

**Friends Central School (FCS) Aquatics Program**  
**Protocols for Minor Swimmers**  
**June 2020**

The Friends' Central School Aquatics Program ("FCA") will be opening on a phased basis on June 23, 2020 for a modified spring/summer season through August 29, 2020 for FCA Swim Team participants only. Starting with Senior swimmers (ages 14-18) on June 23, 2020, Junior (ages 11-13) and Novice (ages 8-10) swimmers will phase in later in July if we find that safety protocols have been adhered to. There will be no competitive events during this season.

The protocols outlined below have been designed to create the safest environment practicable in the COVID-19 environment and are based on recommendations from USA Swimming, the CDC, and Pennsylvania state guidelines, and the Friends' Central School Health and Safety Committee. The protocols may change, and the program may be delayed, modified, or suspended as deemed necessary by FCS given the ongoing development of the COVID-19 pandemic. All FCA swimmers and families must agree to and sign off on all protocols. Should FCA staff observe anyone consistently not adhering to these protocols, their participation in the program may be suspended.

**FCA Standard Operating Procedures:**

- Swimmers must be registered for Spring/Summer season in order to participate.
- Swimmers must have viewed the FCA Return to Swim video.
- All coaches will wear masks during practice at all times.
- All swimmers will wear masks entering and exiting the facility.

**Practice Procedures:**

- All swimmers must complete the Sentinel COVID Monitoring app information by 9PM prior to practice. Completion of the app questionnaire attests that the swimmer has had no exposure to anyone with COVID-19 in the preceding 14 days. No swimmer will be allowed to practice without this information having been completed.
- 12 swimmers per session: 2 per lane, starting/stopping at opposite ends of pool.
- Swimmers must arrive and depart in their swimsuit/sweats.
- Swimmers will **NOT** be able to change or shower in locker rooms.
- Swimmers will be assigned designated lanes and will only be permitted to line up in designated areas 5 minutes before their scheduled practice time.
- Group and Lane assignments/updates will be sent out weekly.
- Senior and Junior Parents must stay in their cars if they choose to stay for practice
- Novice Parents may accompany their children to and from the pool/waiting area (Must wear masks)
- Parents may not enter pool area. Swimmers ONLY. **(Parents of NOVICE swimmers may accompany their child(ren) to/from the pool/waiting area, but must wear masks and return to their car during practice.)**
- Swimmers must bring their own water bottle **FILLED.**
- There will be a 30-minute window between practices.
- If they arrive early, swimmers should wait in their cars until the appropriate time to enter the facility.

### **Social Distancing Requirements:**

- After leaving their respective cars, swimmers walk to/from pool separately, 6-10 feet apart.
- Swimmers and coaches must maintain 6-10 feet distance at all times.
- Deck areas in front of their assigned lanes will be marked for swimmers to leave their personal belongings to ensure social distancing.
- Swimmers will change, go to assigned lane spot, and wait for practice instructions from their coach.

### **Facility Procedures:**

- Pool doors will be completely open for one hour before morning practice and one hour after the last afternoon practice and will remain open during practices.
- Cars must park in main lot (DO NOT USE PICK UP/DROP OFF CIRCLE).
- Use the Shimada hallway going to practice and the outdoor Shimada sidewalk when returning to the Parking Lot.
- Swimmers ENTER pool from patio side, EXIT tennis court side.
- Only the single staff restrooms next to the locker rooms will be available.
- The facility will be cleaned daily following all practices using electrostatic equipment and Vital Oxide.

### **Swimmer/Family Protocol:**

- Parents must be ready to pick up swimmers in parking lot as soon as practice finishes.
- Parents/spectators will not be allowed in the facility at any time and are expected to practice social distancing while waiting for their swimmer(s).

### **Criteria that must be met by swimmer and anyone residing in their household in order to be eligible to attend practice:**

- Cannot have had close contact with anyone who has tested positive for COVID-19 in the last 14 days.
- Cannot have had a temperature over 100.4 degrees, a cough, or difficulty breathing in the last 14 days.
- Any swimmer or staff member experiencing any symptoms of a fever, recent cough, unusual fatigue, loss of smell or taste, headache, or who has had any exposure to someone who has any symptoms should remain at home and seek medical treatment.
- If any swimmer or staff member has a fever or symptoms of illnesses, they may not attend practice until 10 days after the fever or symptoms has ceased.
- Swimmers and staff must see a physician who is not a family member and be cleared for training after being diagnosed or suspected to have COVID-19.
- For us all to stay healthy and be able to keep swimming, we ask our swimmers to please practice responsible social distancing when they are away from the pool as well. Individual conduct of FCA participants during practices will be directly monitored by FCS personnel. Should we observe anyone consistently not adhering to social distancing guidelines, they or their family's participation in FCA activities may be suspended.

