

York YMCA Swim Team

Back to the pool plan

Green Valley Version

Changes to the regular routines



Athletes are NOT permitted to attend practice if...

- They are showing any of the symptoms of COVID-19. They have a fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC.
- They think they could have COVID-19.
- They have tested positive for COVID-19.
- They are awaiting the results of testing for COVID-19.
- They have been in close contact with anyone in the 4 categories above.

Athletes must come to practice with...

- Cloth face mask while walking in / waiting outside
- Wearing a swimsuit
- Pre-showered at home
- Using the restroom before hand

Screening Questions

Athletes are NOT permitted to attend practice if they answer YES to any of the following questions...

- Do you or do any of the swimmers you are dropping off have a fever, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or head ache?
- Have you or any of the swimmers you are dropping off had any of these symptoms since last time you were last here? Been in contact with anyone with fever, cough, shortness of breath, sore throat, vomiting, diarrhea, new loss of taste or smell, chills, muscle aches, or head ache since the last time you were here?
- Have you or any of the swimmers you are dropping off potentially been exposed to COVID-19 or have reason to believe you/they have COVID-19?

Athletes who are sick or believe they might have COVID-19 should stay home until you can answer YES to the following questions...

- Has it been at least 10 day since you first had symptoms?
- Have you been without fever for 3 days (72 hours) without any medicine?
- Has it been 3 days (72 hours) since your symptoms have improved?

Why is it ok to return to the Pool?



- Minimal touchable surfaces in a wide open outdoor space
- Chlorine is a disinfectant
- New practice process to ensure athlete safety
- We are using GV exclusively and thus have very little traffic
- We have staff, swimmers, and parents that are willing to follow these plans and make this work for everyone!

Chlorine & COVID-19 (Some Data)



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 WHO recommended chlorination level of 15mg min/liter is sufficient to kill non-enveloped viruses, and an enveloped virus such as COVID-19 would be inactivated at even lower levels.

Research

[CDC](#)

[World Health Organization](#)

Articles

[USA Swimming](#)

[Aquatics International](#)

[Swimswam Pt.1](#)

[Swimswam Pt.2](#)

Return to the Pool Road Map



1. Wait at entrance for screening
2. Enter and Go to assigned pavilion. Space out.
3. Go to assigned pool / lane and get in for practice
4. Get in for swim practice
5. Dry off & retrieve items
6. Exit using front entrance

YORK YMCA – Starting carefully



Initially

Safety measures including screening process, sanitizing station, 3 swimmers per lane max, limited group sizes, no locker room use, no changing on site, no parents/spectators, different entry and exit.

Maybe the next stage...

Expand swimmers per practice sessions. Increase practice duration. Minimal use of locker rooms.

And eventually...

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

Initial Return to Practice FAQs



PRACTICE PREPAREDNESS

Can my swimmer borrow equipment?

You may bring your own equipment but should not borrow others.

Can my swimmer leave their equipment at the pool?

No. You must take equipment with you.

PARENTS & SPECTATORS

Are parents and spectators allowed into Green Valley?

- During the initial stage we ask that Parents remain outside the gate at Green Valley workouts. The practice is easily observable through the open fence.