



RMY SWIM TEAM

Returning to the Pool

Athlete Safety



We understand that not all families will feel comfortable returning to swim practice. Results from a survey done by [The Aspen Institute](#), in partnership with researchers at North Carolina State University and Utah State University, show that 50% of youth sports parents are not comfortable allowing their child to “return to play”. While your participation is welcome, we understand and support any decisions to postpone your return to the water. Each family should do what they feel is in their best interest.

If you do choose to return, all swimmers & their parents will be required to sign a waiver.

We have updated our sanitation measures to ensure cleanliness and safety for all participants.

Our plan to reintroduce swimmers to the water depends on everyone’s (swimmers, parents, and staff) cooperation and adherence to safety protocols. We expect everyone in the RMY family to practice social distancing both at and away from the pool. By doing this, it shows you respect your teammates, their families, and our staff. Should we feel anyone is not adhering to social distancing guidelines, they, or their family’s participation in RMY activities will be suspended. Our staff reserve to the right to discontinue practices at any time should they feel safety expectations are not being met.

Athlete Safety

Athletes are NOT permitted to enter the facility or attend practice if....

- They are showing any of the symptoms of COVID-19, they have a fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC.
- They think they could have COVID-19.
- They have tested positive for COVID-19.
- They are awaiting the results of testing for COVID-19.
- They have been in close contact with anyone in the 4 categories above

Athletes must come to practice

- With a cloth face mask
- With their own practice equipment
- Wearing a swimsuit
- Pre-showered at home
- Having used the restroom

Screening Questions

Athletes are NOT permitted to enter the facility or attend practice if they answer YES to any of the following questions...

- **Do you or do any of the swimmers you are dropping off have a fever, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or headache?**
- **Have you or any of the swimmers you are dropping off had any of these symptoms since last time you were last here? Been in contact with anyone with fever, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or headache since the last time you were here?**
- **Have you or any of the swimmers you are dropping off potentially been exposed to COVID-19 or have reason to believe you/they have COVID-19?**

Athletes who are sick or believe they might have COVID-19 should stay home until you can answer yes to the following questions.....

- **Has it been 14 days since you first had symptoms?**
- **Have you been without fever for 3 days (72 hours) without any medicine?**
- **Has it been 3 days (72 hours) since your symptoms have improved?**

IMPORTANT: Household members and athletes who have been in close contact with someone who has had symptoms of COVID-19 should stay home for at least 14 days and monitor themselves for symptoms.

Why return to the pool?

- **Swimming is an individual, no-contact sport**
- **Swimming is an activity that provides health and well-being for the athletes**
- **There are minimal touchable surfaces in a natatorium**
- **Chlorine is a disinfectant**
- **Our improved athlete safety expectations and new sanitation procedures**
- **Social distancing of 6' can be maintained both in and out of the water during appropriately organized swim practices**
- **FRIENDS, exercise, skills, goals**



Chlorine and COVID-19

From the CDC

Can the virus that causes COVID-19 spread through pools?

Proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19.

- Maintain proper disinfectant levels (1-10 ppm free chlorine or 3-8ppm bromine and pH (7.2-7.8)
- CDC's [Model Aquatic Health Code](#) has more recommendations to prevent illness and injuries at public pools in parks.

From the WHO...

Virus type that causes COVID-19 is killed easily.

Enveloped Viruses are easier to kill than non-enveloped viruses: "Sars-CoV-2, the virus responsible for the COVID-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses."

The WHO recommended chlorination level of 15 mg min/liter is sufficient to kill non-enveloped viruses, and an enveloped virus such as COVID-19 would be inactivated at even lower levels.

Research

[CDC](#)

[World Health Organization](#)

Articles and Resources

[USA Swimming](#)

[Aquatics International](#)

[NC.gov](#)

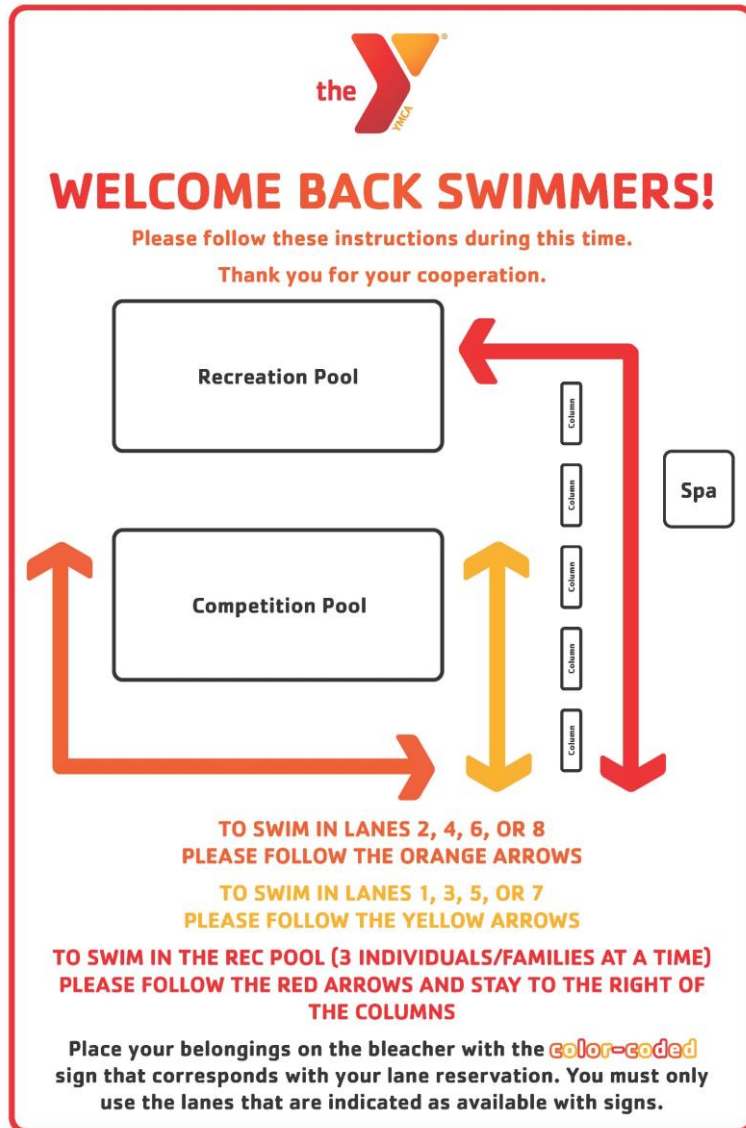
[Ready.gov](#)

[American Red Cross](#)

Return to the Pool Road Map

1. **Use the childcare entrance**
 2. **Sanitize hands and wait at entrance for screening**
 3. **Go to café area near pool and wait to be admitted**
 4. **Set Items down**
 5. **Go to assigned lane**
 6. **3-point entry into pool (sit down & slide in to prevent splashing)**
 7. **Swim practice**
 8. **Dry off and retrieve items. Athletes will not be allowed to shower or change on site. Via USA Swimming rules, deck changing is prohibited. Swimmers need to plan to arrive and leave in their swimsuits.**
 9. **Exit through the family locker rooms and leave through the front doors to the Y**
 10. **Parents-plan to pick your swimmers up immediately after practice**
- *USE SOCIAL DISTANCING PRACTICES AT ALL TIMES***

HFYMCA Pool



1. All swimmers will arrive in a swimsuit and leave in a swimsuit, locker rooms will not be available.
2. Bring 2 water bottles. No watering stations or drinking fountains are available.
3. Swimmers in odd numbered lanes will start in the 4' end of the pool, and swimmers in even numbered lanes will start in the deep end.
4. Swimmers in odd numbered lanes will place their items in designated spots laid out on the bleachers at the end of the pool. Swimmers in even numbered lanes will use designated spots on the bleachers nearest the café area windows.
5. Y equipment such as kickboards, buoys, paddles, and fins will NOT be available, but swimmers are welcome to bring their own equipment. All swimming activities can be done without equipment.

USE SOCIAL DISTANCING PRACTICES AT ALL TIMES



COVID-19 Practice FAQs

Practice Preparedness

Can my swimmer participate if they are late to practice?

- No, swimmers will not be permitted to enter the facility or participate if they are late to practice.

Can my swimmer borrow equipment?

- Due to an abundance of caution, equipment will not be available to borrow, but any set/drill given by coaches can be performed without equipment.

Can my swimmer leave their equipment at the pool?

- Swimmers will not be allowed to leave their equipment at the pool

Parents and Spectators

Parents will NOT be allowed in the facility or on deck during practice. If you wish to observe practice, you may stand outside the facility and watch through the windows if you are observing social distancing guidelines.

Can we carpool?

Carpooling does not allow for adequate social distancing.

Parking

If you or your child are driving to practice, we recommend you park in a space that allows one empty parking spot on either side of you.



COVID-19 Practice FAQs

Travel

- **What if someone travels outside the state of North Carolina?**
- **Travel outside of NC is discouraged, however this will not eliminate your child's participation in practice if they do so.**
- **We are following the NCDHHS rules for running our programs. Limiting travel outside the state is not an expectation they have outlined.**
- **Currently, there is not way to track adherence and/or where anyone has travelled. Please make the best decision for your family and the RMY program to limit your exposure and keep all safe.**

What if my swimmer has symptoms or suspected exposure?

Athletes who are ill are not able to attend. Swimmers who have had any members in their household exposed to COVID-19 may not attend practice for 14 days. Report any illness to kbillups@rmymca.org so staff can trace and ensure the safety of all athletes.

Can my swimmer use the restroom at the Y?

For emergencies, the family locker room bathrooms will be available for swimmer's use. Staff will clean and sanitize bathrooms after each use.



Next Steps...

1. Confirm your child's membership is currently active (not canceled or on hold with no remaining balance dues on your account)
 2. Register & pay for June Swim Team Dues
 3. Fill out a [waiver](#) (scroll down) so you can participate. No waiver=NO participation, NO EXCEPTIONS.
 4. Before reaching out to your head coach, see the [Harrison Family Y's](#) page for updated Coronavirus information.
3. We are very excited about seeing our swimmers and getting our Racers back in the water, and we want to make sure we are following all the guidelines given by the CDC and the YMCA for the safety of our swimmers. RMY suggests the following:
- Discuss with your swimmers the importance of limiting touch points.
 - Practice social distancing at all times
 - Wear a cloth mask at all times except while exercising.

WELCOME BACK RACERS!