



Diving is a safe activity and does not require direct contact between teammates or coach members and social distancing can be maintained throughout a practice.

The following document is a recommendation to be considered when returning to training. These are not insurance requirements. USA Diving insurance will continue to operate under the same standards it previously did prior to facilities closing due to the COVID-19 pandemic. USA Diving members will still need to abide by their facility regulations as well as all local, state, and federal government mandates. We know with collaboration between USA Diving coach members, public health officials and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives.

Please remember all Safe Sport and MAAP policies must also be followed.

COVID-19 Return to Practice Plan:

Each team/club should have a COVID-19 plan and a liaison responsible for staying up to date on community and state recommendations and any associated changes.

Plans should include (not inclusive):

- staffing protocol
- the structure of the practice
- social distancing protocols
- the flow of how to safely enter and exit the facility
- the flow during practice
- facility cleaning and disinfecting
- use of personal protective equipment (PPE)
- communication between other user groups using the facility
- communication plan for parents
- providing drawings, posted signs and other visual aids explaining the plan is always beneficial

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

These symptoms may appear **2-14 days after exposure to the virus:**

- Fever (greater than 38 degrees C or 100.4 degrees F)
- Cough
- Shortness of breath or difficulty breathing.
- Chills
- Repeated shaking with chills
- Muscle and/or Body aches or pain (different from muscle pain following activity)

- Headache
- Sore throat
- New loss of taste or smell

Return to practice should follow the recommendation of the family health care provider and public health. Current recommendation is that self-isolation should continue for 10 days from when symptoms first appeared and at least 24 hours with fever free without use of fever reducing medication, but all symptoms must be resolved prior to return to activity. If diagnosed with COVID-19, a note from the individual family healthcare provider is required for return to training. In athletes, this may include a physical exam prior to return with cardiac evaluation.

If you test positive for COVID-19 and are asymptomatic, self-isolation should continue for 10 days following the positive test as long as no symptoms develop. However, you should consult with your health care provider for further recommendations.

Aquatics Venues:

There is no evidence that COVID-19 can be spread to humans through the use of recreational waters.

For more information about COVID-19 considerations for aquatics venues, please visit [CDC Considerations for Aquatics Venues webpage](#).

For additional health information, please check with your state and local health department websites for current updates on policies for your specific areas.

COVID-19 Symptom Assessment:

Symptoms **MUST** be monitored daily

Prior to each practice each athlete, coach and staff should be asked if they feel ill in any way, if anyone in their house is ill, or if they have any specific symptoms identified by the CDC. In addition to the questions, a pre-practice temperature check must occur. This will allow all staff, coaches, and athletes to pause and self-assess for symptoms and attest they are free of symptoms.

If symptoms are present, that individual will not be allowed to enter the training facility and should remain home following self-quarantine practices. Seek medical attention if warranted. If an athlete/coach/staff has had a COVID-19 diagnosis, they need a note from their health care provider to return to participation.

SAFE DIVING Recommendations:

- No COVID-19 symptoms in the past 14 days
- No contact with someone that has tested positive in the past 14 days
- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or, use a hand sanitizer if soap and water are not readily available before going to the pool.
- Do not attend practice if you, or a member of your household does not feel well.
- No carpooling to practice

- Arrive as close as possible to when activity begins
- Cloth masks should be worn into/out of the facility and in public spaces
- Do not use the locker room or changing area. > Shower at home, wear your suit to and from practice
- Bring a full water bottle to avoid touching a tap or water fountain handle. No sharing of water bottles.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid sharing food, drinks, or towels
- Avoid touching your face.
- Chamois should be washed following each practice and not thrown on the pool deck
- Avoid touching gates, fences, benches, etc. if you can.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Coaches should consider using masks during practice and should establish a 6-foot coaching box to maintain social distancing
- Always have hand sanitizer available and in many locations
- The smaller the groups, the better. > Please follow state and local guidelines.
- Do not share equipment.
- Follow directions for spacing and stay at least six feet apart from others both in dry land and in the pool
- Trampoline, harness, dry boards, dryland mats all should be cleaned between each participant and each use
- Use of weight room with cleaning of equipment between each individual use
- Dry boards and foam pits may be used if cleanliness of the foam can be ensured
- Maintain appropriate social distancing from other athletes when taking a break.
- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- No extra-curricular or social activity should take place. > No congregation after diving
- Rigorous and frequent cleaning schedule before, during and after practice of all high touch surfaces (i.e. mats, handrails, pool decks, warm up and cool down equipment etc.) should be cleaned with appropriate disinfectant

Expectations for Training Recommendations:

- As we return to action, we must consider injury and progressive return.
- At-home workouts must be simple, low impact and low risk. Return to the pool should build off the at home dryland workouts.
- Must emphasize movement quality, not the quantity of exercise; proper movement is key.
- Social distancing will need to be accounted for in practice planning.
- Limit group sizes and stagger sessions.
- Most injuries occur early in the season, so do not rush deconditioned athletes back to full practice, or competition.
- Increase activities by 10% each week upon return.
- Focus should be on a healthy environment, quality experience, progressive training, and safety.
- No expectations for competing.
- Coach members should use downtime to ensure all safety skills are up to date: complete sport safety, concussion training, etc.

For additional information please visit www.aquatics-coalition.org

Acknowledgement:

We would like to thank the multitude of individuals who provided their feedback and insight when creating this document. It went through a significant evolution from its initial conception to final draft. Without the help of these individuals, this document would have been lacking indeed. We are sure this document will continue to receive feedback, and as a living document, we will continue to update based upon this feedback and new information as it becomes available. We would like to thank people in advance for their thoughtful guidance on continuing to improve this document.

Facility Diagrams and Program Plans:

There are many different pool designs with many different diving area configurations. The following are example programming model layouts that promote “social distancing”. These were designed by a USA Diving member club and are currently in use in their program.



