

## Swimming COVID-19 Protocol

The main purpose of Lincoln International Academy is to guarantee that COVID-19 prevention measures are in place in order to keep student-athletes, coaches, and parents safe during training sessions.

Having said the above, it is important to mention that based on information provided by the International Swimming Federation (FINA), as well as by studies made by several university medical centers tells us that the use of chlorine in pools has shown to be effective against COVID-19.

The Center for Disease Control (CDC) and the National Federation of High Schools (NFHS) also indicate that swimming is a low risk sport since it involves no direct physical contact among participants or coaches; therefore, the required physical distance can be put in practice more effectively throughout training sessions.

Next are procedures for student-athletes, coaches and parents for this returning phase to swimming training.

### Student-athletes

- Stay home if not feeling well or have COVID-19 related symptoms and immediately inform the school about it.
- Wear a one piece suit (girls), swimming shorts (boys) crocs, goggles, sunblock, swim cap and a towel. No additional items will be allowed.
- Follow the instructions given by teachers and coaches when changing to go to the pool to make sure they are not in crowds or in situations that may put their health at risk.
- Varsity team student-athletes begin training at 3:00 p.m. They must use the one-hour period between the end of school and the beginning of training to safely use the changing rooms and bathrooms.

- Wait for training session to start in order. Students who are not training will not be allowed in the sports facilities.
- Wear a facemask all the time except for swimming.
- Bring additional facemasks in case you need to change the one you are wearing.
- Bring at least two water bottles for each training session properly labeled with your name. Drinking directly from water fountains or sharing water bottles is not allowed.
- Place belongings at least six feet away from each other.
- Wait for the coach to give instructions to get into the pool
- Shower before going into the pool and wash hands before and after using training equipment, during breaks and at the end of the session.
- Place training equipment at the designated spot at least six feet away from each other.
- During this phase, only one swimmer per lane will be allowed.
- Wear facemasks when not in the water, during breaks, talks with coaches or team meetings.
- Shower at the end of the training session..
- Not to pick up equipment at the end of the training session.
- Remain at the safe distance of six feet as required.
- If in need of using restrooms, follow the no more than two people at a time rule
- Leave the premises as soon as training session is over making sure all personal belongings are with you.
- Follow all COVID -19 indications given by the Athletics Department
- Follow all safety regulations established at swimming events. Violators will not be allowed to participate in the competition and may be removed from the team..
- Student-athletes cannot high five, shake hands or hug.

- COVID-19 is a very serious disease. Student-athletes who joke about it and who do not respect the regulations in this protocol will be removed from the team immediately.
- If a student-athlete is sick during training, he/she will be removed from training and will be sent to the COVID-19 room in the LIA clinic.
- These procedures will be updated as needed throughout the sports season.
- **Procedures for Coaches**
- Coaches must be at school 30 minutes before the beginning of the training session to be ready to receive student-athletes at their area of training. They must check at Gate A and follow the access to campus health protocol
- Daily verify pool water has been treated as indicated in log.
- The pool area has a pedal sink, soap, paper towel, and alcohol dispensers which must be used frequently throughout the session.
- Sanitize training equipment before and after each training session using the appropriate disinfectant,
- Hold all activities such as training sessions, meetings, talks, etc., outdoors.
- Wear facemasks all the time if not in the water and keep a safe six-foot-distance from others.
- Check with student-athletes if they have had a fever in the past 24 hours or if anyone in their household has had any COVID-19 related symptoms.
- Check that swimmers have two water bottles for the training session properly labeled with their names.
- Place cone markers in the training area at a safe six-foot- distance each. One swimmer per cone marker is allowed.
- Not to hug, shake hands or high five student-athletes. Acknowledgements for a good job must be done verbally or by applauding.
- Avoid touching the training equipment as much as possible.
- Make sure swimmers do not collect training equipment at the end of session

- Make sure swimmers have all their belongings with them at the end of the training session.
- Take the swimmers to the pick-up area making sure they keep physical distance and leave right away.

### **Procedures for Parents**

- Check their children body temperature on a daily basis before they come to school.
- No to bring their children to school or training if they are sick and inform the school about it.
- Make sure their children bring two bottles of water properly labeled with their names for each training session.
- Pick up their children at the designated time since social gatherings are not allowed.
- Be patient as they wait for their children to be delivered to them. Parents are not allowed into the sports facilities. They must remain in their vehicles all the time.
- Make sure their children get cleaned up/shower once they get home.

The school does all in its reach to guarantee that the best prevention and safety conditions are in place at our facilities. Therefore, and because of COVID-19, we urge parents, coaches and student-athletes to agree with the procedures in this health protocol by sending an email to the school or they will not be allowed to participate in our after school activities.

Sincerely,  
Athletics Department