

Jersey Gators Covid-19 Plan

Mission: To provide a safe and healthy environment for swim team training and learning.

- 1) Swimmers are to have their temperature checked at home prior to trip to the pool. If a swimmer does have a temperature or any symptoms of illness they should remain home until better. Do not bring a sick swimmer to the pool as they may trigger a request for COVID-19 test and possible 14 day quarantine afterwards.
- 2) Swimmers will be temperature checked upon entry of the facility and denied entry if a high temperature exists. Their return may require Covid-19 test and 14 day quarantine. Parents should make sure their swimmer passes temperature check before departing without their swimmer. The swimmer will not be allowed to remain inside the facility if they do not pass the temperature check.
- 3) A COVID-19 questionnaire will be required of all adults and may possibly for swimmers entering the facility on a daily basis.
- 4) Swimmers must wear a face mask on facility grounds starting at fence opening and throughout the facility until swim practice begins. Swimmers must wear a face mask after practice upon drying off and remain distanced from each other at all times.
- 5) Swimmers will be required to wear a bathing suit to and from the pool facility as the locker rooms will not be available for changing and showers. Bathrooms will be available but swimmers must wear a face mask to use the bathroom. We suggest swimmers use the bathroom facility at home prior to swim practice. We may need to have each family supply a parent to monitor the bathrooms for an assigned date if this is not attainable.
- 6) Swimmers who use the bathrooms will be required to wash hands with soap and use hand sanitizer before entering the pool area.
- 7) Swimmers will be required to place their coats and swim bags on specified benches for their practice group. This will allow some additional distancing of swimmers.
- 8) Swimmers will not be allowed into the building without their membership card. This is required to maintain a history for contact tracing if necessary.

- 9) If a swimmer tests positive for COVID-19 the parent should inform Coach Lou via email at loupetro@hotmail.com or text to 973-714-8149 so that our Covid-19 response can start. Coach Lou will make the facility aware of the situation.
- 10) A swimmer who is coughing or sneezing during the practice will be expelled from practice and may require COVID-19 test and possible 14 day quarantine.
- 11) Swimmers should not be at the facility greater than 15 minutes prior to practice and should leave directly after practice.
- 12) Coaches are required to wear facemasks until swimmers are in the water. Coaches are required to wear facemasks after practice in the facility
- 13) No parents will be allowed in the facility during practice unless using the gym facility under their restrictions. No parents can be in the hallways before, during and after swim practice as that will add to the restrictions of how many swimmers can participate in the program.
- 14) No determination has been made regarding swim meets at this point. We do not expect any swim meets prior to 1/1/2021.
- 15) Swimming takes place in an alien environment. In order to build strength and prowess in the pool you must spend time honing your skills in this alien environment. Even if meets are not happening your swimmer will be getting better for when they do return.