

## COVID Precautions/Recommendations

### LATEST GUIDANCE FROM CT ON YOUTH SPORTS

- Prior to the start of the season:
  - Each club should establish in-person meet guidelines (these can be adapted as situations change) - These are some suggestions:
    - Will your club management cap the number of athletes/visitors?
      - If overcrowding is a concern, consider the options:
        - Splitting the meet in half by age groups 10&Under/11&up or girls/boys (should be mutually agreed by Swim Chairs)
    - Utilize alternative areas (tent in parking lot) to distance swimmers & spectators
    - Develop club specific spectator guidelines (# allowed/family)
      - E.g. Consider only allowing spectators that are volunteering.
      - If completing the majority of your lineup in Swimmingly, parents will receive a push notification 3 heats prior to their child's event (allow only those parents on deck)
- Prior to the Meet/Game:
  - Host Club Swim Chair should share their COVID meet guidelines with the visiting team at least 3 days prior to the meet
    - The number of swimmers/divers each club will allow at each meet
    - Spectator limitations
    - Rules regarding snacks/drinking/open snack bar
    - Seating arrangement for children/spectators for your club (e.g. one side host, other side visiting)
    - Direct athletes/family to follow the latest CDC, state and local guidelines. Stay home if they are experiencing symptoms of COVID or have been in direct contact with an individual who has tested positive
- At the Meet/Game:
  - Do not let swimmers into the facility until divers have cleared the deck and any necessary sanitation is completed.
  - Provide sanitizing station including extra disposable masks, hand sanitizer, thermometer (perhaps at athlete check in/# station?)
  - Set up Social Distancing markers
    - Behind blocks/boards - only one heat lined up behind timers.
      - The end of the pool should have no more than four people (two timers, swimmer on block, swimmer in next heat)
    - Consider social distancing markers for athletes/spectators at 3 foot intervals (wearing masks)
  - For water polo - consider expanding the bench area to allow for distancing
  - Locker Rooms
    - Locker rooms are for emergency bathroom use only.
    - Swimmers should come to the meet in their bathing suits and leave without changing.
  - If an athlete, spectator, coach or volunteer develops symptoms during the meet

- Isolate the individual (contact guardian if needed) until they are able to leave the club
  - Instruct them to contact their local health provider
- Masks (as of 5/19/21)
  - Encourage use by athletes and spectators when social distancing can not take place
- After the Meet/Game: Contact Tracing
  - In the event of a positive case, this protocol will be enacted
    - Infected individual (or guardian of individual) should immediately alert their LHD to begin contact tracing
      - Provide LHD contact tracer email of FCSL COVID Officer (email TBD) if attended a meet/game within determined infectious time period (2 days prior to symptom onset)
        - Clubs must have up to date rosters with contact information and meet results in Swimmingly or provided to FCSL
      - Officer will work with LHD (confidential/HIPPA compliance) on necessary next steps