



TEAM SOPRIS COVID 19 OPERATING PROCEDURES Rev 1-16-22

DUE TO THE EVERCHANGING COURSE OF THE COVID19 PANDEMIC, FAMILIES AND SWIMMERS SHOULD BE PREPARED TO ADJUST SAFETY PROTOCOLS TO THE TEAM SOPRIS/CITY OF GLENWOOD SPRINGS/GARFIELD COUNTY SAFETY PROTOCOLS AT ANY TIME. THESE PROCEDURES IN THIS DOCUMENT ARE WHAT IS CURRENTLY IN PLACE, CHANGES WILL BE COMMUNICATED TO ALL FAMILIES AS THEY TAKE PLACE.

PPE requirements

- Team Sopris strongly encourages non vaccinated parents, coaches, swimmers, and relatives wear masks will on deck at the community center pool.

Physical Distancing Requirements and Swimming Plan

- When possible, (indoors and outside) Swimmers and coaches will always maintain at least 6 feet distance.
- Once Swimmers enter the pool area, they will go to their specified lane location undress and await instructions from their coach.
- We believe that swimmers should avoid the locker rooms when possible. If locker rooms are used, we recommend that masks are always worn and the duration of the time in the locker room is as brief as reasonably possible.
- It is recommended swimmers store their personal belongings directly behind “their” lane for easy and quick access when practice is completed. This process is meant to ensure physical distancing.
- It is recommended that all swimmers wear masks while undressing up to the moment the swimmer enters the water. After removing a mask there should be no delay in entering the pool. We recommend that talking or socializing is limited while the mask is off the face.
 - Following practice, the process of entering the facility and the pool will be completed in reverse, with an emphasis on placing mask back on face and exiting the building as soon as reasonably possible.
- Swimming and lane Assignments:
 - The current COVID “situation” along with City and County guidelines will be used by the head coach to determine the number of swimmers allowed in the pool.
 - USA Swimming social distancing lane assignment (if recommended) examples are reviewed in determining lane assignments.

Community Center Facility Procedures

- Entrance and exit will take place through the main entrance and main desk at the community Center.
- To properly monitor attendance, each swimmer will be required to sign up for practice through Sign up Genius and swipe their Community Center Card at the scan location on the main desk.
- HOT TUB (masks required) and Locker room use is strongly discouraged and, in some cases, may not be allowed. If locker rooms must be used, we encourage mask, and the time spent in the locker room will be kept to a minimum.
- Community Center personnel clean locker rooms on a consistent and predetermined schedule

Athlete/Family Protocol

- To limit time in locker rooms, we recommend swimmers plan on arriving and departing in their swimsuit.
- Showering at the facility is discouraged, and in some situations may not be allowed. Changing should be done quickly and on deck when possible.
- Swimmers should leave the facility immediately at the completion of any practice.
- Parents are allowed on deck to speak with the coach or assist younger swimmers in arriving and preparing to leave the facility. Everyone is expected to practice physical distancing while on deck or waiting for their swimmers to exit.
- Swimmers should bring their own water bottle (already filled) and any other equipment required by their coach.
- Swimmers and coaches are asked to complete a personal daily health check, and not come to pool if showing symptoms.
- All families should have a waiver and consent form on file.
- For us all to stay healthy and be able to keep swimming, we ask our Swimmers to please practice responsible physical distancing when they are away from the pool as well.
- Should Team Sopris Board and coaches feel anyone is consistently not adhering to Safe COVID Practices, their family's participation in Team Sopris activities may be suspended.
- Criteria that must be met by athlete and anyone residing in their household to be eligible to attend practice:
 - Cannot have had contact with anyone who has tested positive for COVID-19 in the last 5 days.
 - Cannot have had a temperature over 100.4 degrees, a cough or difficulty breathing in the last 5 days.
- Any athlete or Coach experiencing any symptoms of a fever, recent cough, unusual fatigue, headache or has had any exposure to someone who has any symptoms should remain at home and seek medical treatment. Swimmers will be sent home if experiencing any health issues.
 - If any athlete or coach has a fever or symptoms of illnesses, they may not attend practice until 3-5 days after the fever or symptoms has ceased.
 - If Swimmers or coaches show symptoms of illness or test positive, Team Sopris and the Community Center must be immediately notified.
 - Swimmers and coaches must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

Exposure

- Quarantine vs. Isolation
 - You [quarantine](#) when you might have been exposed to the virus.
 - You [isolate](#) when you have been infected with the virus, even if you don't have symptoms.
- Quarantine if you have been in [close contact](#) (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been [fully vaccinated](#). People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#). However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask following exposure or until their test result is negative.

Isolation

- Isolation is used to separate people infected with COVID-19 from those who are not infected.
- People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

Positive Test Procedure

- Should someone test positive for COVID-19 within the team, the following measures will take place:
 - The individual should let the coaching staff know immediately.
 - The individual should stay home in quarantine and see a medical professional as needed.

Quarantine guidelines:

In alignment with the CDC, the CDPHE, CDE, Garfield County, and our public health providers, we have revised our Covid quarantine (when you've been exposed to Covid) and isolation (when you have symptoms or confirmed Covid) protocols. The most critical components of the new guidelines include:

- 5 days of quarantine or Isolation - since day of exposure for athletes on the team.
- Exemption from any quarantine for individuals who are asymptomatic and are:
 - 18 or older and have received all vaccine doses and boosters
 - 17 years old & younger and have completed the primary series of Covid vaccines.
 - Individuals who had confirmed COVID within the last 90 days.
- Individuals are eligible to come out of Quarantine on Day 6 when:
 - have no COVID Symptoms
 - have not had a positive COVID test during quarantine
 - Not auto immune compromised or at High Risk of severe disease
 - Always wearing a mask when outside the house
- Individuals are eligible to come out of Isolation on Day 6 when:
 - Fever free without medication for 24 hours
 - Improving with all other symptoms
 - Always wearing a mask when outside the house