



## **DART Swimming Sacramento COVID Policy**

### **PURPOSE**

The purpose of the DART Swimming Sacramento COVID policy is to promote a safe team environment for DART Swimming Sacramento (the "Team") during these unprecedented times. While there are many things that we cannot control, we can apply and follow best practices to promote the highest degree of safety for our athletes and their families. While this policy addresses best practices and requirements to swim with the Team, we also encourage our larger DART family to think of the entire Team when making COVID related decisions and actions. The decision of one individual can impact the entire Team.

To serve the greater interest of the Team, all team members including, but not limited to, athletes, coaching staff, and parents are required to adhere to this policy. This policy supersedes any previous DART Swimming Sacramento COVID Policy.

### **POLICY**

Athletes are NOT permitted to attend Team events if they meet any of the following criteria:

- They have a fever or chills, cough, shortness of breath or difficulty breathing, fatigue, headache, sore throat, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or any other COVID symptoms listed by the CDC
- If you feel you have been exposed, are awaiting a COVID test result, or have tested positive for COVID
- Anyone in their household has symptoms, is awaiting a test result, or have tested positive for COVID
- They have had close contact with anyone who has tested positive for COVID

Per the Center for Disease Control and Prevention (CDC):

- Fever is defined as a temperature of 100.4 or higher.
- Close Contact is defined as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset
- Potential Exposure is defined as being a household contact or having close contact within 6 feet of an individual with confirmed or suspected COVID-19

Athletes who meet the aforementioned criteria may not attend any Team activities until the following criteria are met:

- The athlete is not experiencing any symptoms for 14 consecutive days or produces a doctor's note clearing them to return to the pool
- A positive COVID test result:
  - Symptomatic: No symptoms for 10 consecutive days
  - Asymptomatic: 10 days have passed since the date the positive test result was received and the athlete continues to not have any symptoms
- A pending COVID test returns a negative result
- Everyone in their household is no longer exhibiting symptoms for 14 days



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### **TRAVEL**

During these unprecedented times, the Team supports families who wish to take time off from swim to travel. This is a great way to decompress and rejuvenate as a family.

The Team defines the term “travel” as any trip where you travel by air or stay at a location other than your own home, regardless of location. The Team STRONGLY encourages the athlete to self-isolate for a minimum of 10-days or obtain a negative COVID test result before the athlete returns to the Team events. COVID test should only be administered once the athlete returns home, not while still traveling.

### **THINGS TO CONSIDER WHILE AWAY FROM THE TEAM**

- Your Actions can have a profound impact on the Team. We want EVERYONE to stay Healthy.
- Do you maintain social distancing?
- When/if you are socializing, do you know who everyone has been “exposed” to?
- Wearing a face mask helps everyone.
- Be aware of any COVID-19 outbreak “hot spots.”  
[https://public.tableau.com/views/COVID-19CasesDashboard\\_15931020425010/Cases](https://public.tableau.com/views/COVID-19CasesDashboard_15931020425010/Cases)
- Be “safe” rather than “sorry”
- If family members have travelled, be aware of their potential exposure
- When in doubt...stay home

### **NOTIFICATIONS**

Suppose the athlete cannot attend practice due to ANY the criteria set forth at the beginning of the policy. In that case, the Team shall be notified within one (1) hour of becoming aware by emailing [covid19@dartswimming.com](mailto:covid19@dartswimming.com) so staff can trace and ensure the Team’s. Additionally, the Team shall be notified of any changes in the aforementioned status.

Upon being notified of a positive test result for COVID, a Team coach and president shall prepare a notification to the Team membership. The notification shall include the following:

- Date the athlete was last at practice
- Date the athlete received the positive test result

Furthermore, a separate email will go out to an athlete’s family if they were in close contact with the athlete who has tested positive.

### **CONFIDENTIALITY**

The DART Board and Coaching staff will treat all information they receive with the utmost confidentiality. Even within the Board, data and information will be shared on a need to know basis. The Team will not retain or store any personal health information about an athlete



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without prior approval. The Board and Coaching staff will not divulge the athlete's name unless required to do so by State or Federal law.

### **POOL PRACTICE PROCEDURES**

Athletes must come to practice with a face mask, practice equipment, wearing a swimsuit, and have pre-showered at home.

1. Wait at Assigned Entrance Spot
  - a. Athletes must report to their assigned spot 10 minutes before the scheduled start of practice and be wearing a mask. Athletes will stand on pre-assigned numbered marker to maintain social distancing. Athletes will proceed to the next marker one at a time until they reach the symptom check station.
  - b. There will not be any late entry into the facility once the coaches have finished check-in. We cannot allow any exceptions. Please be on time.
2. Symptom Check
  - a. Athletes will be asked before every Team event if they have specific symptoms - fever or chills, cough, shortness of breath or difficulty breathing, fatigue, headache, sore throat, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
  - b. Athletes will be asked if they have been in close contact with someone who has the previously mentioned symptoms or has tested positive for COVID.
  - c. Athletes answering yes to any of the questions will not be permitted to enter the facility. The athlete will be discretely removed from the line, and their parents will be contacted. The best course of action would be for parents to discuss these symptoms with their athlete before an event and not attend if there are any symptoms.
  - d. If a parent wishes to accompany their athlete through the symptom check process, they are invited to do so. Parents must wear a mask while accompanying their athlete and maintain social distancing.
  - e. If a parent brings their athlete(s) to a Team event, they may not leave the facility until their athlete has completed the symptom check process. This is critical!
3. Sanitize Hands
  - a. Athletes are required to sanitize their hands with provided hand sanitizer as they enter the facility.
4. Set Down Items
  - a. 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/family's responsibility to disinfect any items set down at the facility.
5. Go to Assigned Lane
  - a. Each athlete will be pre-assigned a lane. Lanes will be marked with numbered cones.



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- b. 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.
6. Enter Assigned Lane
  - a. 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.
7. Swim Practice
  - a. Swim practices will have at least two coaches on deck. The coaches will be wearing masks.
  - b. 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.
  - c. 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.
8. Dry Off & Retrieve Items
  - a. Athletes will dry off at the pool. The locker rooms will be closed. Accordingly, athletes will not be permitted to shower or change on site.
  - b. Via USA Swimming rules, deck changing is not permitted. Athletes need to plan to arrive and leave in their swimsuits.
9. Exit Procedure
  - a. Athletes will exit through the designated exit. Athletes will follow the marked pathway, maintain social distancing at all times.
  - b. Athletes may walk to the parking lot or stand on social distancing markings to wait for their parent or guardian.
  - c. Athletes are expected to be picked up immediately at the end of their practice slot.

### **POOL RACE DAY PROCEDURES**

On race days, the procedures will be modified based on the needs of the day. Minimally it will include the following:

- Timeline for Race Day Event – detailed timeline to establish clear expectations for athletes and parents.
- Notes for Race Day Event – specific requirements and rules relating to the day.
- Facility Diagram – This will include warm up/warm down lanes, race lanes, proper athlete flow to maintain social distancing, and athlete rest locations on deck to maintain social distancing
- Location Assignments for Inside Facility – athlete rest locations on deck to maintain social distancing
- Full Event Entries for Athletes – detailed event, heat, and lanes for athletes