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Return to Pool Guidelines

Maverick Swim Club (Naperville, IL)

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Education Seminar for
Guidelines/Regulations
for LC 2020 Practices

Reopening Plan

Maverick Swim Club is committed to providing a safe and secure environment for our swimmers and coaches. We will adhere to all guidelines set forth by federal, state and local governments as well as those from USA and Illinois Swimming with regards to conducting organized swimming activities. All safety protocols and policies described in this plan will be strictly enforced. A **zero-tolerance policy** will be in effect and any violators will be suspended from participating in Maverick programming.

ALL SWIMMERS AND GUARDIANS MUST SIGN WAIVER PRIOR TO FIRST PRACTICE.

Safety Precautions for Guardians:

- Guardians must monitor the health of their swimmers. It is mandatory to take the swimmer's temperature prior to coming to each practice. If a swimmer experiences a fever, shows any sign of illness or has been exposed to someone who has any symptom of illness, the swimmer will not be allowed to attend practice.
- If a swimmer develops a fever of 100.4 degrees or greater or shows any Covid-19 symptom, he/she cannot attend practice for 14 days and **must** present a negative Covid-19 test **before returning to the water**.
- As swimmers enter the pool for practice, a coach will take temperatures and ask symptom-screening questions.
- Guardians must follow parking lot procedures that are in place at each facility. Parking will only be allowed in alternating spaces. Guardians waiting in the lot must remain in their vehicles while at the facility.
- Guardians will not be allowed into the pool facility.
- Guardians can drop off their swimmers no more than five minutes before practice.
- Guardians must pick up swimmers no later than five minutes after practice concludes.
- We recommend that families do not carpool with one another.

Safety Precautions for Swimmers: (during entry and exit of facility)

- Swimmers will be permitted to enter the facilities no more than five minutes before the start of practice.
- Swimmers arriving early must wait inside their vehicles until five minutes before practice begins.
- Swimmers must answer health screening/symptom questions and have their temperature taken.
- If a swimmer develops a fever of 100.4 degrees or greater or shows any Covid-19 symptom, he/she cannot attend practice for 14 days and **must** present a negative Covid-19 test **before returning to the water**.
- Swimmers must use hand sanitizer prior to entering the facility.
- Swimmers will be required to wear a face mask that covers the nose and mouth when entering and exiting each facility. Face masks will be removed right before the swimmer is to enter the water. Face masks must be put on immediately following the swimmer's exit from the pool.
- Swimmers must maintain social distance from others (minimum of six feet) when entering and exiting facilities.
- Swimmers waiting for guardians to pick them up will remain six feet away from other swimmers.
- If the practice facility allows, there will be one door for entry and a separate door for exit.
- Practice group assignments are to remain static throughout Illinois' Phases 3 and 4.

Safety Precautions for Swimmers: (while inside facility)

- Swimmers will put their belongings in designated areas that are specified for their individual lane assignment upon entering the facility. Swimmers will then report to their designated lanes/end of the pool.
- Swimmers must arrive and leave practice in their swimsuits as locker room access will be limited to restroom emergencies only. One swimmer at a time will be allowed access to the restroom.
- Water fountains will not be available for use.
- Swimmer equipment will be limited to swimsuits, caps, goggles, a water bottle and a towel. Water bottles must be marked with the swimmer's name. Swimmer's may use a bag to contain items.
- Swimmers are prohibited from sharing any equipment or water bottles.
- No more than two swimmers will be assigned to a lane. Swimmers will start and finish at opposite ends of the pool. Swimmers will execute proper circle swimming.

Safety Precautions for Coaches:

- Coaches will wear face masks that cover the nose and mouth at all times.
- Coaches will maintain social distance (minimum six feet) from swimmers and other coaches at all times (barring emergency).
- Coaches will not attend practice if they are experiencing any signs of illness. If a coach develops a fever of 100.4 degrees or greater or shows any Covid-19 symptom, he/she cannot attend practice for 14 days and **must** present a negative Covid-19 test **before returning to the pool deck as a coach**.
- Coaches must use hand sanitizer prior to entering the facility.
- Coaches will use sanitizer or wash hands if they touch a high-contact area.
- Coaches will take attendance and document lane assignments for each practice.

General Info:

- Practices will be scheduled with a 10- to 15-minute gap between practices to allow for disinfection of locker and restroom facilities and other common touch areas.
- Facilities will have a one-way entrance and exit plan, when possible. Specifics will be dependent on each facility's configuration. Signage will be posted at each facility to designate the entry and exit points. Coaches will be present to direct swimmers.

Adherence to Restore Illinois:

| | | |
|------------------|--------------|--|
| Illinois Phase 3 | MAVS Phase 1 | 10-person limit per practice: two coaches and eight swimmers. One coach outside facility to direct traffic and perform health screenings. No spectators will be permitted. LC Senior swimmers will be prioritized. The frequency and duration of practices will rely on available pool and lane space. No competitions will take place. |
| Illinois Phase 4 | MAVS Phase 2 | 50-person maximum per practice. Spectators will be limited, with possibility of no spectators permitted given space at facility. The frequency and duration of practices will rely on available pool and lane space. Competitions will be limited to time-trial opportunities and intrasquad meets where the total number of attendees shall not exceed 50 people. |
| Illinois Phase 5 | MAVS Phase 3 | No limitations. Practice and competitions as normal. |

**Swimmer fees will be adjusted based on the operating costs of programming, the amount of pool time available and the number of participants serviced.*

Illinois Phase 3 / MAVS Phase 1:

Parking Lot:
Guardian drop
off; parked in
alternating
spots; parents
remain in cars
while on
property.

Entry/
Exit

Coach



Coach

*Coach at entry remains
outside of facility,
barring emergency

*Lane positions for 1B, 2B, 5A, and/or 6A may need to be
staggered, dependent upon attendance and groupings
(one may remain at flags)

Illinois Phase 3 / MAVS Phase 1:

Parking Lot:
Guardian drop
off; parked in
alternating
spots; parents
remain in cars
while on
property.

Entry/
Exit

Coach

1B

2B

4B

5B

1A

2A

4A

5A

Coach

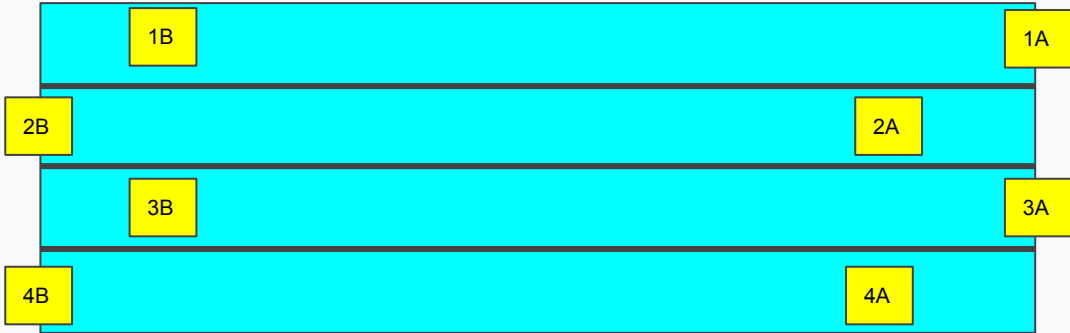
Drop Zone for things - labeled by assigned #

*Coach at entry remains
outside of facility,
barring emergency

Between lanes 1&2 and 4&5, swimmers will maintain social distance by having their wall space be on opposite sides of their respective lanes.

Illinois Phase 3 / MAVS Phase 1:

Parking Lot:
Guardian drop
off; parked in
alternating
spots; parents
remain in cars
while on
property.



Drop Zone for things - labeled by assigned #

*Coach at entry remains
outside of facility,
barring emergency

Swimmers 1B, 3B, 2A, and 4A will be stationed at the flags to maintain social distance.