COVID-19 RE-OPENING PLAN

Rose Bowl Aquatics
INTRODUCTION

The day we have been waiting for is upon us, it is time to get back in the water. The following packet of information is critical for each family to read and understand as we resume training. Our new procedures for health screening, safety precautions, practice protocols, and training schedules are all in place in order to allow us to be back in the water, but also ensure we keep our TEAM safe.

All RBAC Swim Team members (swimmers, parents, coaches) are expected to adhere to the guidelines included herein to stay safe and healthy. These procedures were developed in consultation with CDC, California, LA County, and Pasadena Health Guidelines, as well as USA Swimming recommendations on reopening procedures. We have taken additional steps in communicating with top programs around the country in order to gather best practices from facilities that have already opened.

Any questions should be addressed with your group coach first, and then directed to Head Coach Jeff Julian.

COVID-19 FACTS

- **Symptoms** in teenagers can be extremely atypical. Unexplained rash, headache, diarrhea, vomiting, body aches, shortness of breath, cough, and fever can all be manifestations of COVID-19.
- COVID-19 is **unlikely to be spread in chlorinated water**. The risk of spread is notably decreased in an open-air environment. The highest risk of transmission is cough, sneezes, or direct aerosolizing face to face encounters.
- **Handwashing with** lathered soap and water is unequivocally more effective than wipes, hand sanitizer, or any other form of decontamination in reducing the spread.
- The **asymptomatic spread** of COVID-19 is possible but less likely due to a lower viral load.
- The key to **limiting spread** in group settings is to identify and isolate individuals with early symptoms at the beginning of the disease process.
- If an athlete has symptoms, **self-quarantine is needed until symptoms resolve** per infection control recommendations.
- Many of our athletes feel they are invincible. Their risk of COVID-19 remains low though not zero. They are however vectors of transmission. Parents are encouraged to remind their athletes that precautions are to protect the athlete but also to limit the spread to vulnerable individuals.
HEALTH PRECAUTIONS

• All RBAC families are required to sign the **RBAC COVID-19 Waiver** before swimmer(s) will be allowed back to the pool for training.

• **Testing and Return to Practice:** Testing and results should be reported to the coaching staff to monitor contacts and early signs of transmission within the TEAM or groups.
  o Athletes should seek testing for any of the symptoms before returning to practice.
  o A positive COVID-19 test require all three of the following before returning to practice: a minimum of two weeks of self-quarantine from the positive test, 72 hours with no symptoms, and a subsequent negative test.

CONTACT TRACING:

  o A swimmer who has had close contact of any COVID-19 positive individual will be removed from practice. To return to practice the swimmer should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual.
  o Any COVID-19 positive swimmer should report potential TEAM contacts to coaches. TEAM contacts should include any TEAMmate who has been within 6’ of the infected athlete.

SWIMMING SAFELY

Generally, RBAC will endeavor to follow CDC guidelines for staying safe and healthy inside and outside of the pool.

**Personal Swimmer Conduct:** To minimize the risk of transmission and help promote safety, the following personal swimmer conduct is expected. Failure to adhere to these principles will be asked to leave training for the day. If violations continue, further action will be taken up to and including suspension.

• No person-to-person contact
• Stay 6 feet apart at all times
• No splashing or spitting water at other swimmers and coaches
• No horseplay
• Sneeze or cough into a tissue or upper sleeve/arm area
BEFORE PRACTICE

• Before heading to the pool, please:
  o Complete **Self-Check Health Screen**
  o Change into your suit, then put shoes and clothes on. (Swimmers will need to arrive and leave in their suits)
  o Use the restroom to minimize use at the facility
  o Wash hands with soap and water for at least 20 seconds
  o Bring a full water bottle to avoid touching tap or water fountain
• Do not arrive more than 5 minutes prior to your listed arrival times. If you arrive early, please stay in the car until 5 minutes prior.

ARRIVING AT THE POOL

• Arrive wearing your mask.
• There are 3 staging areas set up in the park at the south end of the parking lot.
• Swimmers, check your staging area on the Staging Area Map and report there upon arrival.
• Coaches will direct swimmers to their spot in the lines.
  o Lines are set up as circles for each swimmer.
• In staging line:
  o Swimmers hold their bags until their temperature has been checked with a touchless thermometer (once checked, swimmers may put their bags down)
  o Standing warm up to swim exercising will be directed by coaches
  o Once it is time to walk in, swimmers will:
    • Change from their clothes and shoes into their towel and sandals
    • Pack clothes and shoes into bags
    • Find cap and goggles and have in hand while you walk in
  o Coaches will assign each swimmer a Lane # and Spot (A, B, C, D)
• Coaches will lead the swimmers into the facility
• If swimmers are late, they will be forced to wait in the Waiting Area until all groups are in the water and we can get the procedures done safely with the individual late swimmers.
ENTERING PRACTICE

- Swimmers will enter the facility walking in a line:
  - spaced 6’ apart at all times
  - towel, sandals, and mask worn
  - Pay attention to the coaches and follow directions
- Pathways are marked on the Group Maps
- Drop your bags off quickly in your groups area
- Follow Coach direction to the shower location utilized for your group
- Each swimmer will shower off before entering the pool
- After showering off, swimmers will report to their lanes and spots immediately.
  - C and D spots will swim their bags on the east deck (middle deck)
  - A and B spots will keep their bags on the west deck (parking lot side)

DURING PRACTICE

- Restrooms are available for emergencies only. Please use restroom at home before arriving at practice.
- **Swimmers**, some reminders
  - Focus on your technique
  - No passing other swimmers
  - No sharing equipment at all (especially drinks, etc.)
  - Workouts will be sent by 10am each day, please review before workouts so that it will be easier communication of the sets with everyone spread across the pool.
- Lanes are limited to 4 people max, as listed on the Group Maps
- **Parents**, we ask during this time that you wait in your car for your swimmers. The deck is closed in order to be able to maintain our distancing.
AT THE END OF PRACTICE AND LEAVING THE FACILITY

- Please be aware that we need everyone’s help in facilitating the transition between groups so that we can get everyone out safely and then the next groups into the pool safely.
- Swimmers will be dismissed from their lanes by spots (A, B, C, D), and will be expected to:
  - Walk directly to their bags
  - Wrap a towel around themselves and wear sandals
  - Grab all belongings and follow the exit path
- Exiting will occur through the northeast corner of the facility and then walk back along the tennis courts towards the parking lot

WAITING AREA

There will be an area at the end of the access road (at the south end of the parking lot), that we are calling the waiting area, but we ask each family to only utilize this area in emergencies. We will not have space to take care of swimmers consistently in this area.

This area will be utilized in the following circumstances:
- Any swimmers that arrive more than 5 minutes early
- Any swimmers that are not able to listen and follow the procedures
- Any swimmers that do not have a ride at the end of workout

All swimmers that fall into one of the above categories will be required to sit in a chair, mask on; until their group is starting or their rides are there to pick them up.
Group Schedules

Monday – Friday:

- **3:05** Arrivals, **3:15 on deck, 3:20-3:50pm**
  - 10F – 22 – 5 lanes (1-5) – JG + CD
  - 12F-G – 24 – 6 lanes (6-11) – RP + HJ
  - 12F-B – 38 – 9 lanes (12-20) – CG + DJ

- **3:35** Arrivals, **3:52 on deck, 3:55-4:35pm**
  - 10G – 26 – 7 lanes (1-7) – HJ + DJ
  - SrF – 64 – 13 lanes (8-20) – CW + AA

- **4:15** Arrivals, **4:37 on deck, 4:40-5:25pm**
  - 12G – 52 – 13 lanes (1-13) – HJ + DJ

- **5:00** Arrivals, **5:27 on deck, 5:30-6:15pm (7:00pm)**
  - 14G – 58 – KQJ + AA
  - Nat – 38 – JJ +
    - Mon – 14G – 8 lanes (1-8) / Nat – 6 lanes (9-14) – two groups 45min each
    - Tues – 14G – 14 lanes (1-14)
    - Wed – 14G – 8 lanes (1-8) / Nat – 6 lanes (9-14) – two groups 45min each
    - Thur – 14G – 8 lanes (1-8) / Nat – 6 lanes (9-14) – two groups 45min each
    - Fri – Nat – 14 lanes (1-14)

- **5:20** Arrivals, **5:45 on deck, 5:50-6:55pm**
  - SrG – 6 lanes (15-20) – JK + CW

- **5:45** Arrivals, **6:10 on deck, 6:15-7:00pm**
  - 14G – 58 – KQJ + AA
  - Nat – 38 – JJ +

Saturday:

- **6:40** Arrivals, **6:57 on deck, 7-8:30am – split groups – 1st half** –
  - Nat – 6 lanes (15-20) (JJ) – Staging Area 3
  - 14G – 8 lanes (1-8) (KQJ) – Staging Area 2
  - SrG – 6 lanes (9-14) (JK) – Staging Area 1

- **8:10** Arrivals, **8:25 on deck, 8:30-10am – 2nd half, same as above**

- **9:40** Arrivals, **10:00 on deck, 10:05-11am – 12G – 13 lanes (HJ + CG)**

- **9:55** Arrivals, **10:10 on deck, 10:15-11am – 10G – 7 lanes (HJ + DJ)**

Sunday:

- **5:45am** Arrivals, **6-8am – 14G / Nat – splitting both pools**
Group Staging Areas

<table>
<thead>
<tr>
<th>Arrival –</th>
<th>Walk on deck</th>
<th>Area #1</th>
<th>Area #2</th>
<th>Area #3</th>
</tr>
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<tbody>
<tr>
<td>3:05 –</td>
<td>3:15</td>
<td>10F</td>
<td>12F – Girls</td>
<td>12F – Boys</td>
</tr>
<tr>
<td>3:35 –</td>
<td>3:52</td>
<td>10Gr</td>
<td>SrF</td>
<td>SrF</td>
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<tr>
<td>4:15 –</td>
<td>4:37</td>
<td>SrGr</td>
<td>12Gr</td>
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<td>5:00 –</td>
<td>5:27</td>
<td>Nat</td>
<td>14Gr</td>
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</tr>
<tr>
<td>5:45 –</td>
<td>6:10</td>
<td>Nat2</td>
<td></td>
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</tr>
</tbody>
</table>
10Foundation and 12Foundation Groups

Entering Order – (A/B lane spots will keep mesh bags on west deck, C/D will keep mesh bags on east deck)

12Foundation – Girls  Lanes 6-11
- Entering on the east side of pool and swimming equipment across

10Foundation –  Lanes 1-5

12Foundation – Boys  Lanes 12-20

Exiting –

- Lanes will be excused by position – A, B, C, D (remember to take mesh bags)
- Swimmers need to plan to leave immediately; wrap towels, wear sandals, grab all belongings, and follow exit path out of Center
- Everyone exits through the northeast exit and will then walk down along the tennis courts
10Growth and SrFoundation Groups

Entering Order – (A/B lane spots will keep mesh bags on west deck, C/D will keep mesh bags on east deck)

10Growth – Lanes 1-7
Senior Foundation – Lanes 8-20

Exiting –
- Lanes will be excused by position – A, B, C, D (remember to take mesh bags)
- Swimmers need to plan to leave immediately; wrap towels, wear sandals, grab all belongings, and follow exit path out of Center
- Everyone exits through the northeast exit and will then walk down along the tennis courts
12Growth and SrGrowth Groups

Entering Order – (A/B lane spots will keep mesh bags on west deck, C/D will keep mesh bags on east deck)

12Growth – Lanes 1-13
SrGrowth – Lanes 14-20

Exiting –
- Lanes will be excused by position – A, B, C, D (remember to take mesh bags)
- Swimmers need to plan to leave immediately; wrap towels, wear sandals, grab all belongings, and follow exit path out of Center
- Everyone exits through the northeast exit and will then walk down along the tennis courts
14Growth and National Groups

Entering Order – (A/B lane spots will keep mesh bags on west deck, C/D will keep mesh bags on east deck)

National

14Growth

- Mon – 14G – 8 lanes (1-8)/ Nat – 6 lanes (9-14) – two groups 45min each
- Tues – 14G – 14 lanes (1-14) (Nat – off)
- Wed – 14G – 8 lanes (1-8)/ Nat – 6 lanes (9-14) – two groups 45min each
- Thur – 14G – 8 lanes (1-8)/ Nat – 6 lanes (9-14) – two groups 45min each
- Fri – Nat – 14 lanes (1-14) (14G – off)

Exiting –

- Lanes will be excused by position – A, B, C, D (remember to take mesh bags)
- Swimmers need to plan to leave immediately; wrap towels, wear sandals, grab all belongings, and follow exit path out of Center
- Everyone exits through the northeast exit and will then walk down along the tennis courts
SrGrowth – Lanes 15-20

Exiting –

- Lanes will be excused by position – A, B, C, D (remember to take mesh bags)
- Swimmers need to plan to leave immediately; wrap towels, wear sandals, grab all belongings, and follow exit path out of Center
- Everyone exits through the northeast exit and will then walk down along the tennis courts