

COVID-19: USA Artistic Swim Guidance on Safe Return

The purpose of this document is to compile and summarize pertinent information to support safe and appropriate swim practices for participants during the expected transition period back to regular swim activity. **The information included is to be applied in accordance with facility mandated rules and recommendations as well as the latest local, state, and federal guidelines related to the containment and prevention of COVID-19.** It is also important to note that the overall risks for participants following periods of inactivity extend beyond the scope of preventive measures against the spread of COVID-19. This document includes both COVID-19 prevention and inactivity-related guidelines and resources for swimmers upon returning to partial or full activity.

Aside from the risk of being infected by the coronavirus, possible return outcomes for participants include:

- Modified and/or condensed schedules
- Mixed levels of preparation among teammates following extended time off
- Increased risks of injury and overtraining
- Adverse weight gain, weight loss, and changes to body composition
- Slowed or interrupted progress with individual rehabilitation programs
- Facility and program challenges related to ongoing fears and social distancing

MANAGING SWIM SESSIONS:

- Adhere to social gathering and distancing policies according to local, state, and federal authorities. Limit your distance to six feet or more to other swimmers.
- Avoid contact with others, such as hand shaking and high fives.
- Group size counts should include swimmers and staff, and account for transition periods between swim sessions.
- Limit or stagger groups throughout open swim schedule and consider alternate days for various groups.
- Adhere to CDC guidelines by not touching your face.
- Wash your hands with soap and water and bring personal use hand sanitizer.
- Bring a full personal use water bottle(s) and avoid touching or using public water fountains.
- Bring tissues or a handkerchief for contained sneezing and coughing or consider wearing a mask.

DO NOT PARTICIPATE IF YOU:

- Are exhibiting any symptoms of the coronavirus: mild to severe respiratory illness with fever, coughing, difficulty breathing, or other symptoms identified by the CDC.
- Have been in contact with someone with COVID-19 in the last 14 days.