



AVE ANGELS MULTI-SPORT CLUB COVID SAFETY POLICY

SWIMMING SAFELY

PREPARING TO SWIM - Protect against infections:

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment – Club will no longer provide shared equipments. Swimmers need to provide their personal equipments or have the option to lease the equipment for the season and keep the equipment at home and bring to practice.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

WHEN SWIMMING

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice.

AFTER SWIMMING

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area.
 - Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place.
 - No congregation after swimming.

COMMUNICATION

- Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- Make it clear that there is no penalty for missing practice and that if an athlete, or any member of their family does not feel well, they should stay home.
- Athletes MUST inform the club staff if they believe that they have been exposed to COVID-19, or Have exhibited any symptoms of illness related to COVID-19.
- If an individual has confirmed or suspected exposure to COVID-19, Athletes should inform everyone that they have been in close contact with of a possible exposure in a respectful and thoughtful manner.
- These policies are in place to keep us and our families SAFE, and to ensure that we can continue practicing. Violations will be enforced accordingly.



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SAFE PRACTICES/ PPE

- Coach will ask athletes, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes reporting feeling ill or experiencing symptoms.
 - Symptoms include mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
- Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/ sneezing dissipates.
- Athletes should change clothes and shower at home.
- Will use staggered start and leverage opposite end of pools during practice
- No more than 5 swimmers per lane.
- An assign station for each swimmer will be communicated at beginning of practice
- Group by family member will be prefer in terms of grouping swimmers in practice
- Marker cones will be placed on pool side for dryland exercise and line-up for pool entry

OTHER CONSIDERATIONS AND COMMUNICATION TO SHARE WITH COACHES, ATHLETES, PARENTS:

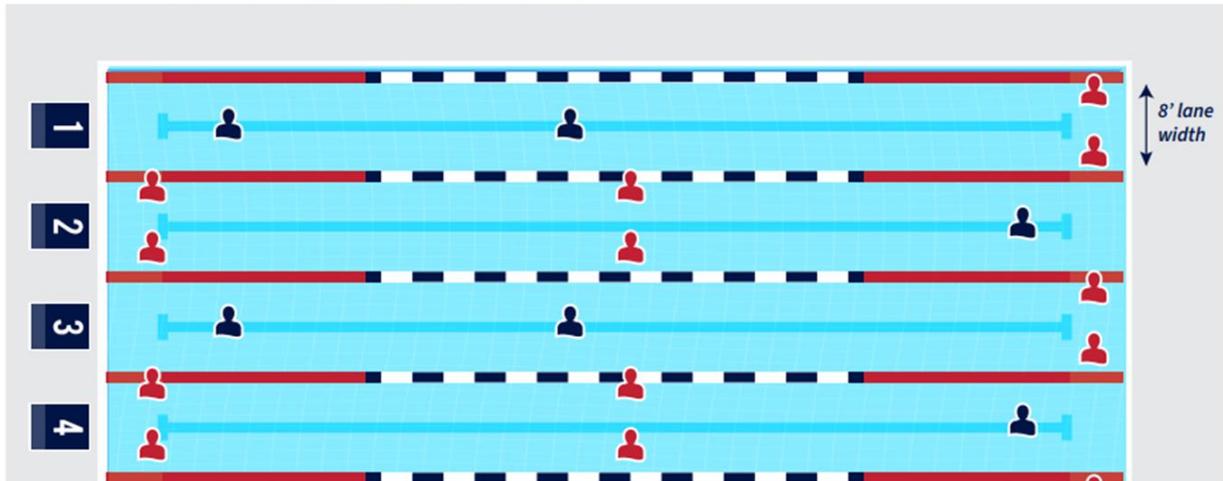
- Risk factors for consideration to participate include autoimmune disease, diabetes, asthma, cardiovascular disease, etc.
- Athletes and families who travel may need to self-isolate for 14 days before returning to practice following the state and country health guideline.
- Safety precautions must remain in place in accordance with state requirements relative to availability of vaccinations or effective treatment for the COVID-19.
- Communicate with all staff, athletes, parents and participants that they should not swim if they or anyone with whom they reside:
 - Are exhibiting any symptoms of the COVID-19: mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC.
 - Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.
 - Are a vulnerable individual and Florida is in Phase One or Phase Two.
 - A vulnerable individual is a person with underlying conditions or considered to be at a higher risk demographic as outlined by jurisdictional, state or federal guidelines.



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SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 4 LANE POOL



Up to 18 swimmers



SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, ON-DECK, SIT DOWN SLIDE SETS IN CIRCLES

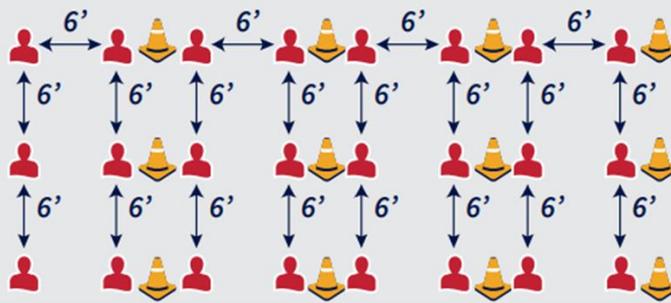
Swimmers maintain 6 feet apart. Mark deck with 2-inch wide colored duct tape.

End of set climb out and go to assigned spot.

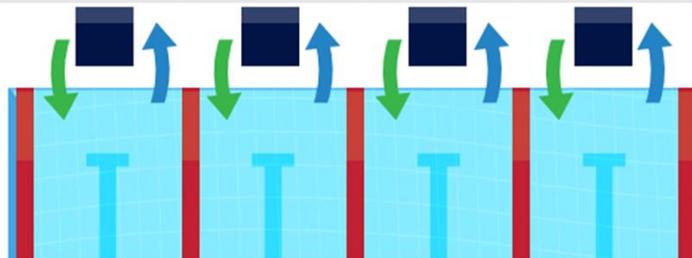
Use cones or other barriers to help with separation – deck needs to be wide enough to accommodate 6' of social distance.

Sit down/slide in to enter water.

The more "eyes" on deck the better.



Ave Maria Water Park
4 Lane Pool
On Deck Arrangement





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Expose Protocol

Athlete In Close Contact With An Infected Individual

If a swimmer (B) was in close contact (defined by the CDC as being within 6 feet of an infected person for at least 15 minutes, starting from 48 hours before illness onset until the time the patient is isolated.) with any infected individual (A) during the period defined above:

- This swimmer (B) is considered to have been exposed to COVID-19.
- The swimmer (B), and any members of their immediate family who are also team members, should stay home for 14 days from the last instance of contact with the individual (A) regardless of if they (B) test negative before that date.
- The swimmer (B) is encouraged, but not required, to get tested for COVID-19.
- If, after 14 days they (B) have not developed any symptoms, they (B) may return to the water without having to receive a negative test.
- If the swimmer (B) tests positive for COVID-19, the same protocols should be followed for them and any swimmers (C) with whom they interacted with while infectious.

Athlete In Close Contact With An Individual Who Is Known Or Suspected To Have Been Exposed

If a swimmer (X) was in close contact with any individual (Y) who is KNOWN or SUSPECTED to have been exposed to COVID-19 (e.g., the individual's parent tested positive) during the period in which the initially exposed individual would have been contagious/actively infected:

- The swimmer (X) should not be allowed to return to practice until they (X) or the exposed individual (Y) can test negative for COVID-19.
 - If the initially exposed individual (Y) tests positive for COVID-19, the appropriate guidelines for the swimmer (X) and associated contact tracing for close contact should be undertaken. (See above)
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Return To Practice Protocol

For An Individual Who Tested Positive for COVID-19 but never experienced symptoms:

- After 14 days have passed since the date of their first positive COVID-19 test, per CDC guidelines the individual may end their home isolation. OR
- After they have tested negative for COVID-19 in two separate tests at least 24 hours apart, per CDC guidelines the individual may end their home isolation. (The CDC recommends 2 negative tests at least 24 hours apart, but testing capacity may be limited.)
- A swimmer should not return to the water if any members of their immediate family who have tested positive have not yet met this guideline.

For An Individual Who Tested Positive For COVID-19 And Experienced Symptoms:

- After 5 days have passed since recovery (no fever without fever-reducing medications and improvement in respiratory conditions) AND 14 days have passed since the onset of symptoms, they may return to the water. OR
- After they have tested negative for COVID-19 in two separate tests at least 24 hours apart, per CDC guidelines the individual may end their home isolation. (The CDC recommends 2 negative tests at least 24 hours apart, but testing capacity may be limited.)
- A swimmer should not return to the water if any members of their immediate family who have tested positive have not yet met this guideline