

York YMCA Swim Team

Downtown YMCA

Fall 2020 Plan

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 days 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
- 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.
- We have our own facility with 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](#)

Fall Practice Schedule



Graham Aquatic Center

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Senior A	3:30 - 5:45pm	3:30 - 5:45pm	3:30 - 5:45pm	3:30 - 5:45pm	3:30 - 5:45pm	8:00 - 10:00am
Senior B	5:45 - 7:45pm	5:45 - 7:45pm	5:45 - 7:45pm	5:45 - 7:45pm	5:45 - 7:45pm	9:30 - 11:30am
Junior A	6:15 - 7:45pm	6:15 - 7:45pm	6:15 - 7:45pm	6:15 - 7:45pm	6:15 - 7:45pm	11:00 - 12:30pm
Junior B	5:00 - 6:15pm	5:00 - 6:15pm	5:00 - 6:15pm	5:00 - 6:15pm	5:00 - 6:15pm	11:00 - 12:30pm

Downtown YMCA

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Novice	6:00 - 7:00pm	6:00 - 7:00pm		6:00 - 7:00pm	6:00 - 7:00pm	
Advanced	7:00 - 8:15pm	7:00 - 8:15pm	7:00 - 8:15pm	7:00 - 8:15pm	7:00 - 8:15pm	
Pre-team		6:15 - 7:00pm	6:15 - 7:00pm			

Downtown YMCA Parking/Entrance



Return to the Pool Instructions



- 1. Drop off in parking lot on the left and walk to the entrance** – Athletes will enter through the parking lot on the left and walk up to the door via the pedestrian walkway. If we are backed up at the door please wait along the path 6ft apart until it's your turn.
- 2. Wait at the Entrance for Screening** – Athletes will be screened at the front doors outside the main lobby. From there they will enter and proceed to the pool.
- 3. Enter and Set Down Items-** Put any items brought into the facility (such as towel, clothes, shoes, or gear) in the designated space by the bleachers. After practices, it is the athlete's responsibility to disinfect any item set down at the facility.
- 4. Go to Assigned Lanes**– Each athlete will be assigned a lane by the coach.

Return to the Pool Instructions



5. **Swim Practice** - Swim practices will have at least 1 coach and 1 lifeguard on deck. Coaches will be wearing masks, the practice and pace clock will also be displayed so athletes can easily follow along.
6. **Dry off & Retrieve Items** - Athletes will dry off on the pool deck. The locker rooms will be closed. Athletes will not be permitted to shower or change on site. Note: USA Swimming rules prohibit deck changing. Athletes need to plan to arrive and leave in their swimsuits.
7. **Exit using the appropriate door and go to car** – Athletes will exit through the front entrance just like they entered.
8. **Pick up** – Athletes will be dismissed promptly at the conclusion of practice, so parents should be ready to get them at the end time. Parents should park in lot and wait outside entrance to escort child back to the vehicle.

YORK YMCA – Starting carefully



Initially

Safety measures including screening process, sanitizing station, 6'+ social distancing in and out of the water, 3 swimmers per lane max, limited group sizes, no locker room use, no changing on site, no parents/spectators, different entry and exit, time gaps between practice groups.

Maybe the next stage...

Expand swimmers per practice sessions. Increase practice duration. Minimal use of locker rooms. Parents will be allowed in the main lobby with one parent per table, etc.

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

Q: Can my swimmer participate if they are late to practice?

A: No, swimmers will not be permitted to enter the facility or participate if they are late to practice (more than 10 min). Please arrive 5-10 minutes before practice and wait in the car if you arrive earlier than that.

Q: Must my swimmer have equipment or can it be borrowed? And what equipment do they need?

A: Equipment may not be borrowed at this time. Equipment is NOT required for Pre-team and Novice, but is strongly encouraged for Advanced. Advanced is encouraged to have fins, kickboard, junior sized pull buoy, and mesh bag to store equipment, but they will be able to do practice fine without them. If Novice and Pre-team swimmers wish to have equipment, fins and/or kickboard are recommended.

Q: Can my swimmer leave their equipment at the pool?

A: No, they will need to take their equipment with them.

PARENTS & SPECTATORS

Q: Are parents and spectators allowed into the facility?

A: Parents will not be permitted into the pool area until the 2nd stage. Parents can enter the building if they need to visit the front desk or they are members and using other areas of the building. Masks are required in the building. Parents who are waiting outside are asked to maintain best practices for safety.

Initial Return to Practice FAQs



TRAVEL

What if someone travels outside the state of PA?

- Travel outside of PA is discouraged, however this will not eliminate your child's participation in practice if they do so.
- Currently, there is no way to track adherence and/or where anyone has travelled. Please make the best decision for your family and the YY program to limit your exposure and keep all safe.

Can we carpool?

- We highly discourage carpooling, however, if you choose to do so, adhere to social distancing standards.

Where to park?

- Drop off in parking lot on the left of downtown branch and walk to the entrance – Athletes will enter through the parking lot on the left and walk up to the door via the pedestrian walkway. If we are backed up at the door please wait along the path 6ft apart until its your turn.