



USA Artistic Swimming (USAAS) is building a plan for our clubs and teams to use to leverage this crisis to ensure aquatic sports emerge and grow post the COVID-19 outbreak. The document below is to help clubs make the necessary steps to return to the pool safely and responsibly. All USAAS sanctions and insurance will not be valid if an event or training is held in conflict with the state and/or local government COVID 19 restriction standards.

Identify your facility, local and state requirements

- Identify an individual associated with your club to monitor your facility, local community and state recommendations on social distancing and restrictions.
 - Review your facility, state, and local governments current business plan for re-opening.
 - Monitor your state's limits and closures.
 - Who will make the decision about access to your facility?
 - What is the capacity of your facility?

Mitigating Hazards

- Eliminate the use of small spaces that prevent social distancing:
 - Locker rooms.
 - Small land training room or spaces.
- Work with your facility on how to plan for reopening:
 - Managing sanitizing and cleaning checklist.
 - Control access to the facility and spectators.
 - Increase water sanitation level – as example keep chlorine closer to 2.0 PPM.
 - Create social distancing markers along lobby and pool deck to monitor social distancing.
- Safe Practices and PPE
 - Each athlete and coach entering the facility should make sure they are not feeling any of the following symptoms:
 - Feeling ill, fever, cough, difficulty breathing.
 - Coaches should wear protective face covering during practice.
 - Avoid small spaces such as locker rooms and shower at home.

Planning Your Practice

- What is your staffing plan?
 - Number of coaches on deck and number of staff and lifeguards.
- Structuring your practice:
 - How many athletes can be in the water at one time?
 - Practice social distancing while in the water.
 - Avoid lifts and practice routines at a safe distance.
 - Can you split into smaller groups for land training and water skills?
 - Move land training outside when possible.
 - How many days a week do you need the pool?
 - Can you continue virtual training?
 - Limit workouts to 2-3 nonconsecutive days per week.
- Bring older athletes back to the pool first. They can lead by example to the younger athletes as they return to the facility.



Other Considerations

- Any member of the team who has traveled should self-isolate for 14 days before returning to practice.
- Work with facility to accommodate all teams that need access to pool training. Be flexible and work together.
- Coaches with health vulnerabilities should continue to practice social distancing and focus on virtual training.
- Communicate with parents the steps you are taking to keep their children safe.

Preparing to Swim

- Temperature checks upon arrival for all athletes and coaches is recommended.
- Wash your hands or use hand sanitizer before entering the pool. Click [here](#) for a video for proper hand washing!
- Do not share equipment. If an athlete forgets anything, they will need to use new equipment provided or sold onsite.
- Bring your own water bottle to avoid touching public water fountains and sharing.
- Do not arrive early for practice, arrive as close to start time as possible.
- Arrive ready to enter the pool to avoid the need for the locker room.
- Follow instructions for social distancing while in the water.
- Avoid physical contact.
- Leave the facility as soon as practice is finished. Be prepared to not use the locker room and leave in your suit.
- Wash your hands or use hand sanitizer after leaving the facility.
- Avoid multiple family carpooling.

Additional Documents

- Check list
- USOPC Return to Training Information:
 - Mass Gathering Risk Assessment Tool
 - Return to Training Considerations
 - Sport Event Planning Considerations
- [CDC – Cleaning and Disinfecting your Facility](#)
- [CDC – Reopening Guidance for Cleaning and Disinfecting](#)
- [EPA – Frequent Questions about Disinfectants and Coronavirus](#)
- [OSHA – Guidance on Preparing Workplaces for COVID-19](#)



	Public health authorities allow small group activities in training facilities. Adhere to social gathering and distancing policies at your facility, according to state, local and federal authorities.
	No sign or symptoms of COVID-19 for all participating in practice. Anyone who has experienced a symptom in the last 14 days should not attend practice.
	Facility is prepared to open and has signage and markings to enforce safe social distancing.
	Facility has proper hand washing and hand sanitizer stations available for users.
	Limit the number of participants in each practice. Group size should include both athletes, staff and account for transition periods between sessions.
	Have the guidelines for safe social distancing while practicing in the pool.
	Have the guidelines for safe social distancing for dry land practice.
	Proper PPE is available for coaches.
	Each athlete has their own equipment and no equipment sharing is needed. Have a space available for bags to be dropped. Limit the amount of equipment brought in by each athlete.
Safety Checklist	
	Facility is cleaned and inspected daily. Facility has hand washing and hand sanitizing stations easily accessible to all who enter the facility.
	Temperature checks are suggested for anyone entering the facility.
	Proper PPE is required to enter the facility.
	All surfaces are cleaned at least two times a day – floors, walls, doors, bleachers, desks, equipment, and locker rooms.
	Facility is maintaining proper pool chemical levels.
	Identify high traffic areas of the facility that may need to be disinfected more frequently.
	Clearly identify entry and exit points of the facility.
	Post physical distancing signage at the entrance of the facility. Mark floors for standing in lines.