

DART Swimming - Sacramento

Return to Pool Plan

Enabling athletes to safely return to the pool.





Ensure Athletes are Safe to Return to the Pool

Athletes are **NOT** permitted to attend practices if...

- They have a fever, cough, shortness of breath or difficulty breathing, chills, head ache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC
- Anyone in household has symptoms or tested positive for COVID-19
- They have been exposed to anyone who has symptoms or tested positive for COVID-19
- Traveled within the last 14 days

Athletes must come to practice with...

- Face mask
- Practice equipment
- Wearing a swimsuit
- Pre-showered at home

What is a Fever?

The CDC defines a Fever as 100.4 °F or higher

Any Swimmer who contracts a Fever must be Fever-Free for 14 days or produce a Doctor's note clearing them to return.



DART *Why Return to the Pool?*

- Outdoor activity
- Minimal touchable surfaces
- Chlorine is a disinfectant
- New practice process to ensure athlete safety
- Social distancing of 6'+ can be maintained both in and out of the water during organized swim practices

Return to Pool: Senior Schedule Starting 7/6/2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Clunie	Meadow View	Meadow View	Clunie	Meadow View	Meadow View
Black Group	6:00-7:15am	6:00-7:45am	6:00-7:45am	6:00-7:15am	6:00-7:45am	7:00-9:00am
Blue Group	7:15-8:30am	7:45-9:30am	7:45-9:30am	7:15-8:30am	7:45-9:30am	9:00-11:00am

Return to Pool



CHLORINE &
COVID-19



RETURN TO POOL
ROADMAP



DART
FAQ

Chlorine & 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 parts per million free chlorine or 3–8 ppm bromine) and pH (7.2–8).
- 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 World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus and coxsackievirus, and an enveloped virus such as Covid-19 would be inactivated at even lower levels.

Research



CDC

<https://www.cdc.gov/healthywater/swimming/residential/disinfection-testing.html>

WHO

https://www.who.int/water_sanitation_health/bathing/srwe2full.pdf

Articles

USA Swimming

<https://www.usaswimming.org/utility/community-quarantine-resources>

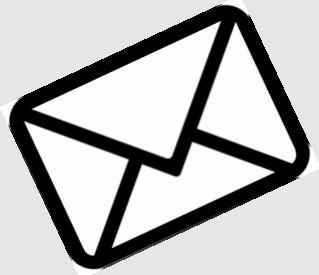
Swimming World

<https://www.swimmingworldmagazine.com/news/2008-uni-of-arizona-research-called-for-more-study-into-survival-of-coronavirus-in-water/>

SF Gate

<https://www.sfgate.com/bayarea/article/Swimming-pools-shelter-in-place-California-COVID-15240322.php>

Return to Pool *Pre-Practice Requirements*



Friday:

An email will be sent out by the Coaching Staff containing the Practice RSVP Links for the upcoming week. Practice RSVPs are Required.

Sunday:

RSVPs are due by NOON on Sunday! The Coaching Staff will make lane assignments based on the RSVP.

DART Practice Cancellation Policy:

In the event that an athlete is no longer able to make a practice session that they have RSVP'd for, the DART Staff must be notified a minimum of 48 hrs. prior to the Practice Session.

A 3D-style button with a dark gray background and a white border. The word "Cancel" is written in a white, serif font. The button has a slight shadow and a gradient effect, giving it a sense of depth.

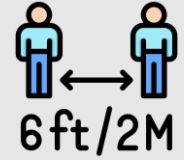
Cancel

Return to Pool *Pre-Practice Requirements*

Senior Group “Trading” Policy

1. Let the coaches know that you want to try and find a trade for a certain day.
2. You may ask a swimmer in the other training group if you can trade times for the certain day.
3. You must let the coaches know what swimmer you have exchanged for that day.
4. IF there is no communication with the coaching staff we will not allow the trade in training groups for that day.
5. If you cannot find someone to trade with you then you need to **RSVP NO** for that day's practice.

Return to Pool *Road Map at City of Sac*



Entry Checks

1



Wait at
Entrance

2



Symptom
Check

3



Sanitize
Hands

4



Set Items
Down

5



Go To
Assigned
Lane

6



3-point
entry

7



Swim
Practice

8



Dry Off &
Retrieve
Items

9



Exit
Facility

Safe Swimming

Departure

Return to Pool *Entry Check Instructions*



01 Wait at Assigned Entrance Spot

Athletes must report to their assigned spot 10 minutes before the scheduled start of practice and be wearing a mask.

Athletes will enter through the main gate. Athletes will stand on pre-assigned numbered marker to maintain social distancing. Swimmers will proceed to the next marker one at a time until they reach Station 2.



03 Sanitize Hands

Athletes are required to sanitize their hands with provided hand sanitizer. Social distance markers will be placed on the ground to ensure athletes waiting their turn to sanitize hands are at a safe distance.



02 Symptom Check

Athletes will be asked if they have (1) specific symptoms such as fever, cough, or difficulty breathing, or (2) have been in contact with someone who has symptoms or has tested positive

Athletes answering yes to any of the questions will not be permitted to enter the facility.



04 Set Down Items

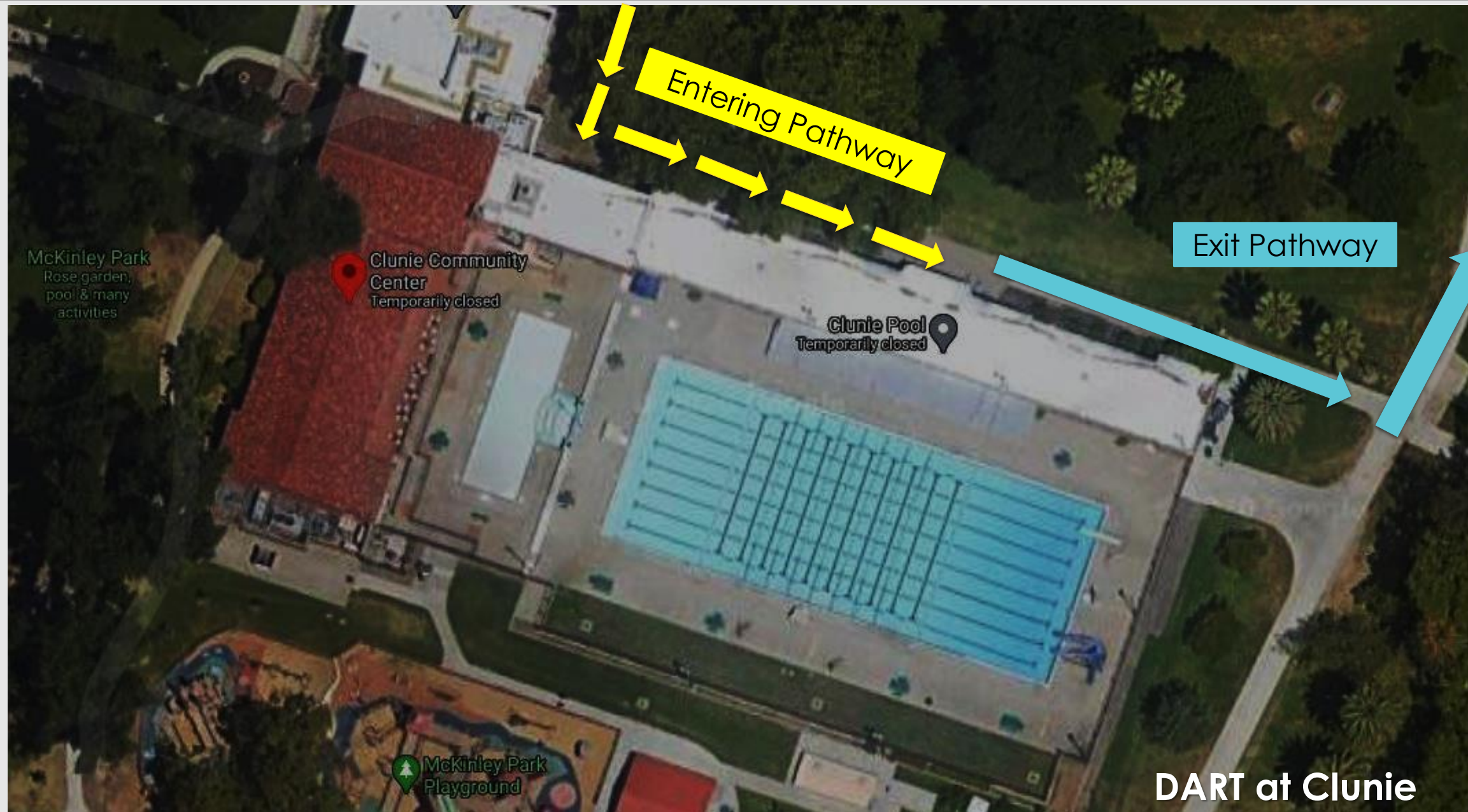
Any items brought into the facility (such as a towel, clothes, shoes, or gear) shall be placed at the designated location. After practices, it is the athlete/families responsibility to disinfect any items set down at the facility.

Return to Pool *Entrance Requirements*

There will not be any late entry in to the pool area once the coaches have finished check in.

This is a City of Sacramento policy as they require staffing for entrance in to their pools. We cannot allow any exceptions. Please be on time.

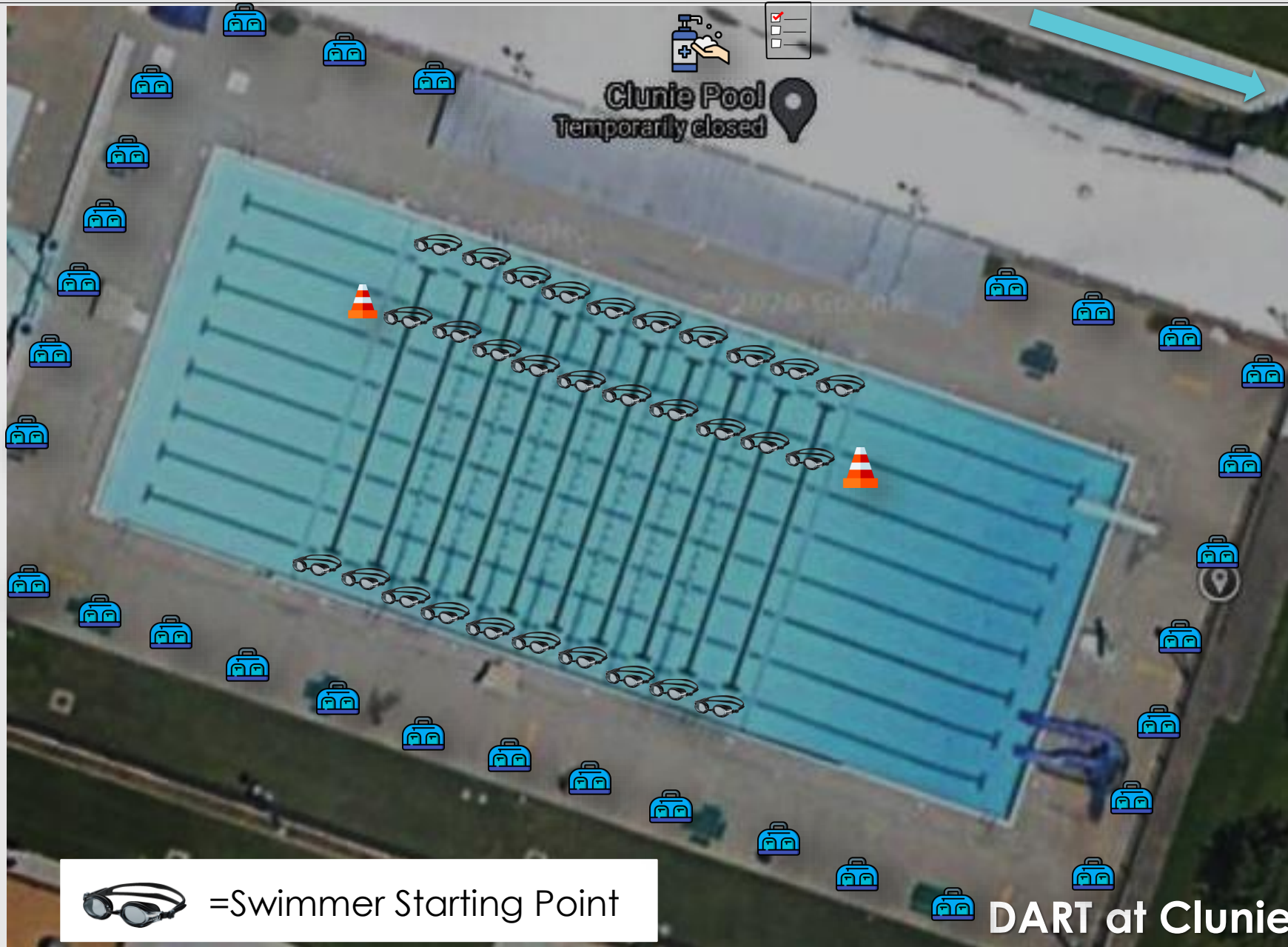
Return to Pool
DART at Clunie



Entering Pathway

Exit Pathway

DART at Clunie



=Swimmer Starting Point



DART at Clunie

Return to Pool

DART at Meadow View





=Swimmer Starting Point

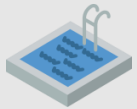
Return to Pool *Safe Swimming Instructions*



05 Go to Assigned Lane

Each athlete will be pre-assigned a lane. Lanes will be marked with numbered cones.

Athletes are assigned one athlete per lane per starting location. For example, an athlete will be assigned to "lane 5." Athletes will follow the social distancing requirements as they proceed to their assigned lane location.



06 Enter Assigned Lane

Athletes will enter their assigned lane with a three point entry. Athletes must sit down and slide in feet first with one hand guiding you into the pool.



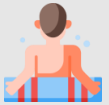
07 Swim Practice

Swim practices will have at least two coaches on deck. The coaches will be wearing masks.

Athletes will need to bring all of the required practice equipment for their group level. Equipment, such as kickboards or fins, will not be available to borrow.

Athletes will be assigned to smaller groups, rather than regular practice groups, since we can allow a limited number of athletes into the facility at a time.

Return to Pool *Departure Instructions*



08 Dry Off & Retrieve Items

Athletes will dry off at the pool. The locker rooms will be closed. Athletes will not be permitted to shower or change on site.

Via USA Swimming rules, deck changing is not permitted. Athletes need to plan to arrive and leave in their swim suits.



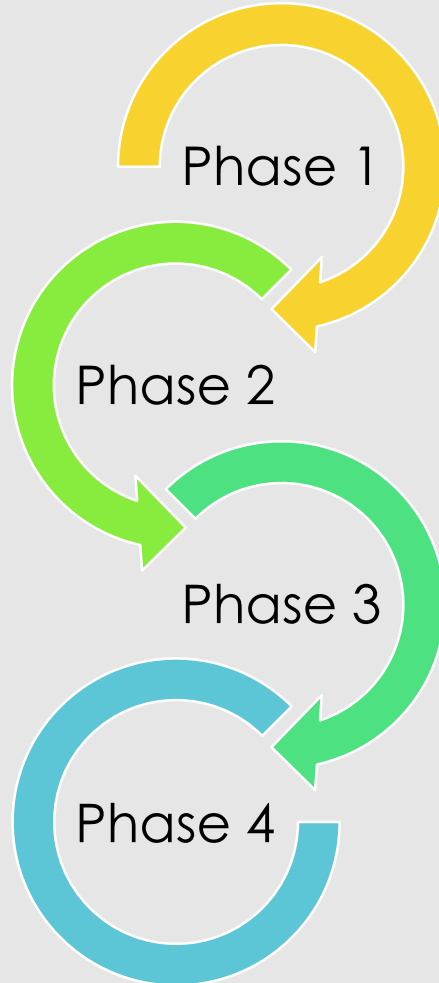
09 Exit Procedure

At City of Sac Pools, athletes will exit through the exit gate. Athletes will follow marked pathway, maintain social distancing at all times.

Athletes may either walk to parking lot or stand on social distance markings to wait for their parent or guardian.

Athletes are expected to be picked up directly at the end of their practice slot.

Phased Approach



Phase 1

Safety measures including symptom checks, sanitizing station, 6'+ social distancing in and out of the water, dual start ends, limited group sizes (starting at 10 and up to 22 swimmers), no locker room use, no changing on site, no parents/spectators, different entry and exit gates, time gaps between practice groups, required signage and social distancing markers in place.

Phase 2

Expand to more swimmers per lane with dual double start sides.

Phase 3

Take away symptom checks and allow swimmers to utilize locker rooms with appropriate social distancing.

Phase 4

Return to normal-like practice schedule and full facility capability. Additional measures will stay in place as needed.

Covid19 Practice FAQs



COVID 19 SYMPTOMS

- What is my athlete has symptoms or suspected exposure?
 - Athletes who are ill are not able to attend. Swimmers who have had any members in their household ill may not attend for 14 days. Report any illness to swimdartsac@gmail.com so staff can trace and ensure the safety of all athletes.
- What protective equipment is required?
 - Swimmers are required to wear a mask into and out of the facility.
- What precautions are coaches taking to keep athletes safe?
 - Coaches will wear mask and have hand sanitizer available. Coaches will keep 6' social distancing except in emergency situations.

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. Swimmers must be on their pre-assigned number outside the gate exactly 5 minutes before their practice time. Any members who are late and have missed proceeding to station 2 in a timely manner will not be permitted to enter.
- Can my swimmer borrow equipment?
 - Due to an abundance of caution, kickboards and other equipment will not be available to borrow. Swimmers are responsible for bringing all of their required practice equipment to the pool.
- Can my swimmer leave their equipment at the pool?
 - Swimmers will not be permitted to leave personal belonging at the facility.

Covid19 Practice FAQs



PARENTS & SPECTATORS

- Are parents or spectators allowed into the facility?
 - Parents and spectators are not allowed into the facility at this time in order to reduce the number of individuals gathering.

SAFE SPORT & MINOR ATHLETE ABUSE PROTECTION POLICY (MAAPP)

- How is DART complying with Safe Sport MAAPP with the new parent restrictions?
 - DART will continue to maintain at least two coaches on deck at all times. DART is making all practices available for viewing to parents with swimmers in that session via Zoom. For security reasons, the password will change regularly. Zoom will be administered by staff and all parents will need to be permitted into the session.

CHANGING & LOCKER ROOM ACCESS

- Can my swimmer take a shower after practice?
 - No, out of an abundance of caution, the locker rooms will not be available for use as we cannot guarantee that they can be cleaned between each practice group. Athletes are advised to shower when they return home.
- Can my swimmer change in the locker rooms after practice?
 - No, the locker rooms will not be available for use as we cannot guarantee that the facility can be sanitized between each practice group.
- Can my athlete deck change?
 - No, USA Swimming rules prohibit deck changing. Athletes will be required to enter and leave the facility with their swim suits on.
- Where should my athlete go to the bathroom?
 - The bathrooms will be open for bathroom use only during the swimmers practice time. The goal is to limit the need to have athletes in a shared environment.

Covid19 Practice FAQs



TRAINING GROUPS & PRACTICES

- Will my swimmer be in the same training group as before COVID 19?
 - In order to comply with Sacramento County mandates and reduce risk, DART will be running in much smaller groups than normal. Swimmers will be assigned a practice by the coaching staff.
- Will my swimmer be able to move-up a group?
 - Current DART group structures do not apply since we are not able to operate with normal sized practice groups. Our priority is to ensure each athlete has an opportunity to return to the pool.
- When will my swimmer be permitted to move up a group?
 - Group changes will occur when we are back to semi-normal operations and can allow more athletes in the water a time or at the Coaching Staff's discretion given social distancing requirements.
- Will practices times be our normal practice schedule?
 - Due to social distancing measures, practices will be shorter, have a 5 minute gap interval between practice slots, and minimal number athletes. Thus, DART cannot maintain a normal practice schedule. Athletes will be slotted into smaller groups to ensure safe social distancing. Practice groups will be created by the coaching staff.

Covid19 Practice FAQs



AFTER PRACTICES

- What are swimmers advised to do after practice?
 - Swimmers should shower and rinse out their suits at home. Remember to clean off shoes and any items set down at facility.

ADDITIONAL TRAINING OPTIONS

- Will DART continue to host/provide dryland?
 - Due to the continuing restrictions for swim practices, DART will add in person dryland training for Seniors starting 7/13
- Can DART coaches offer private lessons?
 - DART staff members will not be able to teach private lessons at this time. Currently, we are maintaining a 6' social distance protocol. Additionally, with the current practice model, open pool time will not be available. We will add lesson options in once we have a protocol in place and it is safe to do so.

JOINING DART

- Can swimmers join DART at this time?
 - DART would love to accept interested swimmers during this time as pool space permits. In the event that DART is unable to accommodate an athlete at this time, they can be added to a waitlist.