will use throughout the summer.
    - I. The first model is to use small group “circuits”, meaning X number of minutes in an activity, either on deck or water, appropriately spaced, then Y minutes to rotate to a next activity. This will minimize swimmers in the water and maximize the space we have on the deck.
    - II. The second model is to split the team into halves, with one group concentrating on deck drills (body rotation, strengthening, balance drills), while the other performs sets while appropriately spaced, then switching every 7 to 10 minutes.
    - III. The third model is to have all swimmers in the pool and to stagger their stopping points so all swimmers have a minimum of six (6) feet spacing when at rest. The specifics depend on the number, but each wall, the flags, and mid pool would be used as markers and staggered resting spots. If 24 swimmers, it would look as follows:
      - a. Bathhouse end – lanes 1/3/5 starting on wall, 2/4/6 at flags

- b. Block end – lanes 1/3/5 starting at flags, 2/4/6 at wall.
- c. Mid pool – lanes 1/3/5 starting just North of mid pool, lanes 2/4/6 starting just South of mid pool.

With our classic sprint set (3x25 Fast, 2x50 Drill), swimmers would pass each other but never stop close to each other. We would then rotate positions for additional sets for swimmers to have different start / stop points.

- IV. The fourth model is to run three (3) one way “sprint/substance” lanes, and three (3) one way “return” lanes where we there will be a water line with spacing. This is more likely with 8U or 10U, where simplifying spacing will be important.
- 3. **Physical Correction:** In some circumstances, it is necessary to physically show an aspect of a drill or a stroke, i.e. what “streamline” feels like. Given the interpersonal limitations, IF THIS IS NECESSARY FOR A SWIMMER, the coach will be wearing their mask, the swimmer will always be oriented AWAY from the coach to the extent possible, and the coach will maintain as much distance as possible to make the correction. This will obviously be less than six (6) feet, but water droplet dispersal should be negated due to being outside, orientation of the swimmer/coach, and the mask.
- 4. **Removal Protocol:** This summer the coaching staff will be more exacting when it comes to removing swimmers from the pool for not following protocol. If a swimmer (even 8U swimmers) is showing a disregard for the protocol, we will remove them from the pool and contract the parent if a ride is needed. Every swimmer will be reminded, constantly, that following these rules will let us continue swimming, and removal will be followed with as many teachable comments as possible.
- 5. **Testing / Tracing:** Due to lag and incubation periods, should there be a presumptive positive of any swimmer or coach who has been at a practice within two (2) weeks of the test, practices will be cancelled and “return to practice” will only occur for those coaches or swimmers who have negative results of a Covid-19 test (obviously, positive tests should result in self-quarantine per guidelines). IF THERE IS A PRESUMPTIVE POSITIVE OF A FAMILY MEMBER, we URGE that family to get tests for the rest of the family, and if the swimmer tests positive, we will enact this provision.
- 6. **Family Screening:** We urge families to employ some small checks to help us in these times. If a swimmer has a temperature or other symptoms that could be symptomatic of COVID-19, please keep them away from practice in an abundance of caution.

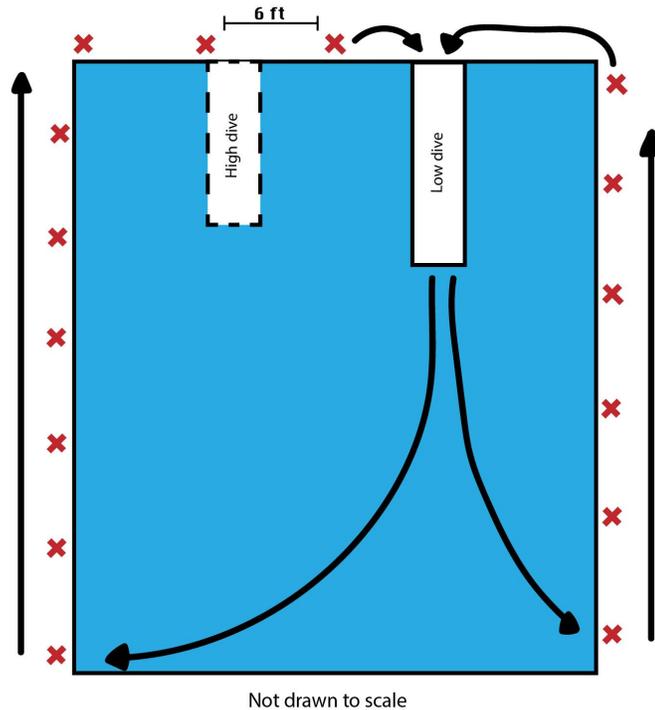
\*\*The coaching staff thanks current and prospective swim families during this time. As an extra request, especially in a time when there is a pretty stark contrast of opinion when it comes to COVID-19 guidelines, WE ASK THAT PARENTS NOT UNDERMINE THESE PROTOCOLS in front of their swimmers, since ultimately it the conduct of the swimmers (and coaches) that will make this work. Our and your conduct is a model for the swimmers, and how we adhere to these restrictions will inform how they adhere to them.

## D. Dive Team

1. The Dive team will abide by the recommendations of the CDC, the Washington Health Department, the Requirements of “Phase 2” of re-opening in Washington as it pertains to outdoor athletic teams, AND the COVID plan enacted by the pool and manager.
2. General requirements of the team:
  - a. **General requirements:** As per the above recommendations, social distancing will occur both on deck and in the pool. While on deck, if not engaged in exercise activities (dryland), coaches and athletes will be required to wear cloth masks.
  - b. **Entry and Exit:** In line with the pool guide for lap swim, there will be a 15-minute period to allow egress and ingress. Once on the pool deck, there will be specifically spaced areas for divers to place their bags and undress for practice (please arrive in a suit). Divers will be instructed to stick to these areas until they have a mask back on and will then further be encouraged to keep proper distancing.
  - c. **Staggered Practices:** To ensure the proper distancing, both on deck and in the pool, each age group will be split up into two (2) different practices groups (Monday / Wednesday or Tuesday / Thursday) so as to have manageable numbers. At present time, maximum numbers look to be 15 athletes per practice (see ‘practice flow’, below).
  - d. **Friday “Meets”:** It is the goal of the coaching staff to have “meets” divided by age group on Fridays with the A group competing in the first meet of the season and the B group competing in the second and final meet of the season. Meet specific instructions will go out on Monday July 13, 2020. The meet itself will operate with a heavily taped pool deck and staging, keeping distance as divers move around the deck and in the dive tank. We will plan on live streaming and recording the meets through Facebook so friends and family can watch their divers during the meet or at a later time.
  - e. **Practice Flow:** There are three (3) models of practice we will use throughout the summer.
    - i. The first model is to divide each age group in half with the A group practicing on Mondays and Wednesdays and the B group practicing on Tuesdays and Thursdays. A and B groups will alternate pool time on Fridays.
    - ii. The second model is using colored cones on the pool deck to ensure divers maintain social distancing, specifically 6ft apart while in the dive tank. Divers are prohibited from moving to the cone ahead of them in

line until the diver in front of them has moved. Divers should not move the cones on the pool deck at any time.

iii. Attached is a visual of how we plan to space and rotate divers during practice. This is subject to change depending on how many divers are at each practice.



f. **Physical Correction:** In some circumstances, it is necessary to physically show an aspect of a drill or a dive, i.e. a proper flat hand. Given the interpersonal limitations, IF THIS IS NECESSARY FOR A DIVER, the coach will be wearing their mask, the swimmer will always be oriented AWAY from the coach to the extent possible, and the coach will maintain as much distance as possible to make the correction. This will obviously be less than six (6) feet, but water droplet dispersal should be negated due to being outside, orientation of the diver/coach, and the mask.

We will not be using any equipment, i.e. mats or yoga balls, for drills to reduce the spread of illness as best as possible.

g. **Removal Protocol:** This summer the coaching staff will be more exact when it comes to removing divers from the pool for not following protocol. If a diver (even 8U divers) is showing a disregard for the protocol, we reserve the right to remove them from the pool and contact the parent if a ride is needed. Every diver will be reminded, constantly, that following these rules will let us continue

diving, and removal will be followed with as many teachable comments as possible.

h. **Testing / Tracing:** Due to lag and incubation periods, should there be a presumptive positive of any diver or coach who has been at a practice within two (2) weeks of the test, practices will be cancelled and “return to practice” will only occur for those coaches or divers who have negative results of a Covid-19 test. Divers and/or coaches who test positive should self-quarantine per guidelines. IF THERE IS A PRESUMPTIVE POSITIVE OF A FAMILY MEMBER, we URGE that family to get tests for the rest of the family, and the diver may not return to practice until they test negative and provide proof to coaching staff.

i. **Family Screening:** We urge families to employ some small checks to help us in these times. If a diver has a temperature or other symptoms that could be symptomatic of COVID-19, please keep them away from practice in an abundance of caution.

\*\*The coaching staff thanks current and prospective dive families during this time. As an extra request, especially in a time when there is a pretty stark contrast of opinion when it comes to COVID-19 guidelines, WE ASK THAT PARENTS NOT UNDERMINE THESE PROTOCOLS in front of their divers, since ultimately it is the conduct of the divers (and coaches) that will make this work. Ours and your conduct is a model for the divers, and how we adhere to these restrictions will inform how they adhere to them.

### **Dive Team Practice Expectations**

Divers must...

1. Maintain 6 feet of physical distancing at all times.
2. Stay next to a cone in the dive tank when waiting during practice, and should not move to the next cone until the diver in front of them has moved.
3. Place bags and personal items in designated areas
4. Wear a mask before entering and after exiting the pool.
5. Follow all rules listed above or they will be asked to leave practice.
6. HAVE FUN!

## E. Tennis Team

### Entry/Exit

- Tennis players who are also swimming and/or diving will enter from the grassy area north of the pool deck.
- Tennis players will use the hand sanitizer on the external gate prior to entering the court.
- If you have a child who is playing tennis and no other sports, please drop them directly from your car at the gate on 31<sup>st</sup> from your car. A coach in a mask will be there to greet them.
- If you have a child who is playing tennis and another child who is not, you may drop both children at the front desk and pick them up from the front desk.
- Your child should use the hand sanitizer attached to the external gate before entering.
- If you have just one tennis player, please pick up your player from the gate on 31<sup>st</sup>, there will be a coach in a mask waiting to make certain they enter the car safely.
- Please make sure your child knows to enter and exit the court wearing a mask.

### On the courts

- Your tennis player will have a disc on which to put their water bottle and belongings. Please encourage your player NOT to move this disk to be closer to a friend.
- Your tennis player will receive instruction from the coaches on how to stay socially distanced.
- If your player does not stay socially distanced, they may be asked to sit out.
- Coaches will not wear masks during practice, but will remain socially distanced from the players at all times.

### General Safety during COVID19

- Please keep your child at home if they are feeling ill.
- Please encourage your child to wash their hands before they come to practice AND to use sanitizer once they enter the courts. Please do send them with a small bottle of sanitizer should you have one.
- Please do not watch your child during practice.
- Any parent of a child who receives a positive COVID19 diagnoses should immediately contact the coach to let her know about the positive test.