



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA COVID-19 Return to Play Guidelines

Swim Team

YMCA Responsibilities: Practice/Meets

- Have ample alcohol-based hand sanitizer and disinfecting spray available for participants and coaches.
- Provide adequate space for appropriate social distancing.

Coaches Responsibilities: Practice/Meets

Social Distancing

- Coaches are responsible for ensuring social distancing is maintained between participants as much as possible. Recommendations include:
 - Participants should remain six feet apart when not directly participating in practices or meets.
 - Avoid close congregating of participants while receiving coaching instruction.
 - Avoid unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
 - Limit practice to 12 participants or less and make sure that each group of participants avoids mixing with other groups as much as possible.
 - Do not allow congregating groups of participants before or after practice.

Other Responsibilities

- In case of a positive case, coaches should notify Forest City YMCA program director Tony Reynolds at 641-585-5220
- Coaches should limit practice and meets to only essential personnel.
- Should a participant becomes ill during a practice or meet, they should be immediately removed from the group and isolated in their individual space. Their parent or guardian should be immediately notified.
- In case of a COVID-19 case/outbreak, coaches should refrain from discussing specifics of associated cases with others and with any media sources. Please direct any media requests to Tony at TReynolds@ForestCityYMCA.org or 641-585-5220

Sanitizing

- Coaches should promote the rigorous, frequent sanitizing/disinfecting of any shared equipment:
 - Before, during breaks, and after all practices and meets.
 - Equipment (i.e. kick boards) should be rotated into practice between groups and not shared between participants within a given practice.
 - Equipment can be soaked in the pool between uses for at least 20 minutes for sanitization.
 - Participants are encouraged to provide their own hand sanitizer and/or sanitizing wipes



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Parent/Child Responsibilities

- Participants are not allowed on deck for practice until 5 minutes before their scheduled practice time. Masks must be worn while waiting on deck for practice and social distancing maintained.
- Lockers will be assigned to swimmers this year in the Boys and Girls locker rooms. Swimmers should only use assigned lockers and should maintain social distancing at as best as possible.
- Prior to every practice and meet, check for virus signs/symptoms. Parents must not allow children to participate in any activity if they've shown virus signs or symptoms or have possibly been exposed to the virus (E.G. been exposed to somebody with the virus OR virus signs and symptoms).
 - Common signs and symptoms include: Fever (over 100.3), cough, shortness of breath, sore throat, congestion, headache, chills, muscle and/or joint pain, nausea/vomiting, loss of sense of smell and/or taste, diarrhea.
 - Any person who has experienced any of these symptoms in the previous 24 hours should not take part in practice or meets and should contact his or her primary care provider or other appropriate healthcare professional.
 - Participants should be symptom free for a minimum of 72 hours before returning to participation.
- Participants should bring, label, and use their own water bottles, towels and other personal items.
- Participants should wait in their cars with guardians until just before the beginning of a practices.
- Parents should wait in their cars or drop their children off for practices. Those with Y memberships are welcome to enjoy the facility. However, spectators will not be allowed in the pool, multi-purpose room, or racquetball area.
- Parents should provide extra hand sanitizer for their children for meets and practices.
- Additional guidelines will be posted for each meet we attend.
- In case of a positive case, parents should notify Forest City YMCA program director Tony Reynolds at 641-585-5220

Positive Exposure Procedure

- Individuals who have been exposed (15+ minutes of contact within 6 or less feet without both people wearing a properly fitting mask) to someone who tests positive should self-isolate 14 days.
- Individuals who test positive for COVID-19 infection should self quarantine for 10 days after the positive test and will be required to obtain a note from their health care provider releasing them for participation in practice and meets.