

## North Rockland Pool Covid-19 Team Practice Policies

### Facility Guidelines

1. **Locker room changing in designated area only. Showering is NOT PERMITTED.**
  - a. Athletes will have a designated changing area. However, it is limited to 4 people at a time.
  - b. We ask that those coming to the NRHS pool from home have your suit on under their outdoor clothes. Those who are coming to practice right from school may use the designated changing area to change into their suits.
  - c. DECK CHANGING IS NOT PERMITTED.
  - d. In an effort to move athletes out of the facility in a more timely manner we are asking that all athletes be ready to leave the facility with their suits on (under their outdoor clothing). Athletes will be released from practice when ALL are dressed appropriately and ready to go.
2. Bathrooms will be allowed for emergencies ONLY. If an athlete needs to use the restroom, they must use hand sanitizer prior to entering and wash their hands prior to leaving the bathroom. One person in the bathroom at a time, no exceptions. Coaches/supervisors will monitor all athletes entering/exiting the bathroom during practice.
3. COVID Clearance form (provided by NRCSD) must be signed and temperatures must be taken prior to each practice.
  - a. Athletes must have temp taken and sign the NRCSD health consent form prior to entering the pool deck.
  - b. Temps over 100 will not be permitted to attend practice and may be required to produce documentation of a negative COVID test prior to returning.
  - c. Any participants who display symptoms of illness are not permitted at practice.
    - i. Fever, Cough, Shortness of breath, Sore throat, Vomiting , Diarrhea, Chills, Muscle aches, Lost of taste and/or smell, Headache
  - d. Participants who had family members with Covid-19 may be asked to take a test before returning to practice. Please contact Coach Holmes (845-304-5252) if your family is in this situation.
  - e. Participants who had Covid-19 must be cleared by Doctor and have a note on record to return to participate. All household quarantine periods must be completed for a household before the swimmer is permitted to return. Other requirements may be requested by NRCSD.
  - f. Participants who have a household member with Covid-19 are not permitted to class until the family member is cleared by a Doctor with note on record and required quarantine has expired. Other requirements may be requested by NRCSD.
  - g. New or revised requirements may be required/requested by NRCSD as new guidelines and information becomes available from the NYS Department of Health.
4. Participants must enter the pool through the (HAE) Handicap Accessible Entrance (Red Door) located in the Annex Hallway adjacent to the Annex Cafe, using the socially distanced markers in the hallway.
5. Participants must arrive at the assigned time for practice. Participants who are late may not be permitted into participate, as social distancing is required to keep all patrons safe.

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6. The HAE will be used as an exit/entrance. Participants must respect social distancing while entering and exiting the facility. Participants must be released by staff from their designated area prior to leaving the facility.
7. Participants must leave personal items at the assigned area, maintaining social distancing. ***THIS INCLUDES SHOES. NO SHOES WILL BE PERMITTED ON DECK.*** Approved deck shoes may be worn to either enter the bathroom or get to the entrance/exit.
8. Participants must only swim at designated (in-pool) stations each day, no switching stations without prior approval.
9. No equipment is to be shared by participants ; no facility equipment can be used during practice.
10. Participants are not permitted at practice if they have traveled in the last 14 days to a state on the NYS quarantine list.

### ***Athletes must come to practice with...***

- Deck shoes (optional) for deck use only. This is separate from outdoor shoes.
- (2) Face masks (name must be on masks)
- Zip Lock bag (to store mask while swimming)
- Pre-showered at home

### ***Daily Practice Plan...***

- All participants must be wearing a mask upon arrival to the NRHS.
- Upon entering the building participants take temp. Athletes must check in prior to entering the pool area.
- A social distancing line will be set up for proper check in of each participant.
- Participants will enter the pool through the HAE.
- Once checked in, athletes will be given their assigned number for that day. This number will be their designated bag area and swim/dive station until otherwise notified.
- At the end of each practice, staff will have each group (ex. Group 1A-8A) exit the pool, put on their mask and return to their designated station.
- Once dressed, staff will instruct everyone as to when it is safe to exit the pool area.
- All participants must exit the building immediately upon leaving the pool area.

Please see diagram for NRHS Varsity Pool Flow Plan