



Hastings Area Swim Team Return to Pool Plan

Enabling Swimmers to Safely Return to HMS Pool

HAST COACHES (Kim Olson, Chasi May & Kate Reilly)

Ensure that the swimmers are safe to **RETURN** to the **POOL**.

Due to COVID-19, Athletes should **NOT attend practice if:**

- They have a fever, cough, shortness of breath, difficulty breathing, headache, sore throat, new loss of taste/smell or any other symptoms listed by the CDC.
- Anyone in the household is experiencing the above symptoms or has tested positive for COVID-19.
- They have been exposed to someone who has any of the above symptoms or has tested positive for COVID-19.
- Travelled within the past 14 days using the following modes of transportation: airplane, bus, train/metro, or taxi (Uber, Lyft, etc).
- If an athlete becomes sick while at practice, the athlete will be sent home immediately and **CANNOT** return to practice until he/she is symptom free (and does not develop any new symptoms) for 72 HOURS.

HAST Athletes

**MUST be prepared for practice
in the following ways:**

- Wear face mask (to enter and exit the building)
- Already be changed into swimsuit (no locker room access)
- Have equipment: cap, goggles, water bottle (pre-filled), and towel
- Must be pre-showered before entering facility and pool (showered @ home)

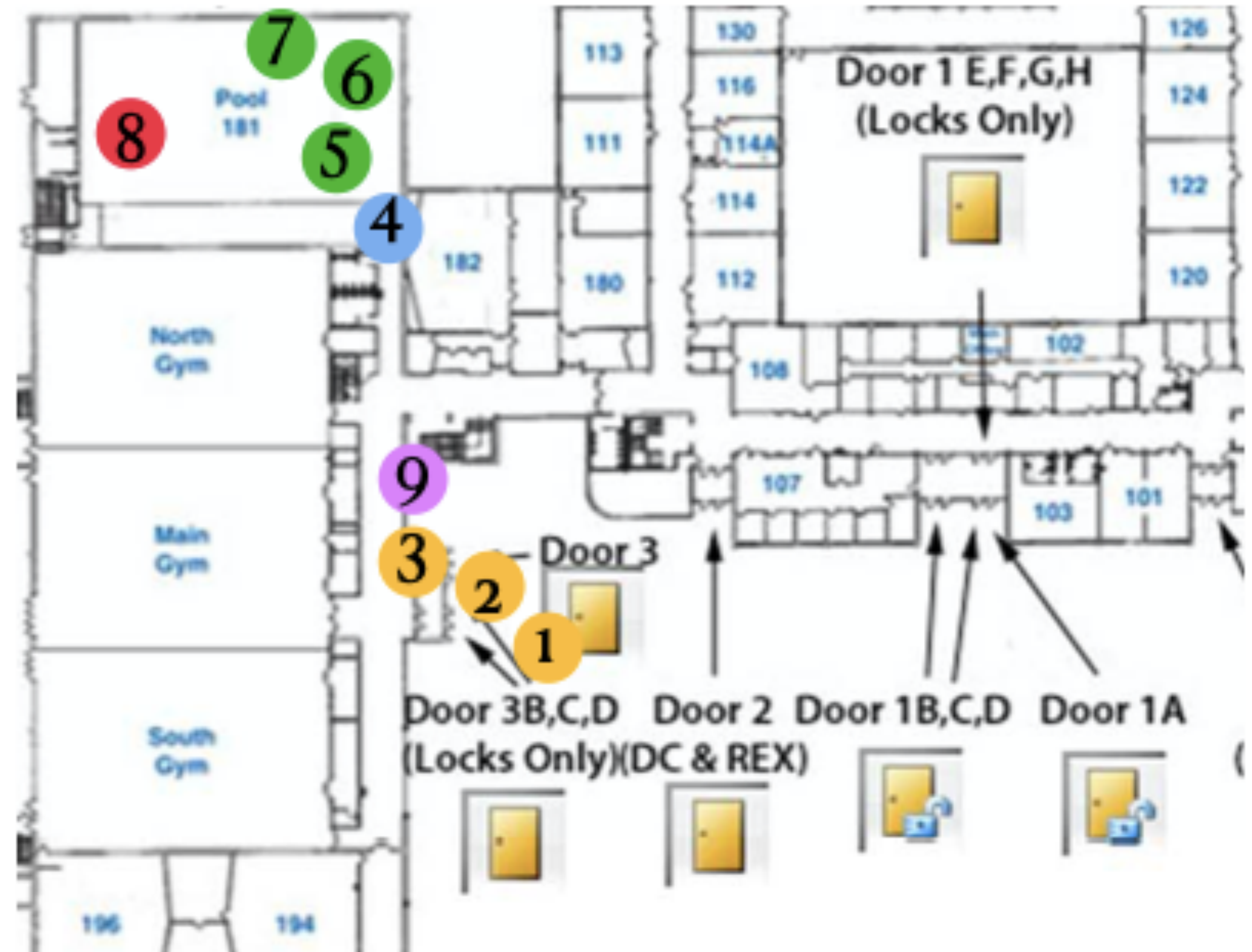


Why Return to Pool?

- Chlorine is a disinfectant.
 - <https://www.cdc.gov/healthywater/swimming/residential/disinfection-testing.html>
- Minimal touchable surfaces.
- New practice process to ensure safety.
- During an organized HAST swim practice HAST, all coaches/swimmers will be instructed to practice social distancing and maintain separation of at least 6 ft or more, both in & out of the water.
- Swimming promotes a healthy lifestyle, both physically AND mentally!

Return to Pool Road Map

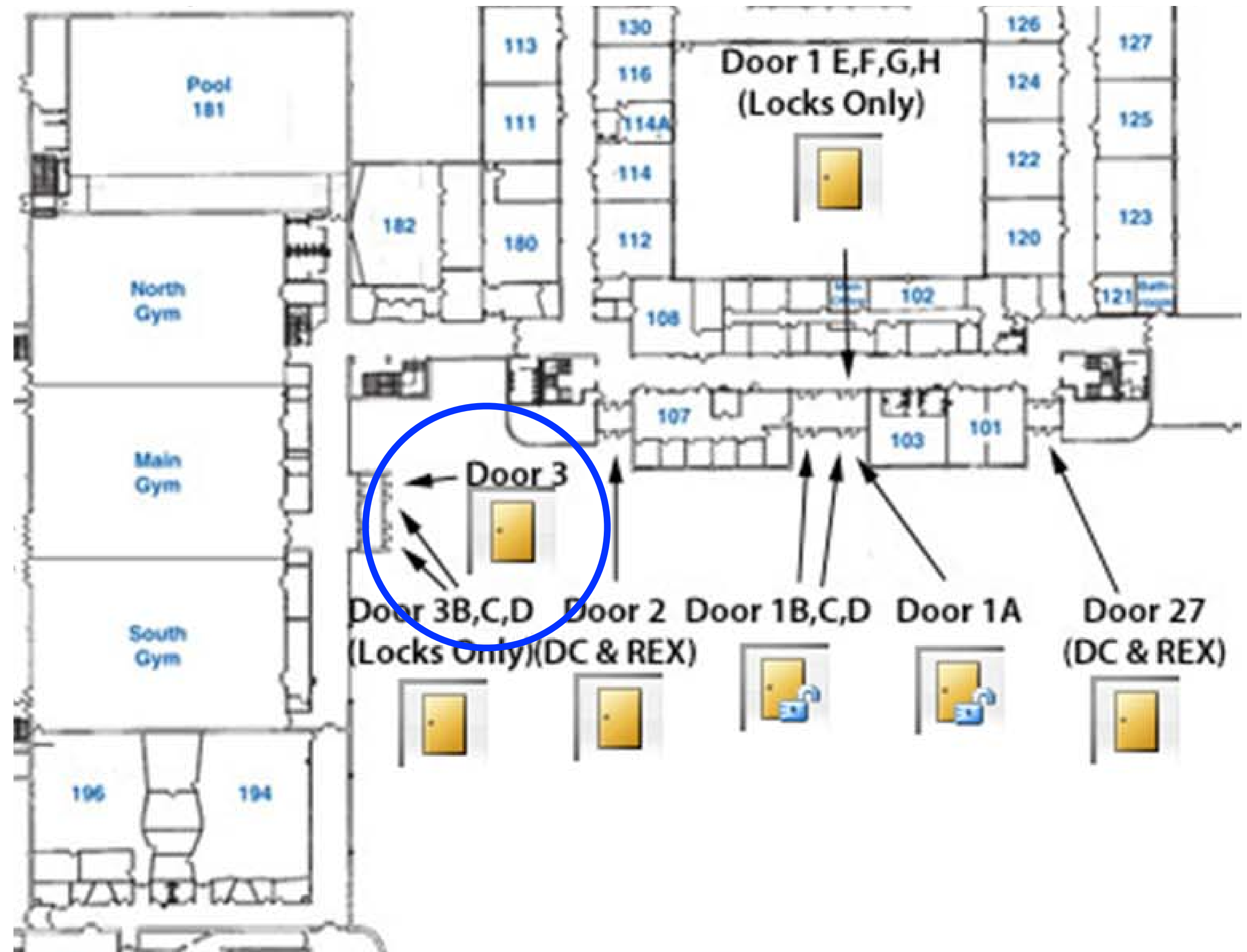
1. Wait @ GYM-POOL DOOR #3
2. TEMP Check by HAST Parent Volunteer or Coach
3. Sanitize Hands prior to entering building
4. Enter Pool area - set down backpack on space provided
5. Go to assigned Lane & correct end of the pool
6. 3 point entry (sit & slip into pool, no jumping or diving)
7. Swim practice
8. Dry off & retrieve backpack from space
9. Sanitize hands after exiting facility



Return to Pool

Entry Checklist:

- 1.) Wait OUTSIDE of BUILDING
 - Swimmers/Parents park in upper lot of HMS.
 - Wait until 10 MINUTES PRIOR to the start of practice before lining up at Door 3.
- Walk towards GYM/POOL entrance (DOOR 3), will wait on X to maintain social distancing.
- Swimmers proceed toward Door 3, one at a time, until they reach temperature check station.



Return to Pool

Entry Checklist:

- 2.) TEMPERATURE CHECK
 - Swimmers temperature is taken prior to entry at Door 3.
 - Swimmers are asked if 1.) If they have specific COVID-19 symptoms, and 2.) Have been in contact with someone who has symptoms or has tested positive for COVID-19.
 - Swimmers who answer “YES” to any of the questions above or who have a fever of **100.4** or higher **WILL NOT** be permitted entry into the facility.

CONDUCT HEALTH SCREENING EACH TIME EMPLOYEES OR VISITORS ENTER THE FACILITY.

You may also opt to conduct temperature screening if it can be done with proper social distancing, protection, and hygiene protocols. However, temperature screening is not required.

If a worker or visitor answers “Yes” to any of the screening questions or has a measured temperature above 100.4°F, they should be advised to go home, stay away from other people, and contact their health care provider.



Visitor and Employee Health Screening Checklist

Have you had any of the following symptoms since your last day at work or the last time you were here that you cannot attribute to another health condition?

Please answer “Yes” or “No” to each question. Do you have:

- ☐ **Fever (100.4°F or higher), or feeling feverish?**
- ☐ **Chills?**
- ☐ **A new cough?**
- ☐ **Shortness of breath?**
- ☐ **A new sore throat?**
- ☐ **New muscle aches?**
- ☐ **New headache?**
- ☐ **New loss of smell or taste?**

Return to Pool

Entry Checklist:

- 3.) SANITIZE HANDS
 - Swimmers are required to sanitize hands with provided sanitizer.
 - Social distance markers are placed on the ground to ensure while waiting their turn to sanitize that athletes are at least 6 ft apart.



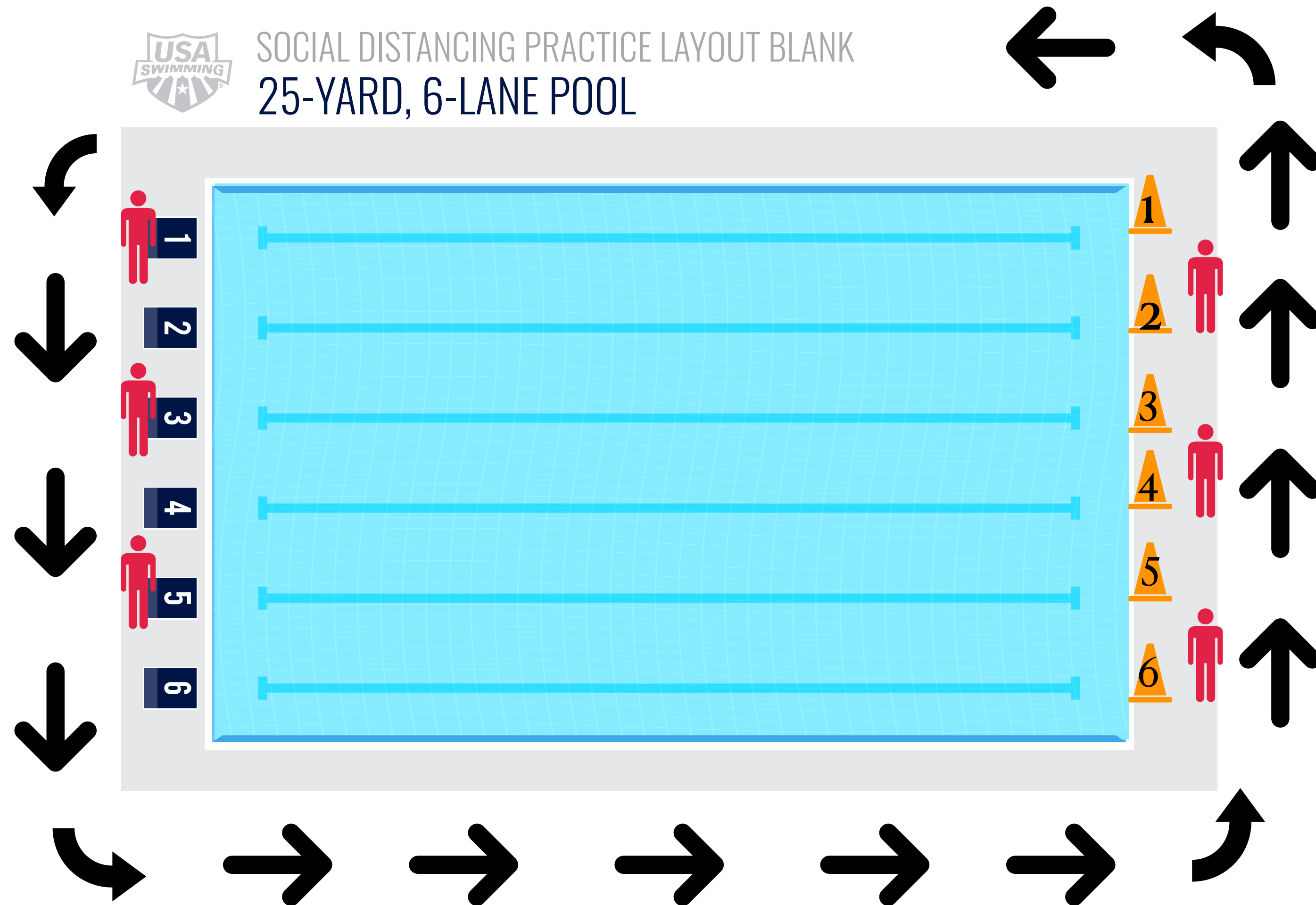
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Return to Pool

Entry Checklist:

- 4.) GO TO ASSIGNED LANE

- Each swimmer will be pre-assigned a lane and end of the pool.
- In the shallow end the lanes will be marked with numbered cones.
- Swimmers are assigned one swimmer per lane at each end of the pool.
- One coach will coach/supervise swimmers on 1 end of the pool.
- Swimmers will follow ground markers (directing them to walk counter clockwise around the pool to their lane assignment.)



Return to Pool

Entry Checklist:

- 5.) SET DOWN BACKPACK (swim items)
 - Any items brought into the HMS pool should be in an easy access backpack, which will be placed in the designated square.
 - Each swimmer will have a space coordinated with their lane assignment to ensure to always be social distancing.
 - After practices, the swimmers/family is responsible to disinfect any items set down at the HMS pool.
 - Later on, as we add more swimmers into the mix, additional spaces for swimmers' backpacks will be provided on the bench that runs along the back wall in the pool area, parallel to the pool.



Return to Pool

Entry Checklist:

• 6.) ENTER ASSIGNED LANE

- Swimmers will enter their assigned lane with a three-point entry: sit down and slide in feet first with one hand guiding them into the pool.



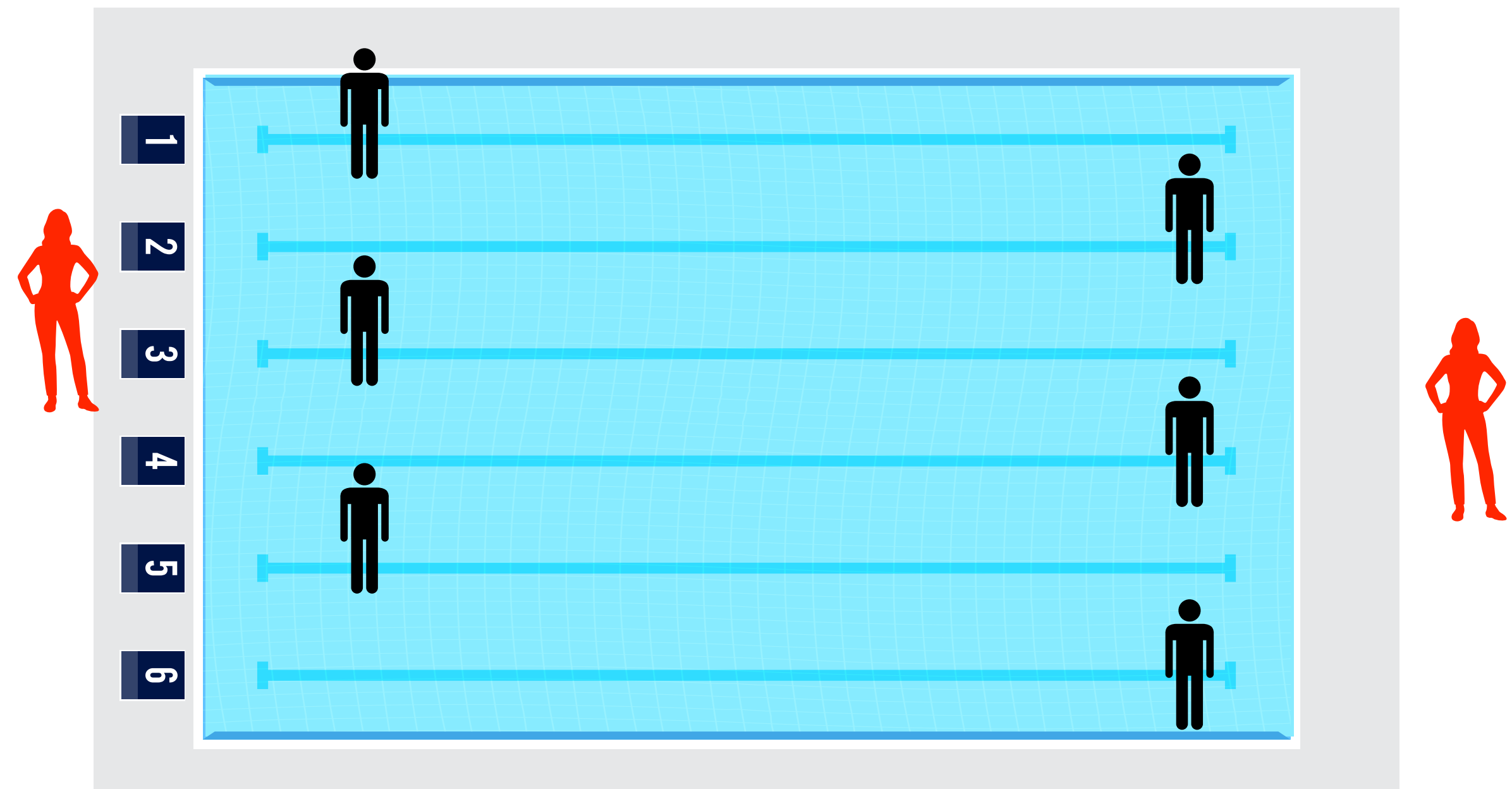
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• 7.) SWIM PRACTICE

- Swim practices will have AT LEAST 2 coaches on deck, wearing masks when swimmers are NOT in the water.
- Each will coach/supervise the 6 swimmers at their end of the pool.
- Initially, due to social distancing, swimmers will be assigned a space to rest/recover at least 6 ft away from other swimmers. This may be against a lane rope or standing/treading water out underneath the backstroke flags.
- Practice plan will be written on white board at each end of the pool.
- Due to limited number of swimmers initially allowed into HMS pool , HAST swimmers will be assigned to smaller groups, rather than regular practice groups.



SOCIAL DISTANCING PRACTICE LAYOUT BLANK
25-YARD, 6-LANE POOL



Return to Pool

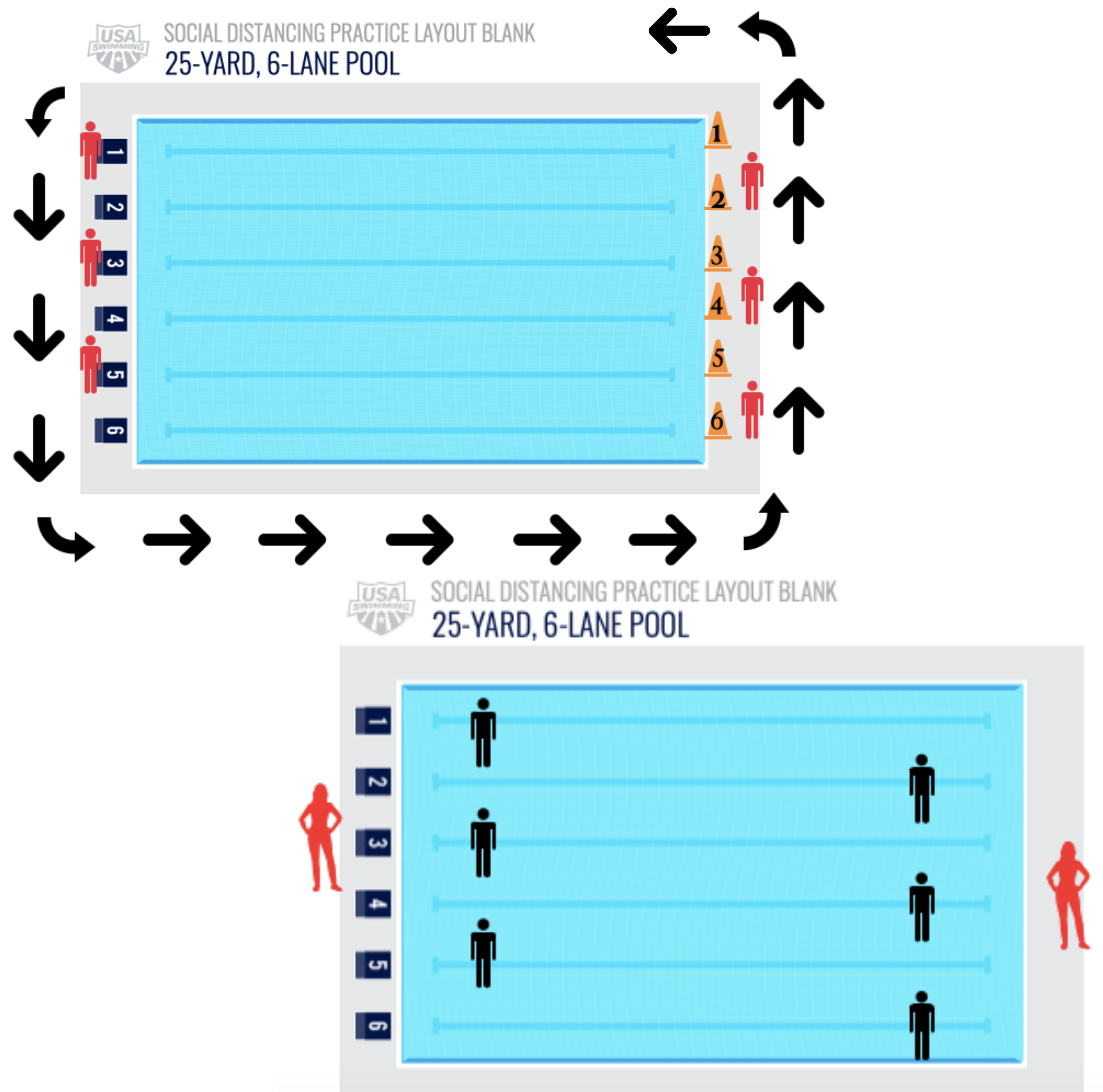
Departure Instructions:

- 8.) DRY OFF & RETRIEVE BACKPACK (items)
 - Swimmers will dry off at the pool.
 - Swimmers will not be permitted to shower or change on site. *Deck changing is not permitted, via USA Swim Rules.
 - All swimmers must plan to arrive and leave in their swimsuits.
- 9.) EXIT FACILITY
 - At the HMS Pool, swimmers will exit through the same set of doors through which they entered.
 - All swimmers will follow a marked pathway while maintaining a distance of at least 6 from others.
 - Swimmers may either walk to parking lot or stand on social distance markings to wait for their parent or guardian.
 - A 15 minute gap will be placed between practices to limit the number of people at the facility.
 - Athletes are expected to be picked up directly at the end of their practice slot.

Phased Approach

PHASE A

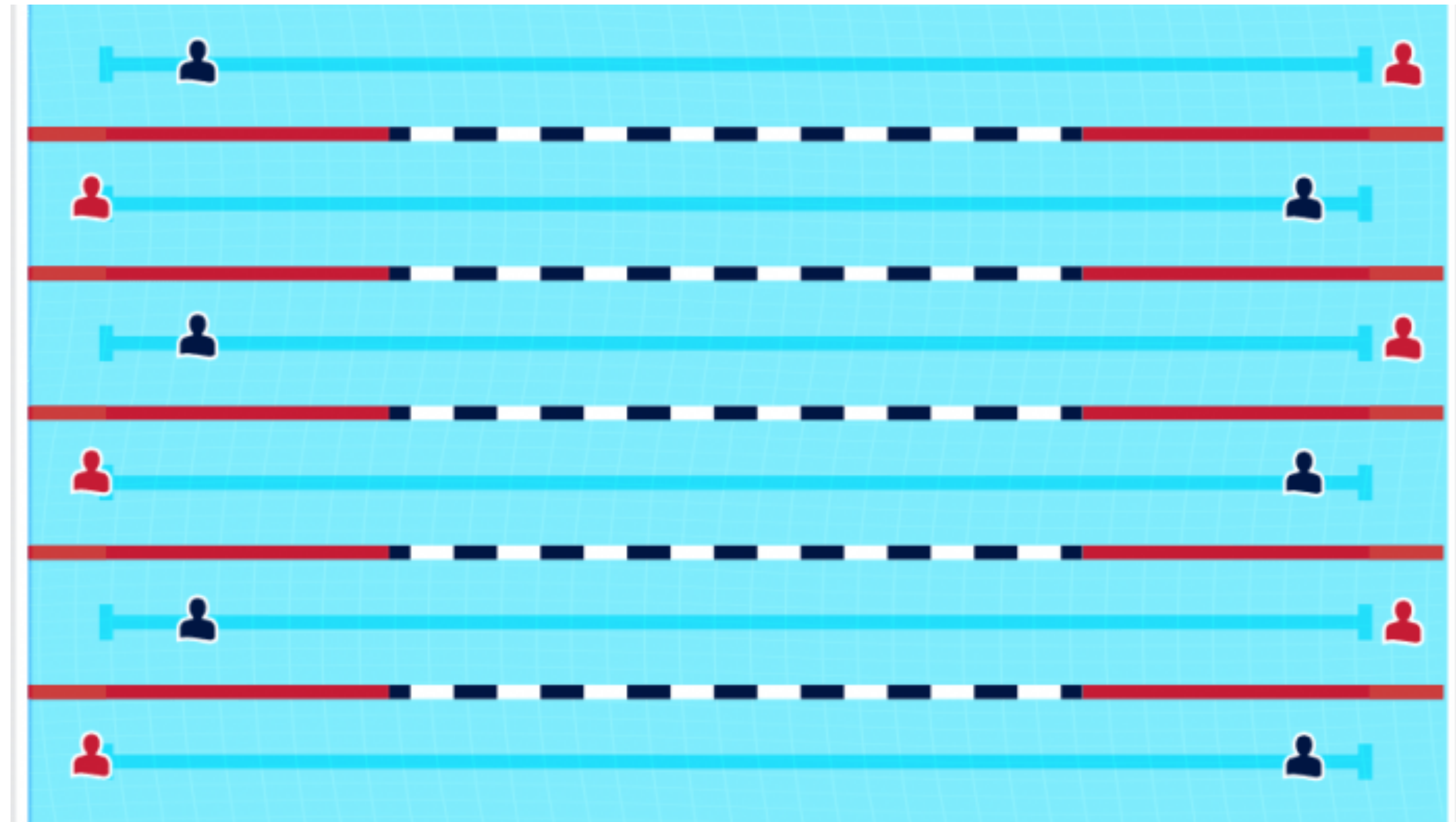
- On our start date (TBD) at the HMS Pool, we will refer to the MDH guidelines to determine if we initially start with 6 or 12 swimmers in Phase A or B.
- Safety measures including **temperature checks**, **sanitizing station**, **social distancing** in and out of the water, **one swimmer per lane**, and **limited group sizes** (6 to 8 swimmers), # of swimmers will meet MDH guidelines.
- No locker room use, no changing on site, no parents or spectators, different entry and exit gates, time gaps between practice groups, required signage and social distancing makers in place.
- If this works: allow swimmers from same family to share lane to rest/recover, and add extra swimmer in lane 6 by the wall and/or lane 1 by the wall.
- Initially HAST will have start swimming practice with the older, more mature swimmers 1 per lane. If things go smoothly, and everyone is comfortable, those swimmers move on to Phase B. As we learn more, we will add younger swimmers into the pool, too, again initially swimming 1 per lane.



Phased Approach

PHASE B

- Safety measures including:
 - temperature checks, sanitizing station, social distancing in and out of the water, **2 swimmers** per lane, dual start ends, limited group sizes (up to 12-14 swimmers), # of swimmers will meet MDH guidelines.
- No locker room use, no changing on site, no parents/spectators, different entry and exit gates, time gaps between practice groups, required signage, and social distancing makers in place.
- If it works: allow swimmers from same family to share a lane to rest/recover, and add an extra swimmer in lane 6 by the wall and/or in lane 1 by the wall.
- If all goes smoothly, and everyone is comfortable, those swimmers will transition to Phase C.



12 to 14 Swimmers

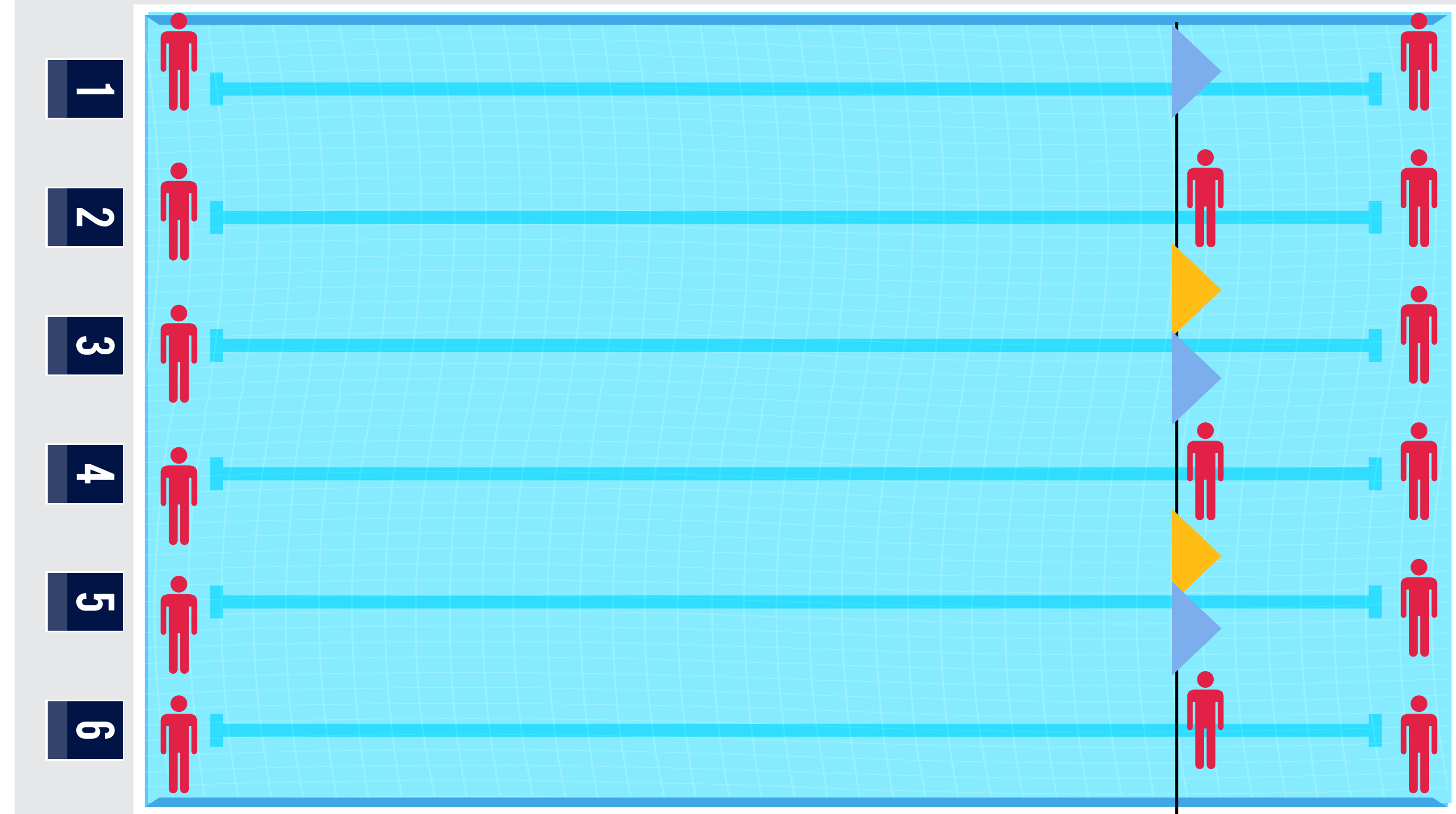
Phased Approach

PHASE C



SOCIAL DISTANCING PRACTICE LAYOUT BLANK 25-YARD, 6-LANE POOL

- Safety measures including:
- temperature checks, sanitizing station,
- social distancing in and out of the water,
- **2-3 swimmers per lane**, and dual start ends.
- While resting one swimmer on each end will be under the backstroke flags.
- Practice groups sizes will be limited (starting at 15 and up to 24 swimmers), # of swimmers will meet MDH guidelines.
- Allow swimmers who are members of the same family share a lane to rest/recover, add extra swimmer in lane 6 and/or lane 1 next to the wall.

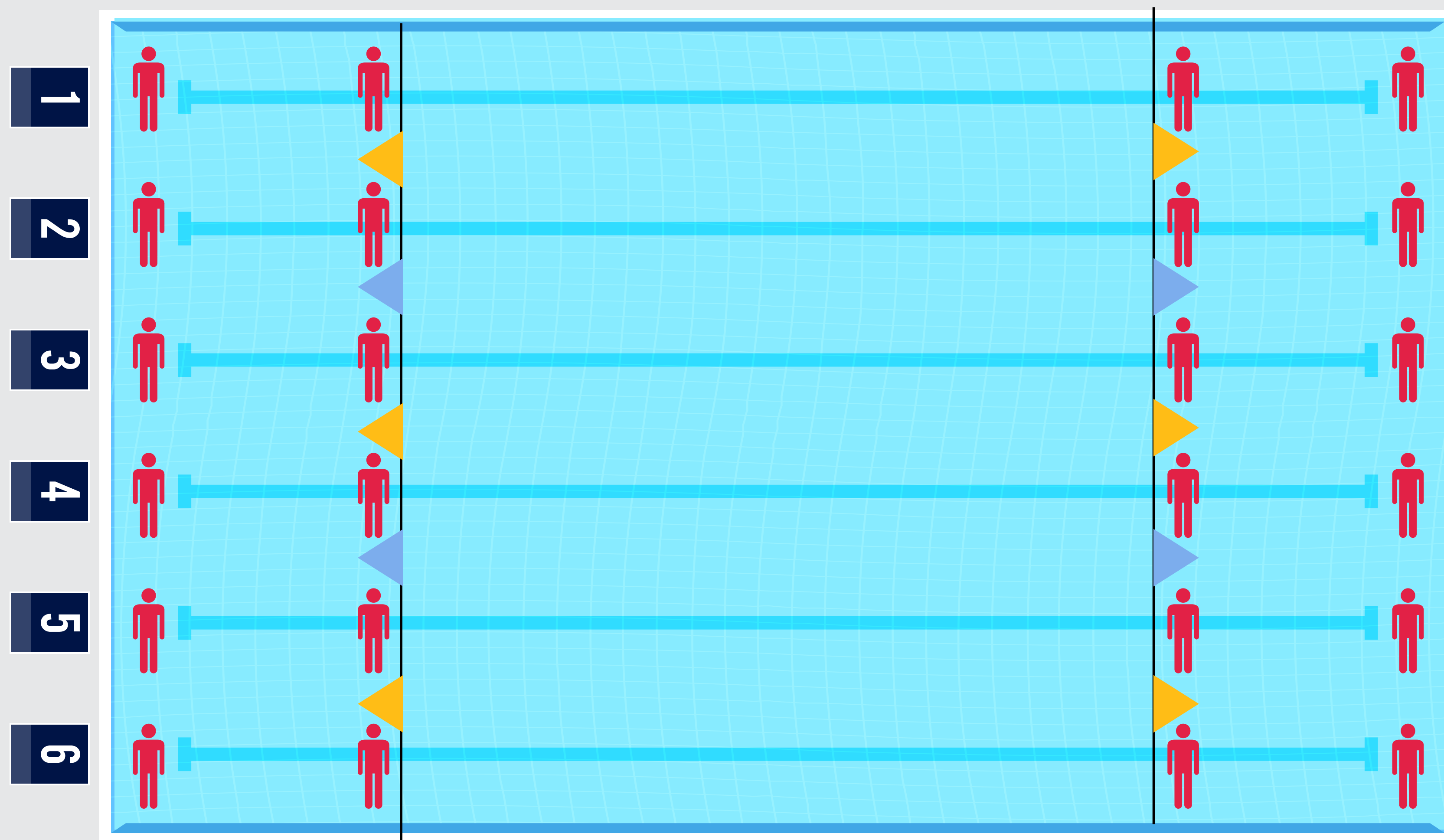


15 Swimmers



SOCIAL DISTANCING PRACTICE LAYOUT BLANK

25-YARD, 6-LANE POOL



PHASE C (24 Swimmers)

Phased Approach

PHASE D

- Take away temperature checks and allow swimmers to utilize locker rooms with appropriate social distancing.
- Limited group sizes (25-30 swimmers), # of swimmers will meet MDH guidelines.
- If it works: allow swimmers from same family to share a lane to rest/recover, add extra swimmer in lane 6 by the wall and/or lane 1 by the wall.
- Additional measures will stay in place as needed.

COVID-19 HAST Practice FAQs

COVID-19 Symptoms

- **What if my swimmer(s), coach(es), and/or a HAST parent volunteer(s) has COVID-19 symptoms or suspected exposure?**
 - Swimmers, coaches, and parent volunteers who are ill are **NOT** able to attend.
 - Swimmers, coaches, and parent volunteers who have had any ill members in their household with COVID-19 may not attend practice for 14 days.
 - Report any illness to coachkim@hastswimteam.com so that HAST Coaches/Board can trace potentially exposed athletes and ensure the safety of all athletes.
- **What protective equipment is required?**
 - Swimmers, coaches, and parent volunteers are required to wear a mask into and out of the facility.
- **What precautions are coaches taking to keep athletes safe?**
 - Coaches will wear a face mask, and additionally will have hand sanitizer available. Coaches will remain at least 6 ft. away from each other and the athletes, except in emergency situations.
 - Coaches are required to follow the same check-in procedures as the athletes DAILY, such as wearing a mask and maintaining a social distance of at least 6ft from others.
- **What precautions are parent volunteers taking to keep athletes safe?**
 - Parent volunteers are required to follow the same check-in procedures as coaches and athletes DAILY, such as wearing a mask and maintaining a social distance of at least 6ft from others.
 - ****Check-In by HAST parent volunteers will occur outside of the building. ONLY swimmers and coaches will be allowed to enter the pool area.**

COVID-19 HAST Practice FAQs

Practice Preparedness

- **Can my swimmer participate if they are late to practice?**
 - No, swimmers will not be permitted to enter the HMS or participate if they are late. Swimmers must be lined up outside of HMS GYM/SWIM doors at least **5 minutes before practice starts**. Any late swimmers who do not proceed to station 2 in a timely manner will not be permitted to enter the building.
- **Can my swimmer borrow equipment?**
 - Due to an abundance of caution, goggles, swim caps, kick-boards, and other equipment will **NOT** be available to borrow. Swimmers are responsible to come prepared to swim.
- **Can my swimmer leave their equipment at the pool?**
 - Swimmers cannot leave personal belongings at the HMS pool.

COVID-19 HAST Practice FAQs

Parents and Spectators/ Locker Room and Changing Access

- **Are parents or spectators allowed into the facility?**
 - At this time Parents & Spectators are not allowed into the HMS to watch practice, this is in order to reduce the number of persons in the school.
- **Can my swimmer take a shower after practice?**
 - No, the locker rooms will not be available for use, because we cannot guarantee that they will be cleaned between practice groups. Swimmers are advised to shower at home.
- **Can my swimmer change in the locker rooms after practice?**
 - No, the locker rooms will not be available for use.
- **Can my athlete deck change?**
 - USA Swimming rules prohibit deck changing. HAST swimmers must enter and leave the facility with their swimsuits on.
- **Where should my athlete go to the bathroom?**
 - 1 bathroom can be used by 1 person at a time for **emergencies only**. HAST Coaches will disinfect the bathroom between practice groups. During this time, HAST practices will be slated to last 1.5 hours or less, limiting the need for swimmers to use the bathroom.
 - If a swimmers uses the bathroom in an emergent situation, they are required to shower prior to entering the pool again (MN State Code).

COVID-19 HAST Practice FAQs

Training Groups and Practices

- **Will my swimmer be in the same training group as before COVID 19?**
 - To comply with the MDH AND Dakota County mandates and to reduce risk, HAST will be running in much smaller practice groups. Swimmers will be assigned a practice slot with swimmers of the same age and skill level.
- **Will my swimmer be able to move-up a group?**
 - Current HAST practice group structures do not apply, due to not being able to operate as we did in the past. HAST's priority is to ensure each athlete will have the opportunity to return to the pool.
- **When will my swimmer be permitted to move up a group?**
 - Group changes will occur when we are back to semi-normal operations allowing more swimmers in the pool at once.
- **Will practice times be our normal practice schedule?**
 - Due to social distancing, practices will be shorter, we will have a 15-minute interval between practice slots, and will limit the number swimmers in the pool/per lane. Thus, HAST cannot maintain a normal practice schedule. Swimmers will be assigned into smaller groups to ensure social distancing: these groups will be created by age and skill level.

COVID-19 HAST Practice FAQs

Safe Sport and Minor Athlete Abuse Protection Policy (MAAPP)

- **How is HAST complying with Safe Sport MAAPP with the new parent restrictions?**
 - As always, HAST will maintain at least 2 coaches on deck.

COVID-19 HAST Practice FAQs

After Practices, Additional Training Options & Joining HAST This Summer

- **What are swimmers advised to do after practice?**

- Swimmers should shower and rinse out their swimsuits at home. Remember to clean off shoes and any items set down at the facility.

- **Will HAST continue to host dryland?**

- Due to the continuing restrictions for swim practices, HAST will not hold organized dryland practices at this time. Please refer to the weekly splash email for dryland suggestions and/or check-in with your HAST coach(es) regarding dryland.

- **Can swimmers join HAST at this time?**

- PAST HAST swimmers can register for **this season** (Spring/Summer 2020) LATE, if space permits, to practice groups where a slot (lane) is available.
- HAST may not be able to add swimmers new to the sport until social distancing becomes more relaxed.

COVID-19 HAST Practice FAQs

HAST Swimmer shows sign of COVID19

Swimmers/Staff showing any signs or symptoms of COVID should stay home and seek medical treatment. If a swimmer/staff has a fever, he/she cannot return to practice until 14 days after fever/symptoms clear. Sick people/parents must notify the HAST Board, plus let us know ASAP the results of the test.

HAST Swimmer's household member TESTS Positive

If he/she comes to practice, send swimmer home, they cannot swim. Notify HAST Board, who communicates with parent/guardian. Determine when athletes last in the pool & who he/she had close contact with. Call the Health Department to seek guidance on if pool closure & any disinfectant protocol.

HAST Swimmer TESTS Positive

Swimmers parents notify HAST Board ASAP. HAST will notify swimmers who were in close contact with that swimmer. They will be expected to self-quarantine for 14 days &/or receive negative COVID-19 test results. (HAST coaches will keep track of workout groups & lane assignments.) Call Cameron Peterson and the Health Department to seek guidance on if pool closure & any disinfectant protocol.

***The above procedures will be the same for HAST Coaches &/or parent volunteers, and swimmers.*