



# WMST Re-Opening Plan & Guidelines for the CISD Natatorium

## Message from the WMST Board of Directors

The WMST BOD has been meeting regularly through conference calls throughout this COVID-19 pandemic in order to make decisions that comply with State/Local/Federal regulations during this shut down. As the state of Texas begins its re-opening process, WMST has been in contact with the CISD Natatorium and coordinating with the Northampton MUD for our eventual return to the water. The WMST BOD has established the following rules and guidelines in order to keep the team and their family as safe and healthy we possibly can. In order for our return to the water to be successful, **we will need all members of WMST to adhere to this document.**

## Facility, Local, State, and Federal Requirements

- **Facility**
  - The CISD Natatorium will re-open for workouts beginning Monday, June 15.
  - In order for us to use the pool, all Local, State, and Federal guidelines must be met.
- **Local**
  - Montgomery County: “reopened services, people, and businesses should follow the minimum standard health protocols recommended by DSHS...and should implement social distancing, work from home if possible, and practice good hygiene, environmental cleanliness, and sanitation...Individuals are encouraged to wear appropriate face coverings, but no jurisdiction can impose a civil or criminal penalty for failure to wear a face covering.”
- **State**
  - According to Governor Abbott’s Executive Order, “outdoor swimming pools may operate at up to 25 percent of normal operating limits as determined by the local pool operator” as of 12:01 a.m. on Friday, May 8, 2020
- **Federal**
  - The CDC has indicated that there is no evidence the disease spreads through treated water, and that with proper operation and maintenance of facilities (to include disinfection with chlorine/bromine), the virus should inactivate in the water.
  - The CDC Recommends you should:
    - Wash your hands often with soap and water for at least 20 seconds
    - Avoid close contact – stay at least 6 feet away
    - Cover your mouth and nose with a cloth face cover when around others
    - Cover coughs and sneezes
    - Clean and disinfect frequently touched surfaces daily

## CISD Natatorium Facility Restrictions

- **Swimmers, Coaches & Staff Members MUST wear a mask upon entering/exiting the building**, all common areas, and when interacting with others when physical distancing is difficult.
- Entrance and Exit Doors will be separate, and will be clearly marked, to control flow of people entering and exiting the building.
- Only athletes, coaches, and CISD staff members will be allowed into building.

- An attendance record of all individuals in the building should be maintained daily including name, date, and time in/out in the event notification of possible exposure is needed.
- Any reports of illness in any individual who was in the natatorium should be immediately reported to Barbara Robertson, CISD Coordinator of Health Services, and Natatorium Management.
- Hand sanitizers will be placed at entrance to facility. **Everyone entering should immediately sanitize their hands.**
- **Upstairs and Spectator Areas** will remain closed!
- **Locker Rooms will remain closed!**
- **Weight Room** will remain closed!
- **Spa** will remain closed!
- **Drinking Fountains** will remain closed!
- **Swim Shop** will remain closed!
- Restroom access will be provided in Natatorium lobby. **Limit 3 people at one time!**
- Parents should plan to drop off and pick up athletes only, and remain in their vehicles. **No parents should enter the building!**
- No congregating in lobby, outside of building, parking lot, or anywhere on pool deck.

### CISD Natatorium Practice Restrictions

- **Swimmers/Divers must arrive in their swimsuits, and depart in their swimsuits. No changing allowed outside, in restrooms, or on pool deck!**
- A coach or staff member should ask athletes, as they come into practice, if they feel ill in any way or any member of their household is ill, specifically listing the TEA screening criteria, and send home those athletes reporting feeling ill, experiencing symptoms, or report a household member is ill.
- Any individual who experiences, or lives with someone who experiences, any of the symptoms of COVID-19 (listed below), should self-isolate until the conditions below have been met.
  - ***At least 3 days (72 hours) have passed since recovery without the use of fever-reducing medications; Fever is 100.0 or above.***
  - ***And individual has improvement in symptoms such as cough and shortness of breath;***
  - ***And at least ten days have passed since symptoms first appeared.***
- In the case of an individual who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the individual is assumed to have COVID-19 and may not return to work, practice, or school until the individual has completed the same three-step criteria listed above.
- **COVID-19 Symptoms for Screening include any/all of the following:**
  - Cough, shortness of breath, or difficulty breathing
  - Chills or repeated shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - Loss of taste or smell
  - Diarrhea
  - Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit.
  - Known close contact with a person who is lab confirmed to have COVID-19.
- All mats, bleachers, equipment bins, and dry-land equipment will be removed from pool deck.

- Any Dryland exercises should be conducted outside and should follow social distancing guidelines.
- Swimmers/Divers should bring equipment bags with them, keep them separated on the pool deck from other's, and immediately take them with them upon departure from the facility.
- Training equipment is not to be shared at any time!
- Swimmers and Divers are encouraged to bring their own water bottle with them and not to share at any time.
- Swimmers will be limited to 2 per short course lane, with each swimmer starting and stopping on opposite ends of the pool.
- Divers will be limited to 2 or 3 divers per diving board, with one diver on the board, one in the water, and (if necessary) one on a pre-determined space behind the diving platform.
- Only one swimmer/diver allowed under on deck shower at one time.
- Coaches should maintain a distance of 6 feet from athletes, and other coaches at all times.
- Once practice concludes, athletes should depart facility from designated exit quickly. NO extra activity or congregating should occur!
- Teams/Coaches should schedule groups with a time gap of no less than 15 minutes between sessions, and/or should stagger groups so that the groups are not arriving or departing at the same time.

### **Preparing to Swim – Protecting Against Infections**

- **Before Practice**
  - **You MUST arrive in your swim suit**
  - Maintain six feet apart from others waiting to enter the pool
  - Bring your own equipment: towel, cap, goggles, water bottle, equipment bag (you will not be able to borrow any equipment)
  - Hand sanitizer will be available when entering the building
  - **Wear your mask while entering the pool deck**
  - Bring a full bottle of water
  - Arrive as close as possible to the start time of practice
  - Avoid touching gates, fences, benches, etc.
  - Do not attend if you are ill, or another member of your household is ill
  - Your coach will direct you to an appropriate lane
- **During Practice**
  - Follow all directions for spacing, and stay at least six feet apart from others
  - Do not make physical contact with others such as: shaking hands, giving high fives, hugging
  - Avoid touching your face before getting in the water
  - Do not share food, drinks, or towels
  - Maintain appropriate social distancing from others when taking a break on the wall or in between sets
  - Coaches will not be able to assist you with your swim cap if you require assistance
- **After Practice**
  - Leave the facility as soon as reasonably possible after practice
  - **Wear your mask while exiting the pool deck**
  - Wash your hands or use a hand sanitizer after leaving the pool, once you arrive at your next destination (work, home, etc.)
  - Locker Rooms will NOT be available
    - Please wear your suit to and from practice

- No extra-curricular or social activity should take place

### **Failure to Comply**

- Any failure of a swimmer to comply will result in that swimmer being asked to leave the practice immediately, and not return until they have re-familiarized themselves with this document

### **Pool Sample Diagram**

- The following pages display a model of the pool that helps promote “social distancing.” Examples are set to show swimmer positions during the workout to maintain appropriate spacing during rest intervals (assuming minimum eight-foot wide lanes).

# WMST Re-Opening Plan and Guidelines

## COVID-19 Waiver and Release of Liability

I am aware of the current outbreak of COVID-19 (the “Coronavirus”) in the United States, and the State of Texas. I acknowledge the risks associated with this novel illness and join the Woodlands Masters Swim Team (the “Organization”) in its desire to ensure the health and welfare of all swimmers, coaches, and their families. I therefore certify that, to the best of my knowledge as of the date contained below, the following is true and correct for myself, my spouse, and anyone else living in my household (family or children as applicable):

*(Initial in blank to confirm)*

\_\_\_\_\_ We have not exhibited any of the symptoms of the Coronavirus within the past two weeks (14 days), including but not limited to a fever, cough, shortness of breath, or persistent pain or pressure in the chest.

\_\_\_\_\_ We have not traveled in the last two weeks (14 days) outside of the country or to any state in which a state of emergency has been declared at the time of our visit.

\_\_\_\_\_ We have not been in contact with any person who has been diagnosed with, treated for, or ordered to be quarantined as a result of the Coronavirus within the last two weeks (14 days).

\_\_\_\_\_ For those who work on the front-lines (Doctors, PAs, Nurses, EMTs, Fire Fighters, etc.), I certify that I am exercising all appropriate PPE and other precautions as set forth by my facility when caring for patients with suspected or confirmed Coronavirus.

\_\_\_\_\_ We have been, and will continue to, abide by all CDC requirements and guidance regarding the Coronavirus outbreak, including but not limited to thorough hand washing, social distancing, cough suppression, etc.

\_\_\_\_\_ I understand that there may be swimmers present at practice who work on the front-lines of health care and may treat potential Coronavirus patients.

\_\_\_\_\_ I understand and acknowledge that this is a fluid situation, and so I further confirm that I will notify the Organization as soon as possible in the event that any of the above certifications are rendered false or inaccurate by the changing conditions of my family and/or contacts.

\_\_\_\_\_ I understand and acknowledge that the Coronavirus, and the current environment it has caused, is novel and ever-changing, and that there is no guarantee that any protective and/or mitigatory efforts taken by the Organization are guaranteed to be effective in the prevention of the spread of the Coronavirus.

\_\_\_\_\_ I understand and acknowledge that this COVID-19 Waiver and Release of Liability (this Waiver) form must be complete by me as required by the Organization for the continuance of my participation in activities of the Organization.

\_\_\_\_\_ Now, therefore, in consideration of my permission to participate in the activities sponsored by the Organization, I hereby agree to release, indemnify, defend, and hold harmless on behalf of myself, the Organization and its officers, clients, agents, and employees from and against any and all liabilities, claims, penalties, losses or expenses (including attorneys’ fees), of any kind or nature whatsoever, whether related to bodily injury, property damage or any other form of injury or loss to myself, arising out of or in any way related to the Coronavirus.

By signing this waiver, I am also agreeing to abide by any policies designed to prevent the spread of the Coronavirus which the Organization has already implemented or will implement in the future.

**I hereby certify that I have read this document and I understand its content.**

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# SOCIAL DISTANCING PRACTICE LAYOUT

**MASTERS SWIM TEAM**

