

MCSL COVID-19 Policy and Procedure¹

POLICY

MCSL teams (“Team”) operating swim team practices under the terms of the 6-athlete per lane waiver granted to MCSL teams by Montgomery County Department of Health will implement appropriate safeguards and require athletes, coaches, and families to comply with certain obligations to reduce the risk of COVID-19 transmission between and among its athletes, coaches, and their families.

GENERAL OPERATING PROCEDURES

PPE requirements

- All coaches will wear face coverings/masks that cover their nose, mouth, and chin (“Mask”)² when entering/exiting any area, including pool lanes and contiguous pool decking, being utilized for MCSL practices (“MCSL Practice Area”) and during all practices.
- All athletes will wear Masks when entering/exiting the MCSL Practice Area and while at practices, except that Masks may not be worn in the water and shall be taken off only right before aquatic activity begins.
- Any other individual who is permitted / required to be at a swim practice also shall be required to wear a Mask at all times when entering/exiting the MCSL Practice Area and during any such practice.

Social distancing requirements

- Athletes, coaches, and any other individual permitted/required to be at any practice must maintain 6 feet of distance at all times.

¹ This Policy and Procedure must be implemented and compliance monitored by any MCSL team operating its swim team practices and/or meets under the terms of the 6-athlete per lane waiver granted to MCSL teams by Montgomery County Department of Health.

² Please note that neck gaiters and open triangle bandanas are not permitted as face coverings/masks for purposes of this Policy and Procedure for any individual who is required to wear such face covering/mask.

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- There will be a designated break in between each practice group to ensure that there is appropriate spacing for social distancing and to minimize interactions between practice groups.

Waiver

- Team must obtain and maintain a COVID-19 waiver from each athlete during registration and before any athlete participates in any MCSL practice. The waiver must provide a summary and assumption of the risks associated with COVID-19 and participating in the MCSL.

Coach and Team Representative Training

- At least one coach and one team representative from each team shall attend the MCSL training on this Policy in order to be eligible for any waiver granted by the Montgomery County Department of Health.

Athlete Check-in and Practice Procedures

- Athletes will only be permitted to line up outside the MCSL Practice Area 10 minutes before their scheduled practice time and must, in accordance with the PPE and social distancing requirements set forth above, be wearing a Mask and maintaining at least 6 feet of distance.
- Parents/spectators or other third parties will NOT be allowed in the MCSL Practice Area at any time during swim practice unless they are a Coach, Team Representative, or assigned volunteer.
- Athletes must arrive and depart in their swimsuit and will not be permitted to use the locker rooms to change or shower either before or after practice.
- Athletes must bring their own water bottle (already filled and clearly labeled with their name) and any other equipment required by their coach.
- Prior to entering the facility and MCSL Practice Area:
 - Athletes must have their temperature taken prior to arriving and may not attend if their temperature is 100.4 or above.
- When entering the MCSL Practice Area:
 - All athletes whose temperature is lower than 100.4 and allowed to practice will receive a bag and lane assignment and shall proceed immediately to their assigned bag location and remain there until a coach instructs them to proceed to their assigned lane location.

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- Once all athletes have checked in and are ready at their designated spot, coaches will instruct athletes to enter the designated lane at the designated location.
 - Athletes shall be assigned start/finish positions in an assigned lane (not to exceed 6 athletes per lane) to ensure appropriate social distancing while swimming and between sets. (i.e., Athletes in the same lane may never be at the wall at the same time or congregated near each other at any other place in the pool.)
 - In each lane, athletes shall be positioned as follows and may only start and stop swimming at their assigned location:
 - Athlete 1: Wall of pool end 1 (“Group 1”)
 - Athlete 2: Flags closest to pool end 1 (“Group 2”)
 - Athlete 3: 15m lane line marker closest to pool end 1 (“Group 3”)
 - Athlete 4: Wall of pool end 2 (“Group 4”)
 - Athlete 5: Flags closest to pool end 2 (“Group 5”)
 - Athlete 6: 15m lane line marker closest to pool end 2 (“Group 6”)
 - Athletes shall enter the pool in the following order and no group may proceed into the pool until the group prior to it has entered the water and is in their assigned position: Group 3, Group 6, Group 2, Group 5, Group 1, Group 4.
 - Athletes shall be required to start and stop each set only at one of the 6 assigned positions.

Athlete Dismissal

- At the conclusion of the practice, all athletes will be excused and shall exit the pool in the following order with no group exiting until the group prior to it has exited the water and has put Masks back on: Group 4, Group 1, Group 5, Group 2, Group 6, Group 3.
- All athletes will put on a Mask while drying off and dressing.
- Athletes will not be permitted to change in the locker rooms and may not remove bathing suits while on the pool deck and must exit the MCSL Practice Area wearing their bathing suit.

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- Athletes will be excused out of the MCSL Practice Area for pick up at the facility exit or move to other areas of the facility not designated for MCSL practice.

Meets

- Athletes, coaches, team representatives, and any assigned volunteers shall follow all policies, procedures, and protocols that will be set forth in the 2021 MCSL Meet Guidelines that will be forthcoming.

ILLNESS, POTENTIAL OR ACTUAL COVID-19 EXPOSURE, AND POSITIVE TEST PROTOCOL

Practice Attendance Criteria

- If an athlete or coach is experiencing any symptoms of an illness, including, but not limited to, fever, cough, unusual fatigue, headache, nausea, or loss of taste or smell, the coach or athlete may not attend practice or meet.
- If an athlete or coach is experiencing any symptoms related to COVID-19, the athlete or coach may not attend practice or a meet and may not return until 24 hours after the symptoms have ceased and they have obtained a negative COVID-19 test result.
- If an athlete or coach tests positive for COVID-19, the coach or athlete shall quarantine and not return to practice or meet for 10 days following the positive test result or until 24 hours after symptoms have ceased, whichever is later.
- If an athlete or coach has been identified as a close contact of anyone who has tested positive for COVID-19, the athlete or coach must follow then current federal, state, and/or county guidelines regarding quarantine and testing requirements.

Impact of a Positive COVID-19 test result

If an athlete, coach, or anyone residing in their home tests positive for COVID-19, or an athlete or coach has been in close contact with someone who has tested positive, an email notification must be sent to the Team Representative

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and/or Head Coach immediately upon learning of the positive test results or close contact exposure.

- If an athlete or coach tests positive for COVID-19:
 - The Team will notify the MCSL Board of Directors and the Montgomery County Department of Health. The Team will follow any guidance or recommendations of the Montgomery County Department of Health.
 - The infected athlete or coach may not return to practice, meet, or any other Team event until 10 days following the positive test result or until 24 hours after symptoms have ceased, whichever is later.

- If a member of an athlete or coach's immediate household tests positive for COVID-19:
 - The athlete or coach shall notify Team Representative and/or Head Coach and, prior to returning to practice or meet, get tested as soon as possible.
 - If the athlete or coach tests positive, the protocols for practice attendance above shall apply.
 - If the athlete or coach initially tests negative, the athlete will be treated as a close contact and must either 1) quarantine for 7 days and get tested after 5 days from the date of last exposure to any household member who may have COVID-19, or 2) quarantine for 10 days following the last close contact (and not exhibit any symptoms of illness).

- If an athlete or coach is exposed to someone who tests positive for COVID19 outside of their household or otherwise identified as a close contact:
 - The athlete or coach shall notify the Team Representative and/or Head Coach and the athlete or coach must follow then current federal, state, and/or county guidelines regarding quarantine and testing requirements.

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TRAVEL PROTOCOL

- If an athlete or coach plans to travel outside of the DMV area, the athlete or coach must follow then current quarantine and/or testing requirements required by federal, state, and/or local guidelines prior to returning to practice or meets.

FAILURE TO COMPLY

- If an athlete, coach, or their family fails to comply with the terms of this Policy and Procedure, the athlete and their family may be subject to suspension or expulsion from the Team and a coach may be subject to suspension or termination of employment.