

Beachwood Families:

After thorough and thoughtful consideration, we are planning to resume modified programming on Monday July 6th for our High School(level 5) and Middle School(level 4) swimmers only. In accordance with current state/local requirements, USA Swimming guidelines, and with the help of numerous healthcare professionals, our staff has established an initial schedule and safety expectations for our return to the pool. We have been encouraged by epidemiologists to take a conservative approach to resuming swimming activities.

We also understand that not all families currently feel comfortable returning to swim practice. While your participation is welcome, we understand and support any decisions to postpone your return to the water. Each family should do what they feel in their best interest.

We envision this to be a multi-phase process as we introduce our members back to the pool. The plan we are sharing today will be Phase 1 of our re-entry procedures. We will not put a timeline on when we will proceed to Phase 2. Instead, we will evaluate the safety and effectiveness of Phase 1 accordingly and use this information to develop Phase 2.

As mentioned, our initial plans will include our level 4 and 5 groups only. We have chosen this strategy for multiple reasons. First, we feel they are capable of socially distancing better than our Age Group athletes and safety is our primary goal. Second, we would like to keep total facility usage low as we all learn how best to manage operations where social distancing is key. Finally, the Age Group athlete(s) can return to peak training faster than their High School teammates. Simply put, there is no need to rush introducing the Age Group team and they will be included in future phases of reentry. It must be emphasized that there will be no exceptions made during Phase 1. Thank you in advance for your understanding and cooperation.

Our plan to reintroduce athletes to the water depends on everyone's (athletes, parents, and staff) cooperation and adherence to safety protocols. We expect everyone in the Beachwood family to practice social distancing both at and away from the pool. By doing this, it shows you respect your teammates, their families, and Beachwood staff. Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in Beachwood activities may be suspended. Our staff also reserves the right to discontinue practices at any time should they feel safety expectations are not being met.

Athletes will remain in the training group they were in prior to suspension of practices in March. The coaches will address group promotion at the appropriate time. In our professional opinion, we feel it is currently most important for the athletes to have familiarity with their group and surroundings. Introductions to new groups will only create unneeded stress and we will deal with group promotions in time.

SAFETY EXPECTATIONS

- Swimmers may not carpool in groups unless you have been quarantined together. When parking, cars must leave a minimum of one space between each other.
- Athletes will only be permitted to enter the building 5 minutes before their scheduled practice. If they arrive early, they must wait in their car until the appropriate time to enter the building.
- Athletes must leave the pool immediately at the completion of any practice through the exit door near the double doors on the pool deck that face the parking lot. Swimmers may not wait for their rides after practices so parents will need to be in the parking lot waiting. We understand that some swimmers will walk or ride their bikes home.
- Parents/spectators will not be allowed in the building at any time and are expected to practice social distancing when waiting for their swimmer(s). We will re-evaluate our procedures after a couple weeks.
- Please use the lobby to enter the pool. Swimmers will have their temperature taken before entering the locker rooms. Parents will need to wait until the swimmer has been evaluated by the monitor before leaving the parking lot. If their temperature is above 100.4 they will need to go home. If a line begins to form upon entering the lobby, all swimmers will be required to stand in line on the designated spots and remain 6 feet apart. Most doors/gates to the facility may be propped open to limit contact with surfaces.
- Athletes need to be prepared to arrive and depart in their suits.
- Restroom breaks will be limited to the single use restrooms located in the middle of our pool. The restrooms are single use and swimmers must ask coaches before use.
- Athletes will leave their personal belongings to ensure social distancing on the deck in designated spots near their designated lanes for each practice. Once athletes enter the building, they will go immediately to their spot and await instructions from their coach. Workouts may be printed at the end of each lane for swimmers to follow.
- Athletes should bring their own water bottles (already filled). Use of the water fountains at the facility will be prohibited.
- Athletes will not be permitted to store their equipment bags at Beachwood once practices begin. They must take them home after each practice. Swimmers will only be allowed to use their own equipment. Kickboards, pull buoys and goggles will not be passed out for their use. All equipment can be purchased here,

http://www.beachwoodbisonswimclub.com/Apparel_Equipment.html

- Beachwood staff will be wearing PPE masks throughout Phase 1. Everyone entering the building at Beachwood will do the same. Swimmers will enter and leave practices wearing a mask.
- Athletes will swim with a maximum of two (2) athletes per lane, starting from opposite ends of the pool. Please note that in some cases, we will be able to swim one (1) athlete per lane, also starting from opposite ends of the pool. Practices will be assigned with lanes and grid spaces on deck for each swimmer. Swimmers may not arrive late to practice or switch times. Practice details will be emailed out soon and will be split into 3 groups of 12 between 3-7pm Mon-Thur and Fri Noon-3pm. Please email Brad with any special circumstances, beburget@gmail.com.
- Any athlete or staff experiencing any symptoms of a fever (100.4°F or higher), recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment. If any athlete or staff does have a fever or symptoms of illnesses, they may not attend a practice until 14 days after the fever or symptoms have ceased unless approved by your physician. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- A Health Survey will be sent out for swimmers and staff to fill out prior to their first practice and/or they will be asked while being assessed before entering the lobby.
- For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are away from the pool as well.
- Athletes and families who travel by air, or to an area deemed high risk by the staff, will need to self-isolate for 14 days before returning to practice.
- Beachwood staff will be disinfecting the bathrooms throughout the day and we will provide disinfecting wipes inside the restrooms as well. Additionally, we will be fogging the high use areas nightly at closing with an approved disinfectant.

POSITIVE TEST PROCEDURE

Should someone test positive in our membership the following measures will take place:

1. The individual should let the staff know immediately.
2. The individual or individuals swimming on either side of that athlete will be expected to self-quarantine for 14 day and/or receive a negative COVID-19 Test [we will be

assigning lanes for all practices so we are clear what athletes may be impacted by this].

3. The facility will be shut down for no less than 24 hours to deep clean.

Best Regards,

Beachwood Bison Swim Club and Beachwood City School District.

PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES BELOW REGARDING COVID- 19 VIRUS:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



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INFECTION PREVENTION RECOMMENDATIONS



Stay more than 6 feet away from people who appear sick

Avoid touching your face



Frequently wash your hands for 20 seconds with soap and water or using alcohol-based hand sanitizer with a minimum of 60% alcohol if your hands aren't soiled



Cover your mouth and nose with tissue when coughing or sneezing, dispose of tissue in the trash, and wash your hands or use hand sanitizer after coughing or sneezing



Frequently clean commonly touched surfaces (ie: doorknobs, keyboards) with antiseptic cleanser



Wear a facemask when you are outside of your home or if you have symptoms of a respiratory illness such as a cough, runny nose, or shortness of breath



Stay home if you are sick and call your healthcare provider for further recommendations



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Signs and Symptoms of COVID-19

Most Common Symptoms



Fever
(> 100.4)



Cough



Shortness
of breath

Less Common Symptoms



Sore throat
Congestion



Headache
Chills



Muscle and
Joint Pain



Nausea or
Vomiting



Loss of sense
of Smell



Diarrhea



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SELF-MONITORING INSTRUCTIONS

Twice daily, check for the following signs or symptoms of respiratory infection:



Fever
(> 100.4)



Cough



Shortness of
breath

Other symptoms to pay attention to include:

Sore throat

Congestion

Headache

Muscle and Joint Pain

Chills

Nausea or Vomiting

Diarrhea

Loss of Sense of Smell



If you develop any of these symptoms, please contact your healthcare provider to discuss how to proceed.