



## CAC RE-OPENING AND USE PLAN

Indy Aquatics Masters:

After thorough and thoughtful consideration and consultation with other swim schools and health professionals, we are ready for your return to Carmel High School. In accordance with current state/local requirements, our staff has established safety guidelines and an initial schedule for our return to the pool. The objective of this plan is to keep all of our participants, families, and staff healthy and safe as we transition back to our aquatics programming.

We look forward to having you back in the pool with us. In order to ensure everyone's safety, we have set the following policies and procedures. It must be emphasized that there will be no exceptions to these guidelines. Thank you in advance for your understanding and cooperation.

### PREPARING TO SWIM - Protect Against Infections:

- Do not come to the pool if you, your child, or a member of your house hold does not feel well.
- Should a participant or staff member exhibit symptoms consistent with COVID-19 or be diagnosed with COVID-19, they must see a physician and be cleared before returning to the pool.
- Any participants or staff who feel ill in any way, or have any of the following symptoms: subjective fever or actual fever (greater than 99.5 degrees Fahrenheit), cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell, diarrhea, known close contact with a person who is lab-confirmed, suspected, or under medical evaluation pending results for to have COVID-19 should stay home.
- Wash your hands with 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. Showering is best. Come to swim class clean.
- All participants and guardians will be screened prior to entering the facility area by an IAM coach. All who enter the facility will need to attest to a Wellness Affirmation. Have you had a cough or fever or been sick in any way? Have you had a high risk exposure to COVID-19 (in the last 14 days at less than six feet without a mask to a person known to have or be under medical investigation for COVID-19?) An IAM coach will ask those who enter health and risk questions prior to facility entry. The coach will immediately send home those participants who report feeling ill, who are experiencing symptoms, or who had a high risk exposure to COVID-19.
  - o Maintain social distancing on entry and exit and please avoid lines and congregating at entry and exit.
  - o Participants or staff members who begin to cough or sneeze for any reason, must move away from others until coughing/ sneezing dissipates.
  - o If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- The use of Carmel Aquatics Center equipment (ie. Kickboards) will not be allowed. Please bring your own.
- Arrive as close as possible to when your practice begins. Participants may enter the pool area five minutes prior to their practice start time and will enter in a socially distant manner.
  - o Do not bring anyone with you that is not swimming.



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- Avoid touching gates, fences, benches, etc. if you can. If you do touch any surfaces, please wash or sanitize your hands.
- CAC and IAM staff will:
  - Wear face coverings even in the water.
  - Maintain six-foot spacing with swimmers as much as possible.
- All IAM participants must sign a Carmel Swim Club Hold Harmless Waiver before participating.

### AS YOU ARRIVE

- You will not be able to enter the pool area until 5 minutes prior to the practice starting.
  - You will enter through the lobby doors by the vending machines.
- All swimmers and coaches are required to wear a mask as they enter the building.
- Coaches are required to keep their face masks on while coaching the practice.
- Swimmers should arrive in their swimsuits. There will be NO changing in the bathrooms or locker rooms at the facility.
- When you arrive, each swimmer should place their things in one of the designated blue squares already on the pool deck.
- Swimmers should NOT enter the water until the coach is ready to start practice.
- IAM Coaches are required to take daily attendance of swimmers and know which lanes each swimmer is swimming.

### AFTER YOUR SWIM

- Swimmers are asked to leave immediately after practices have concluded.
- There will be NO extra time after practice for a longer cool down.
- Do not use the locker room or changing area.
  - Shower at home, wear your suit to and from the pool.
- No extra-curricular or social activity should take place at the conclusion of IAM practice at the Carmel Aquatics Center.
  - No congregation after swimming.
- Swimmers and IAM coaches are required to wear masks as they exit the pool area.
- All swimmers and coaches are required to exit through the doors at the end of the pool (down by the deep end).
- IAM coaches must stay on the pool deck until ALL IAM swimmers have left the pool area.

### PROCEDURE IN CASE OF POSITIVE COVID19 TEST

1. The individual should let IAM staff know immediately.
2. IAM staff should notify the Aquatics Director shortly after.
3. The individual and individuals swimming near will be expected to self-quarantine for 14 days and/or receive a negative COVID-19 test.



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Your positivity and flexibility at this time will be key. How you speak about the Carmel Aquatics Center on social media, to your friends, and to your family will decide our future. Thank you for understanding and supporting our mission to teach excellence through swimming, for life.

Sincerely,

CAC Staff