



3-Step Return to Practice Guidelines

Southern California Swimming

May 14, 2020

General

The purpose of this document is to provide teams/clubs, coaches, athletes, officials, parents, and volunteers with information they can use to assist them with developing a Return To Practice plan in the context of COVID-19. During this time of unprecedented challenge, Southern California Swimming (SCS) is collecting news and information on how the coronavirus outbreak is impacting our sport and will continue to update these guidelines accordingly. These guidelines are designed to ensure SCS is providing the best possible guidance and oversight for our membership.

Regardless of the decision making process and information sourcing, be it Federal, State, or Local agencies, groups of all sizes returning to practice prior to Stage 3 of the California Roadmap should do so with transparency by notifying their membership and execute due diligence in developing a Return to Practice (RTP) plan. To address any potential liability issues, the following actions are recommended:

1. Individual Team/Clubs should seek their own BOD/Executive level approval to return to practice.
2. Consider obtaining legal counsel pertaining to reopening.
3. Obtain a signed a disclaimer for all swimmers returning to practice prior to stage 3.

Southern California Swimming 3-Step Return to Practice Guidelines

The SCS 3-Step RTP Guidelines provide the necessary details to create a safe and detailed RTP plan for your organization. The following Step-by-Step process includes planning, compliance, and safe practice considerations:

1. Plan & Prepare 2. Comply and Confirm 3. Proactively Practice (See Figure 1).

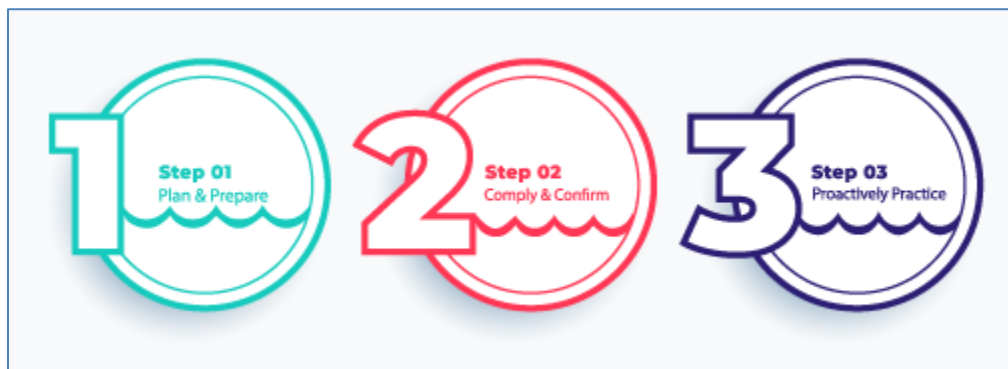


Figure 1.1 Southern California Swimming 3-Steps to Return to Practice

1. Plan & Prepare

- a. Plan: USA Swimming has published detailed instructions to assist in the development of your 'Facility Use Plan', to be shared with local public health officials and facility operators. It is important to remember that per USA Swimming, all plans must comply with local, state, and federal public health guidelines.
- b. Follow the information provided by the [USA Swimming Facility Re-Opening Message and Planning Guidelines](#) to assist in developing a plan for using your facility safely and in compliance with standards for social distancing.

- c. **Compliance Planning:** Prior to finalizing your planning in Step-1, carefully review the compliance requirements outlined in Step-2 to ensure your plan includes compliance requirements. Pay particular attention to information detailed in the California Pandemic Roadmap.
- d. **Prepare:** Upon completion of the planning process, begin to make the necessary preparations to return to practice. This involves preparing your team for the implementation of your practice plan, preparing the necessary wet/dry materials such as PPE, screening equipment such as thermometers, and masks, and coordinating with your facility to determine the requirements required for compliance in Step- 2.

2. Compliance & Confirmation (CA/NV Specific)

- a. **Compliance:** Step 2 requires that each team/club in California and Nevada create a Return to Practice Plan that is in compliance with Federal/CDC, State and Local governing directives:

California Teams/Clubs: The State of California is currently under Executive Order N-33-20. The Governor has also created a Pandemic Roadmap to reopening which is detailed below. Organizations should strive to be in compliance with each requirement prior to resuming operations.

California's Pandemic Roadmap: The State of California's Pandemic Roadmap includes two main directives required for compliance:

Roadmap 4 Stages of reopening

Stage 1: Safety and Preparedness

Stage 2: Lower Risk Workplaces

The [Governor's Report Card indicates California](#) will be prepared to move into the early phase of Stage 2 of reopening May 8. Stage 2 allows gradual reopening of lower-risk workplaces with adaptations including bookstores, clothing stores, florists and sporting goods stores, with modifications. **Note: Returning to Practice for youth sports is not included in the Stage 2 listing of lower risk workspaces.**

Stage 3: Higher Risk Workplace

Returning to Practice for youth sports is included in Stage 3.

Stage 4: End of Stay-at-Home Order

Nevada Team/Clubs: The State of Nevada remains responsible for leading the response to the COVID-19 public health crisis. Only the Governor has the authority to take the measured actions necessary to protect public health statewide by closing businesses and schools and implementing other social distancing requirements that, in effect, result in people sheltering within their homes.

Declaration of Emergency Directive 010 Stay-at-Home Order. The State of Nevada is currently under a Declaration of Emergency Stay-at-Home Order. This includes no gatherings of 10 or more people.

[Nevada United: Roadmap to Recovery Plan](#)

Phase 1: Battle Born Beginning

The State of Nevada will continue to issue statewide restrictions under which individuals and business must operate that are based on the social distancing requirements necessary to ensuring that Nevada's public healthcare system is able to respond to any surge from COVID-19. However, in line with the federally supported, state managed and locally executed response and recovery plan, going forward, county governments will be empowered to tailor specific restrictions on business and public life, as long as those restrictions do not go below the strict standards the state issues in a future emergency directive for Phase 1 and future phases.

Each county will be responsible for submitting a plan to the state, including the newly established Local Empowerment Advisory Panel (LEAP). Until that plan is submitted and approved it is unknown when and how pool facilities within the Desert Committee will resume.

- b. **Confirmation**: The final step prior in beginning practice is to confirm your course of action is in compliance with all required mandates.
- c. **Confirmation Checklist**: Use the RTP compliance checklist, Enclosure (1) to confirm compliance. This checklist can be used to communicate with local facilities and municipalities to ensure the Return to Practice meet their requirements.

3. Proactively Practice

- a. Returning to Practice in **Step-3** requires a proactive approach to ensure practices are conducted safely while maintaining social distancing protocols, and that all recommendations from [USA Swimming Facility Re-Opening Messaging and Planning](#) are being followed.
- b. Particular attention should be paid to the **SWIMMING SAFELY** recommendations, and every team should develop a plan and standards for every aspect of practice to include before and after practice:
 - i. Arrival
 - ii. Preparing to swim
 - iii. During Swim Practice
 - iv. After Swim
 - v. Departure

Enclosure (1) **RTP Compliance Checklist.**

3-Step Return to Practice Checklist			
	Completed	In Progress	Not Started
Teams/Club Coaching Staff and Facility Leadership certify that all Federal/CDC, State and local governing directives have been met. USA Swimming Facility Re-Opening Message and Planning Guidelines have been met.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Return to Practice Itemized Checklist (CA)			
Facility and Practice configuration meet the USAS Re-Opening Guidelines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Returning to Practice during CA Pandemic Roadmap Stage 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Returning to Practice during CA Pandemic Roadmap Stage 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Local Government meets the 6 Indicators to Modify Stay-at-Home Order (required to return to practice during Stage 2).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nevada Teams			
Declaration of Emergency Stay-at-Home order lifted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Returning to Practice During Phase 1 with local approval	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>