



**ATLANTIS SWIMMING CLUB  
COVID-19  
ACTION PLAN**

## **PRE-OPENING**

Prior to re-opening, all athletes must have our new RELEASE OF LIABILITY AND ASSUMPTION OF RISK – CORONAVIRUS (COVID-19) AND OTHER COMMUNICABLE ILLNESSES (FORM 1) waiver on file. The waiver is available on our website and will be emailed to all of our members.

Parents/Legal Guardians are responsible for signing and returning the form in a timely manner in order for their child to be allowed to attend practice.

All athletes who wish to participate during practice will also need to have their USA Swimming registration up to date. USA Swimming provides its registered members with insurance during their active registration period. This registration form is available on our website. Parents/Legal Guardians are responsible for signing and returning the form, with payment, in a timely manner in order for their child to be allowed to attend practice.

All of the following guidelines, developed with guidance from USA Swimming and local, state, and federal officials, will be communicated to our members via our website, email, and social media accounts.

# OPENING

## Part I: ENTERING THE POOL

### Employees:

- Staff is asked to arrive to the pool in uniform and with face masks that may be provided by ASC upon request and to wash their hands with soap or hand sanitizer for 20 seconds or longer prior to entering pool.
- Staff is asked to bring the minimum of personal items (i.e., only what is necessary) and leave the rest either at home or in their vehicle.
- Staff is asked to bring their own water bottle to avoid touching the water fountain.
- Staff is asked the following questions by a different team member on/off site:
  1. Have you been ill with fever, chills, cough, or body aches in the past 14 days?
  2. Has anyone in your household had these symptoms in the past 14 days?
  3. Have you or anyone in your household traveled internationally in the last 14 days?
  4. Have you or anyone in your household traveled to a location in the United States where an increased incidence of COVID–19 has been reported in the last 14 days?
  5. Have you been told by a healthcare provider that you should self-quarantine due to a potential COVID–19 exposure or are you suspected of having COVID–19?

If a staff member answers YES to any of the above questions, they will be asked to self-quarantine for 14 days and be cleared for work by a physician prior to returning to the pool.

- If not provided by Miami-Dade County Parks and Recreation, ASC will check staff's temperature at the front door. If their temperature is at or greater than 100 degrees, they will be asked to seek medical attention and will not be allowed in the facility.
- If not provided by Miami-Dade County Parks and Recreation, ASC will identify spots around the pool deck that are 6 feet apart for coaches to stand and limit their interaction with other coaches.

### Athletes:

- Athlete and/or parent/legal guardian is asked to pre-register for practice sessions online to limit the number of athletes in the pool.
  - a. If the athlete is not pre-registered, they will not be allowed to practice.
- Athlete and/or parent/legal guardian to wash their hands with soap or hand sanitizer for 20 seconds or longer prior to entering pool.
- Athlete and/or parent/legal guardian is asked to arrive to the pool in their swimsuit and with face mask 5 minutes prior to their practice time.

- Athlete and/or parent/legal guardian is asked to bring the minimum of personal items (i.e., only what is necessary) and leave the rest either at home or in their vehicle.
- Athlete and/or parent/legal guardian is asked to bring their own equipment as they will not be allowed to share.
- Athlete and/or parent/legal guardian is asked to bring their own water bottle to avoid touching the water fountain.
- Athlete and/or parent/legal guardian is asked to arrive as close to their practice time as possible.
- Athlete and/or parent/legal guardian is asked the following questions by a staff on/off site:
  6. Have you been ill with fever, chills, cough, or body aches in the past 14 days?
  7. Has anyone in your household had these symptoms in the past 14 days?
  8. Have you or anyone in your household traveled internationally in the last 14 days?
  9. Have you or anyone in your household traveled to a location in the United States where an increased incidence of COVID-19 has been reported in the last 14 days?
  10. Have you been told by a healthcare provider that you should self-quarantine due to a potential COVID-19 exposure or are you suspected of having COVID-19?
- If an athlete and/or their parent/legal guardian answers YES to any of the above questions, they will be asked to self-quarantine for 14 days and be cleared for training by a physician prior to returning to practice.
- If not provided by Miami-Dade County Parks and Recreation, ASC will check athlete and/or parent/legal guardian temperature at the front door. If their temperature is at or greater than 100 degrees, they will be asked to seek medical attention and will not be allowed in the facility.
- If not provided by Miami-Dade County Parks and Recreation, ASC will identify spots around the pool deck that are 6 feet apart for athlete and/or parent/legal guardian to stand and limit their interaction with others.

## **PART II: SWIMMING**

- Staff, athlete, and parent/legal guardian is asked to follow directions for spacing and maintain at least 6 feet of distance from others even during breaks.
  - Per the guidelines from Miami-Dade County Parks and Recreation, ASC will limit the number of athletes per lane as follows:
    - 1 athlete per lane OR,
    - 2 athletes per lane (1 athlete at each end of the pool) OR,
    - 3 athletes per lane (1 athlete at one end, 2 athletes at the opposite end keeping to each corner) OR,
    - 4 athletes per lane (2 athletes at each end of the pool keeping to each corner) OR,

- Any other number of athletes per lane and spacing per the guidance that may be provided by Miami-Dade County Parks and Recreation.
- Staff, athlete, and parent/legal guardian is asked to not make physical contact with others, such as shaking hands and/or giving a high five.
- Staff, athlete, and parent/legal guardian is asked to avoid touching their face as much as possible.
- Staff, athlete, and parent/legal guardian is asked to avoid sharing food, drinks, towels, equipment, etc.

### **PART III: EXITING THE POOL**

- Staff, athlete, and parent/legal guardian is asked to follow directions for spacing and leave the pool as quickly as possible following the completion of practice.
- Staff, athlete, and parent/legal guardian is asked to wash their hands with soap or hand sanitizer for 20 seconds or longer upon exiting the pool.
- Staff, athlete, and parent/legal guardian is asked to not use the locker room until it is determined by ASC and Miami-Dade County Parks and Recreation to be safe. Then, they are asked to maintain at least 6 feet distance with others and wear a mask.
- Staff, athlete, and parent/legal guardian is asked to not congregate after practice in groups of any size.



**HOME OF THE TITANS**

**Atlantis Swimming Club**

**RELEASE OF LIABILITY AND ASSUMPTION OF RISK – CORONAVIRUS (COVID-19) AND OTHER COMMUNICABLE ILLNESSES**

As a supplement to my prior general release of liability to Atlantis Swimming Club ("ASC") and in consideration of being allowed to continue to participate in the ASC program, its related events and activities, I acknowledge, appreciate, and agree that:

1. ASC trains at facilities that are open to the general public. In any public setting, there is a risk of transmission of communicable illnesses, including Coronavirus, also known as COVID-19.
2. ASC does not have scientific expertise to evaluate the risk of infection from COVID-19 or other infectious diseases, and therefore takes direction from various federal, state, and local governmental authorities. Also, the facilities in which ASC practices are owned by the Miami-Dade County Parks and Recreation ("Miami-Dade County") and other entities (Collectively, "Lessors"). The decisions to open these facilities, the terms of use and the allowed capacities are not made by ASC, but instead are made by the Lessors.
3. ASC is resuming its programs, events, and activities because its Lessors have determined that ASC may resume access under conditions they have established or have required ASC to establish.
4. In light of the foregoing, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS in the participation of ASC's programs, events, and activities, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
5. I willingly agree to comply with all rules, requests, terms and conditions established by ASC and/or its Lessors, recognizing that any rules, requests, terms or conditions are not guaranteed to prevent the spread of COVID-19 or other communicable illnesses; and
6. I willingly agree that failure to comply with such rules, requests and/or terms and conditions for participation may result in my inability to participate in the activities of the program; and
7. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE ATLANTIS SWIMMING CLUB, its Lessors, including, but not limited to, ROCKWAY SWIMMING CLUB FOUNDATION, MIAMI-DADE COUNTY PARKS AND RECREATION, and USA SWIMMING, along with ASC's and Lessors' officers, directors, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers ("Releasees"), WITH RESPECT TO ANY AND ALL ILLNESS, INJURY, DISABILITY, DEATH, or loss or damage to person or property, caused by, resulting from, or in any way related to COVID-19, or any other communicable illness, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY AGREEING.**

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE** (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Name of Parent/Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Legal Guardian

# SAMPLE POOL DECK LAYOUT DIAGRAM BY USA SWIMMING 1



## SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, ON-DECK, SIT DOWN SLIDE SETS IN CIRCLES

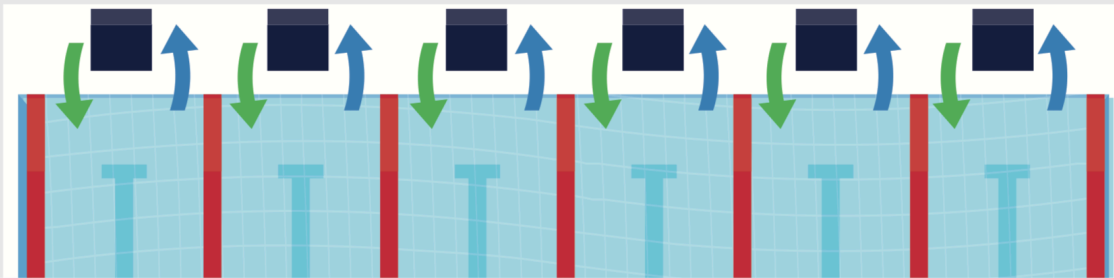
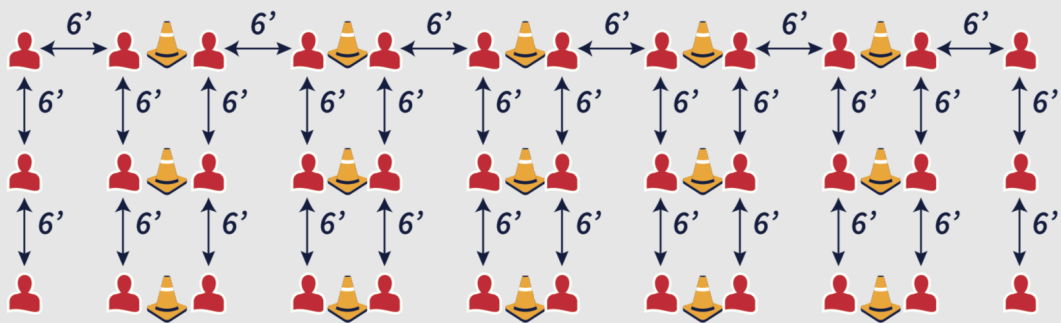
Swimmers maintain 6 feet apart. Mark deck with 2-inch wide colored duct tape.

Sit down/slide in to enter water.

End of set climb out and go to assigned spot.

The more "eyes" on deck the better.

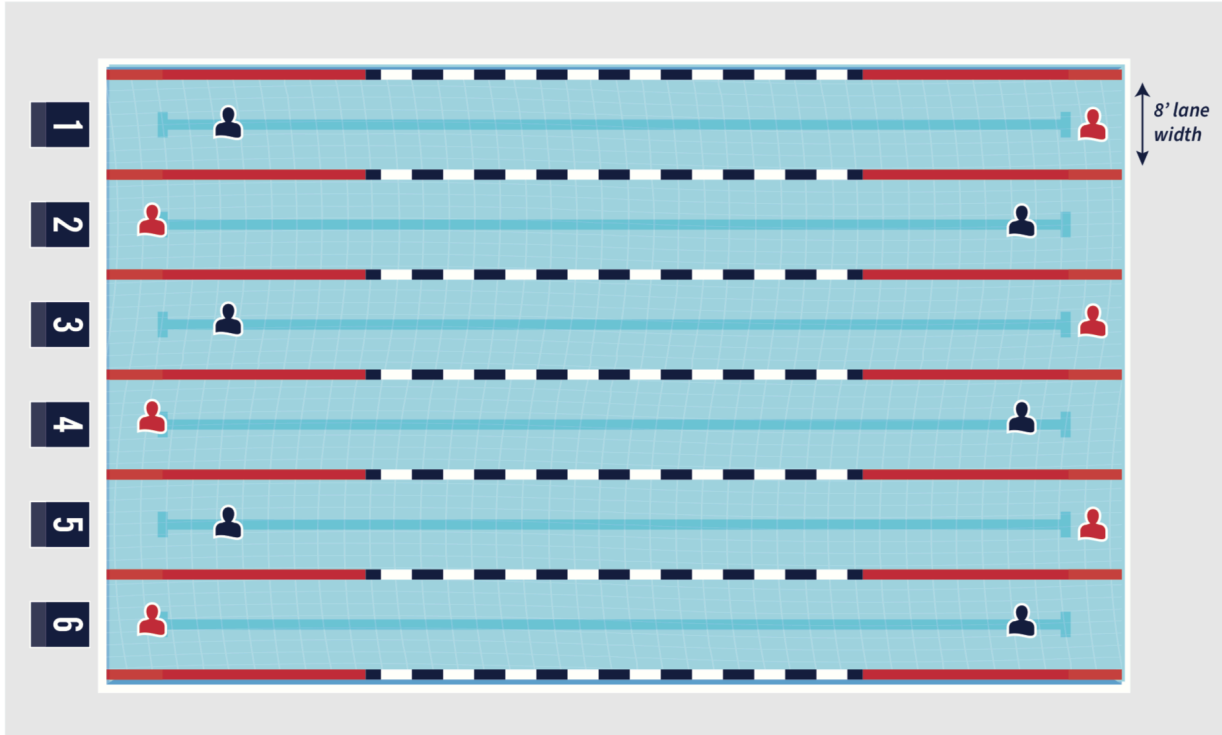
Use cones or other barriers to help with separation - deck needs to be wide enough to accommodate 6' of social distance.



**SAMPLE POOL LAYOUT DIAGRAM BY USA SWIMMING 1**



SOCIAL DISTANCING PRACTICE LAYOUT  
25-YARD, 6-LANE POOL



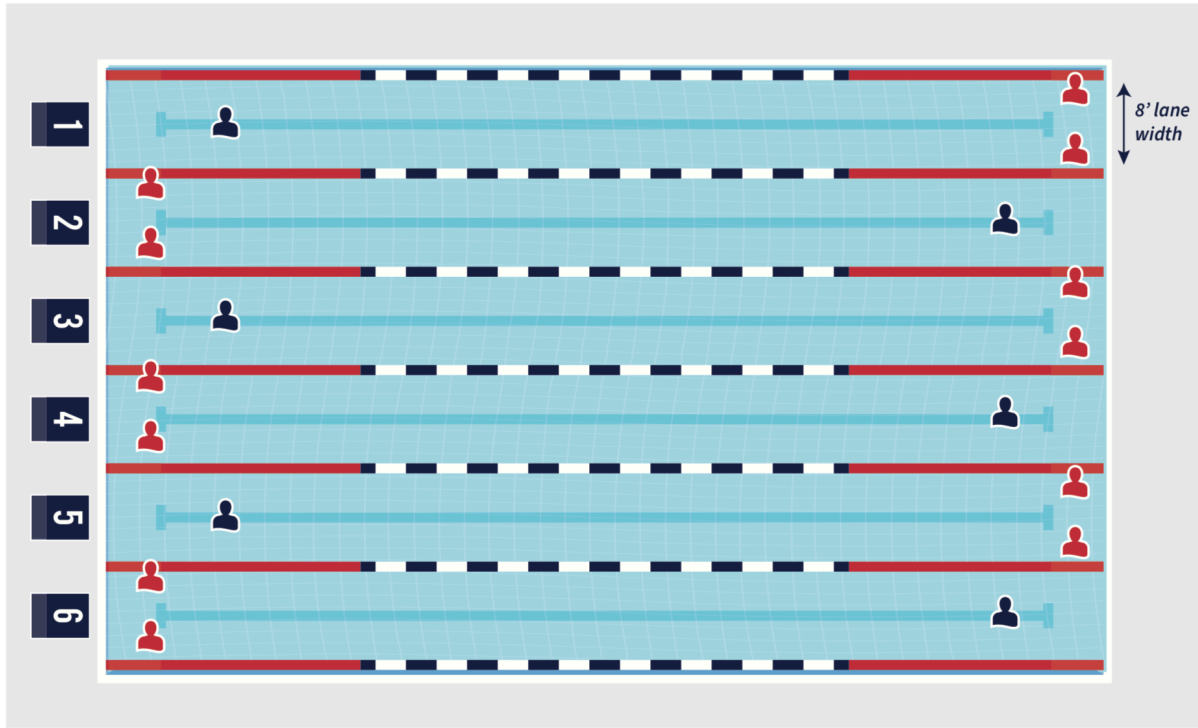
**12 SWIMMERS**



**SAMPLE POOL LAYOUT DIAGRAM BY USA SWIMMING 2**



SOCIAL DISTANCING PRACTICE LAYOUT  
25-YARD, 6-LANE POOL



**18 SWIMMERS**