



Helen P. Brown Natatorium
3301 South Calhoun Street · Fort Wayne, IN 46807

FWCS Return to Play Plan HPBNat 3.0 (Spring 2021)

The Fort Wayne Community Schools Return to Play Plan is based on and co-exists with Indiana Department of Education (IDOE), Centers for Disease Control and Prevention (CDC), Allen County Department of Health, Indiana High School Athletic Association (IHSAA) and Ellis & Associates Inc. guidance. *All guidance and this plan are subject to change as new information emerges.*

FWCS Training: All student-athletes, coaches and anyone who engages with student athletics (hereinafter participants) will be trained on COVID-19 by watching a video created by the FWCS Health and Wellness Department prior to participation.

Vulnerable Participants: Participants 65 years of age and older and those in high-risk categories should consult with their health provider prior to participation in any practice, workout, event or athletic activity (hereinafter activity) and should remain a distance greater than 6 feet from others to the greatest extent possible.

FWCS Screening Procedure:

- 1) All participants, including guest swimmers, must self-screen for COVID-19 symptoms prior to activity.
- 2) Participants must answer the following two questions:
 - a. Do you have any of the following CDC-identified symptoms of COVID-19 (this list of symptoms may be updated as CDC guidance changes):
Fever over 100.4 degrees, sore throat, shortness of breath, new or uncontrolled cough, diarrhea, nausea or vomiting, abdominal pain, severe or unexplainable headache (especially with fever), new loss of taste or smell
 - b. Have you had close contact* or cared for someone who
 - i. has exhibited symptoms of COVID-19
 - ii. tested positive for COVID-19 or
 - iii. been declared presumptively positive by a healthcare provider for COVID-19

If a participant answers “yes” to either of the questions, he/she will be restricted from participating in the activity until authorized to return. Participants who exhibit symptoms during an activity must leave immediately (go home and stay home).

*A close contact is anyone you’ve been within 6 feet for longer than 15 minutes within the past 14 days. Call for permission to return.

Returning to Participation: Participants who are excluded from an activity through the screening process outlined above should consult their physician or the Allen County Department of Health.

The FWCS Health and Wellness Department, in conjunction with the Department of Health, will provide guidance on the amount of time participants need to be removed from Natatorium usage, based on current CDC and Health Department guidance. Currently, that guidance requires exclusion of a participant for a minimum of 10 days, which will be shortened only with medical documentation.

Testing: Participants are encouraged to get testing if they have any of the symptoms identified above or close contact with anyone who has the symptoms or has tested or is presumed COVID-19 positive. Participants may find a list of free Indiana State Department of Health/Optom testing sites at <https://www.coronavirus.in.gov/2524.htm>.

Cohorts: Your team will be considered a cohort. Within the team, cohorts of 5-15 student-athletes should be established for all activities prior to participation to minimize social contact. Student-athletes should remain in the same cohort throughout the season.

Basic Expectations:

Face coverings: All participants must wear face coverings to the greatest extent possible, except as otherwise stated in IDOE and IHSAA guidance. Face coverings must fully cover both nose and mouth. Participants and staff are expected to provide their own face coverings.

- Exceptions to wearing a face covering include:
 - Children ages 7 and under, unless under parents guidance to wear on deck
 - participation in strenuous activity
 - while swimming or diving
 - pre-existing condition preventing the wearing of a mask (any such pre-existing condition(s) must be reported to the coach/athletic director/natatorium director)
- Social distancing: All participants are expected to
 - stay at least 3 feet (about two arms' length) from other people
 - not gather in groups
 - stay out of crowded places to the greatest extent possible, except as otherwise stated in IDOE, IHSAA and Ellis & Associates guidance. *Face coverings are not a substitute for social distancing.*
- Spitting is forbidden.
- No high-fives, hugging or other close-contact celebrations.
- While using athletic equipment, participants must sanitize hands and follow established cleaning measures.
- Participants should wash hands frequently. While inside HPB Natatorium, avoid frequently touched surfaces. Wash hands for at least 20 seconds or use hand sanitizer before beginning an activity and at the end of the activity. (Clean hands in; clean hands out.)

Participant Expectations:

- Prior to participation, all Natatorium users are required to sign the HPB Natatorium Assumption of Risk, Waiver and Release. (FWCS students and coaches will sign the FWCS Assumption of Risk, Waiver and Release.)
- Participant apparel (uniforms, swimsuits, etc.) and equipment must be clean and/or sanitized prior to each visit.
- Participants must not share personal equipment (goggles, swim caps, swimsuits, etc.), clothing, towels, water bottles and other individually used items.
- Participants must provide their own water, Gatorade or other beverages.

Coach Expectations

- Coaches must track student screening and attendance and report any irregularities to their athletic director or principal, who will notify the FWCS Athletics and/or Health and Wellness departments. Coaches will report to HPB Natatorium staff upon request. This information could be used for contact tracing.
- Coaches must establish and administer a routine for hand sanitation and cleaning measures for student and adult participants, before, during and after an activity.
- Coaches will prohibit sharing of equipment, clothing, towels, water bottles, etc.

Sanitation and Mandatory Guidelines

- Sanitation hubs and locations will be identified with signage in the HPB Natatorium.
- Signage will be posted in all open restrooms showing proper hand-washing procedures and other measures to prevent the spread of disease, such as covering coughs and sneezes and avoiding touching the face.
- HPB Natatorium will provide more frequent cleanings to high-touch areas.
- Shared equipment, such as kick boards, pull buoys, etc., will be cleaned and sanitized by student-athletes and/or coach before, during and after being used by a cohort or team.
- Water fountains are off limits, with the exception of fountains that can be used to fill individual bottles.
- Locker rooms will be available for limited use for HS and Club teams. Restrooms and showers will be available. Public guests are asked to limit use of the locker room to 10 minutes or less per visit.
- Swimmers/Divers must shower prior to using the pool and after using the restroom.

Capacity Guidelines

Refer to the Allen County BOH color coding systems as needed.

Lifeguard Training Modifications and Expectations

Lifeguards will follow Ellis & Associates Lifeguard Training During COVID-19 2020 guidelines, which are updated as needed, to minimize risk of exposure during training.

Swim Lesson/Water Exercise Guidelines, Spring 2021

- Signs and messages will be posted for public education on ways to “stop the spread.”
- Participants may enter the building 15 minutes prior to their scheduled time.
- All participants and adults associated with participant entering the locker rooms and beyond will be required to have a signed waiver on file.
- Participants should try to arrive and leave in swim suit. When not possible, limit use of locker room to 10 minutes or less per visit.
- Wash hands for 20 seconds during trip through the locker room.
- All users, minus those listed in exceptions should wear a face covering at all times unless in pool.

- Each participant may have one adult spectator in the upstairs bleacher area watching their lesson.

Team Entry

- Teams will be allowed to enter the building up to 10 minutes prior to scheduled practice time. *No entry into the building allowed before posted time.*
- Coach must arrive and enter the building first. Swimmers or divers should be aware of the number of people in the lobby area and stagger appropriately
- All must go through the locker room and wash hands for 20 seconds.
- After washing hands, student-athletes should head immediately to the deck.
- Student-athletes must come dressed in swimsuits, as locker rooms are not available for changing.
- Each family may have one adult spectator in the upstairs bleacher area watching their practice (no spectators for meets).

Practice Management

- Coaches are responsible for tracking attendance daily, including lane use for each lane (for contact tracing as applicable).
- Coaches will run practices using all manners of social distancing possible. Refer to USA Swimming for ways to separate swimmers in lanes and utilize spacing.
- Team starts will be at staggered ends of the deck.

Dryland Training

- There will be a goal of Fall 2021 to bring back dryland training indoors.

Post-practice

- It is *strongly encouraged* for all team members to have rides set and leave the facility immediately following practice.
- If a coach and swimmer/diver must wait for a ride and there is inclement weather, there will be a designated area upstairs for each to sit, socially distanced. Total capacity of the area is 24. You must wait in this area only. Each coach must take attendance of those using the waiting area. Parents should park and text the swimmer/diver upon arrival or use the intercom outside to request the swimmer/diver be sent out by name and team. This is an emergency waiting area and should be used routinely.

Locker Rooms

- Swimmers/divers may use the locker room as a handwashing/walk-through or as a restroom/rinse off area.
- Swimmers/divers must come already in their swimsuit. Bags may be left in a designated area on deck. The HPB Natatorium is not responsible for lost or stolen items. Leave valuables at home as there will be nowhere to lock them up.
- Public swimmers will be allowed to do a quick-change in the locker room (10 minutes) and may leave their belongings in a locker (lock it) or take their belongings out to an approved bench on deck.

Meets

- Meet numbers will be limited to enable social distancing as much as possible on deck.
- Teams will be placed in cohort groups in the bleachers on deck.
- Traffic for swimmers will be one-way to the blocks and two-way to the locker rooms.
- No spectators will be allowed.

Lap/Recreational Swimming

- Lanes will be opened back up to 8 swimmers/lane. Please stay spread out as much as possible.
- Recreational swimming will be available once again. Please maintain social distancing with other recreational swimmers

Signage, Handouts and/or Waivers

Specific COVID-19 relevant warnings will be presented to patrons in the form of signs, handouts and verbal instructions. Signs or handouts may include the following:

- DO NOT enter this facility if you have a cough, fever or other symptoms of illness.
- Maintain at least six (6) feet between you and any other people who are not part of your immediate household.
- Wear a face covering when you are not actively swimming or in the pool water.
- NEVER wear a face covering while actively swimming or allow children to do so.
- NEVER dive with a face covering in place.
- The danger of contracting COVID-19 exists if you choose to enter this facility.
- You are responsible for washing your hands as well as any objects you bring into this facility.