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Summer 2021 Swim Team SOP's with Covid Guidelines

Per guidance by our insurance company, CDC, NCDHHS and USA Swimming Guidelines, the YMCA of Greater Charlotte will proceed with swim team under the following revised Covid-19 guidelines.

Health Screening

- All Swimmers will be temperature checked and asked to complete health screen form upon entry of facility
- All coaches and officials will be temperature checked and will acknowledge health screen questions at membership desk
- All coaches must complete trainings including workplace guidelines and Covid-19 training
- No one should attend practice or a meet if not feeling well, has a fever, currently under a quarantine, or has been in contact with someone with COVID-19 in the last 14 days. (follow our health screen form)
- Personal health and safety are the responsibility of all Swimmers, volunteers and spectators.
- If a positive COVID-19 test is reported to the YMCA, teams impacted will be notified, while keeping the individual's identity confidential.

Face Coverings

- Swimmers do not need to wear facial coverings when actively swimming. Masks should be worn to the block, removed and placed in a labelled ziplock bag brought by the swimmer. At the end of the race, the swimmer will put on their mask.
- Parents/Guardians must wear face coverings and sit socially distanced when watching practices if space allows and for meets if space allows. We may need to limit spectators based off pool and pool deck capacity numbers.
- Coaches/Officials/volunteers should wear face covering/shields during meets and practices and maintain social distance protocols.

Facility

- Chairs and bleachers will be marked specifically for social distancing and cleaned after each meet/practice.
- Pool capacity will vary per location. We encourage only one spectator, with a maximum of two spectators per participant during practice.
 - There will be several pool decks that will be unable to accommodate spectators at all based of their deck capacity
- If locations allow, there will be specific entrance and exit locations.
- Facility restrooms will follow YMCA disinfection protocol.
- It is recommended that each child wash their hands and/or sanitize prior to entering the facility.

Swimmers

- Swimmers should bring their own water bottles and not share water bottles and drink containers.
- No food/gum will not be allowed on pool deck.
- Swimmers will start/stop at their assigned location – to be social distanced per lane.
- Maximum of 5 swimmers per lane for ages 10 and under.
- Maximum of 4 swimmers per lane for ages 11 and up.



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- Avoid having large group meetings before or after practice. When meeting, practice social distancing.
- To ensure participant health and safety, as well as enjoyment of our facilities and programs, we will continue to review and update these guidelines regularly to remain in line with federal, state and local guidelines.

Equipment

- Sharing of equipment must be prohibited.
- A swimmer should bring their own personal equipment to use “Cap, goggles, pull bouys, fins, towel, etc”.
- Kickboards provided during practice are not to be shared once provided. Should be kept when not in use at individuals’ start/stop location.

Swim Meet Awards/Award ceremony

- When handing out medals/ribbons/awards; they should be placed on a table for swimmers to collect their personal medal.

Locker room Usage

- Physical distancing and mask wearing is required in locker rooms and shared changing spaces.

Swim Meets for YMCA Polar Bear League

- All pools must ensure the deck and pool capacities when hosting a meet & planning for warm-ups.
- Due to the maximum deck capacity of some locations, the only individuals that may be allowed on some pool decks are swimmers, officials, timers, coaches, and YMCA staff.
 - If a pool can allow for spectators during a heat they will transition spectators on/off the deck after each heat.
- Timers will consist of parents.
- Timer meeting – staging & physical distancing
- Confirm the opposing team will have blocks available. If blocks are not available for all teams, in water starts will be in play for all to eliminate unfair advantages.