

Swim/Dive Proposal: How to safely return athletes to the pool.

Introduction and goal/objective

Fort Bend ISD Athletics continues its support of “A Profile of a Graduate” by focusing on the health and well-being of all student-athletes in our district. An integral part of developing the young minds of tomorrow is allowing each student to find, explore, and commit themselves to extra-curricular activities. Whether the child loves choir, marching band, debate, tennis, or track and field – it is our duty to supply these outlets to our students. FBISD Athletics has created a plan to return our students safely to the fields, courts, and pools while continuing to practice all safety guidelines established by TEA, the UIL, and Fort Bend ISD.

General Safety Protocols

All Teams will follow the protocols established by FBISD for use of Don Cook Natatorium or the Aquatic Practice Facility. Each team will adhere to the FBISD Guidelines and Response Strategies. These detailed protocols will be in place for tryouts, practices and competitive swim until further notice.

The following is a quick checklist to help guide you through all requirements when using the facilities.

- Pre-Screening and logging of participants each day
- Transportation
- Drop-off and Pick-up Locations
- Entry and Exit Procedures
- Proper social distancing and best practices of participants and staff members
- Transition between activities, people, and groups
- Coordination of locker room usage
- Emergency Action Plan and Equipment
- Disinfection
- Sanitizing of areas, equipment
- Signage

Checklist of the safety protocol explained in detail:

Pre-Screening and logging of participants.

- District employees and the athletes attending facility will be required to participate in pre-screening each day before entering a facility. All participants will be screened daily, including a health questionnaire and a daily temperature check. That process will include being screened at their home campus and at the facility. Coaches will follow the screening process described later in the document.
- Students and Athletes will use the approved **Athletic Department pre-screening forms** prior to entering the building.
- Discuss with Aquatic Staff the logistics and **walk through the return to play procedures**.
- All Athletes will need to register, and coaches will need to check **Rank One clearance** prior to utilizing any athletic facility. All student-athletes must have a current physical and emergency form on file through Rank One.

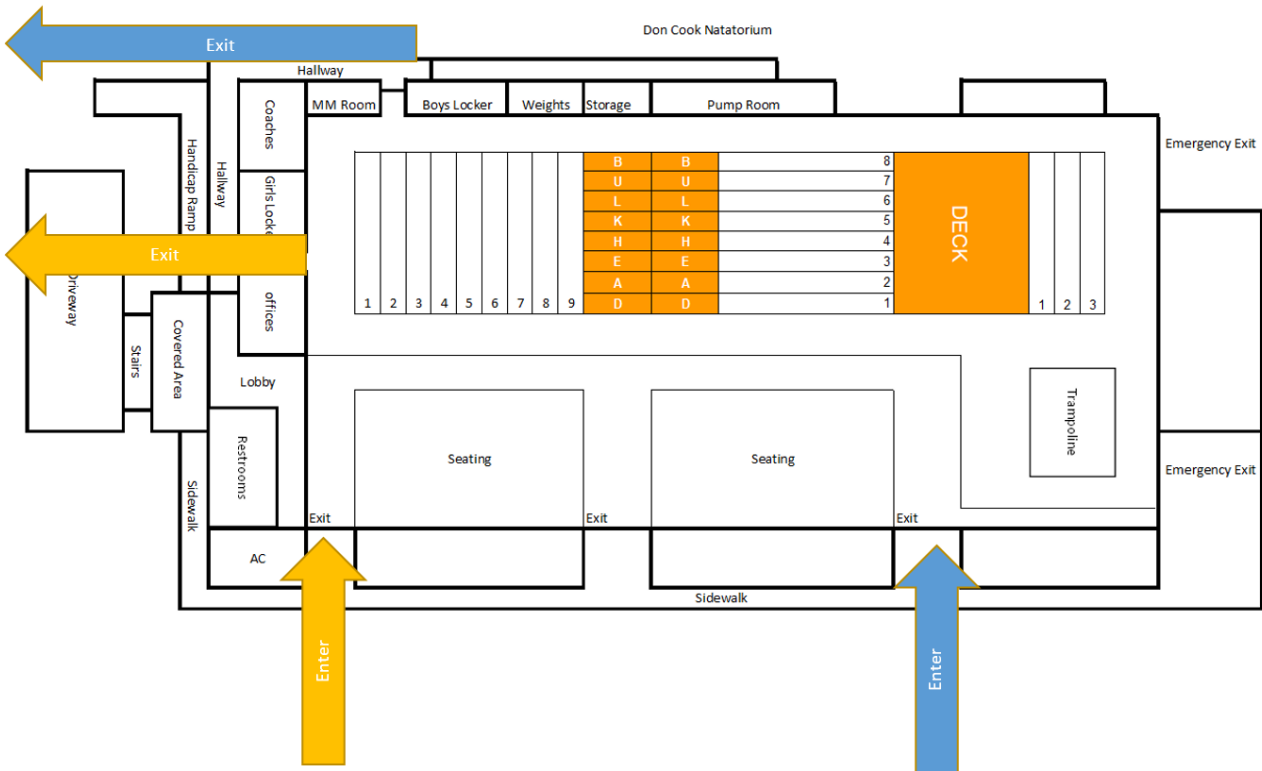
Transportation

- All athletes will provide their own transportation to and from the natatoriums until FBISD reestablishes its bus transportation between the facilities and the campuses.
- Each organization will have a designated location for drop-off and pick-up. A map will be provided of these entrances and exits, including parking lot dynamics.
- As an example: APF drop off parking lot in front of lobby, pick up would be at the driveway through the fence between APF and Bus Barn,
- As we phase back into a classroom setting, busses will be provided. This need will be organized at the campus level

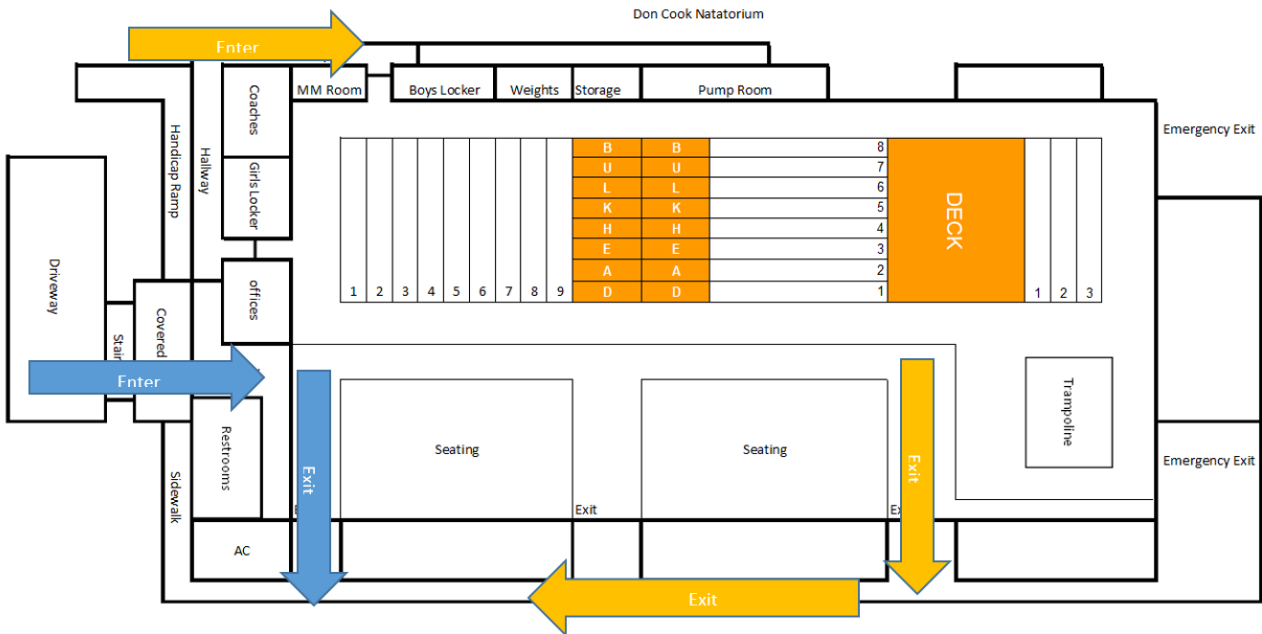
Entry/Exit Procedures

- Each team will have a designated entrance into the facility.
- This will also be the location of check in a verification of pre-screening and temperature taken and logged.
- Please work with the facility personnel to make these procedures are followed. Coaches should address Aquatic Personnel if they find any problems with the procedures.
- Please follow all posted signage and cones in directing individuals safely to their lanes. Signage and cones will also use to help direct car and foot traffic.
- The following diagrams represent the flow of entry and exit for the facility:

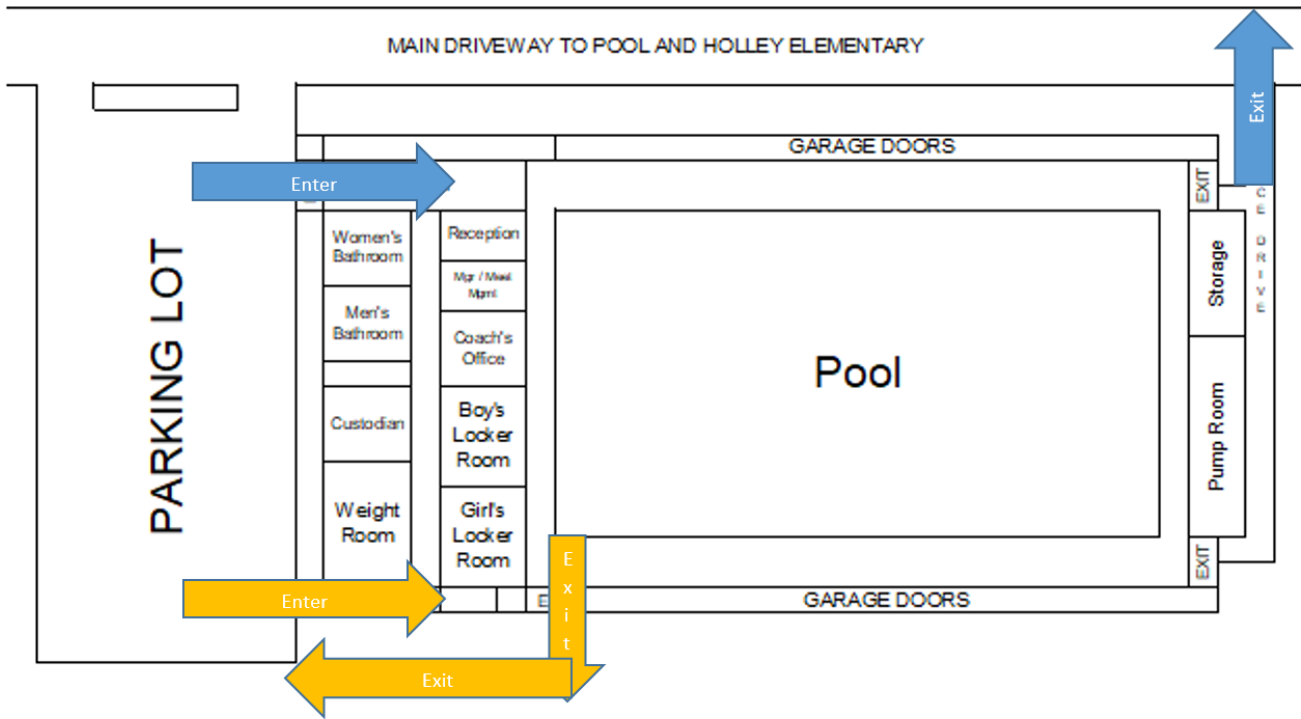
Don Cook Natatorium Enter and Exit Option 1



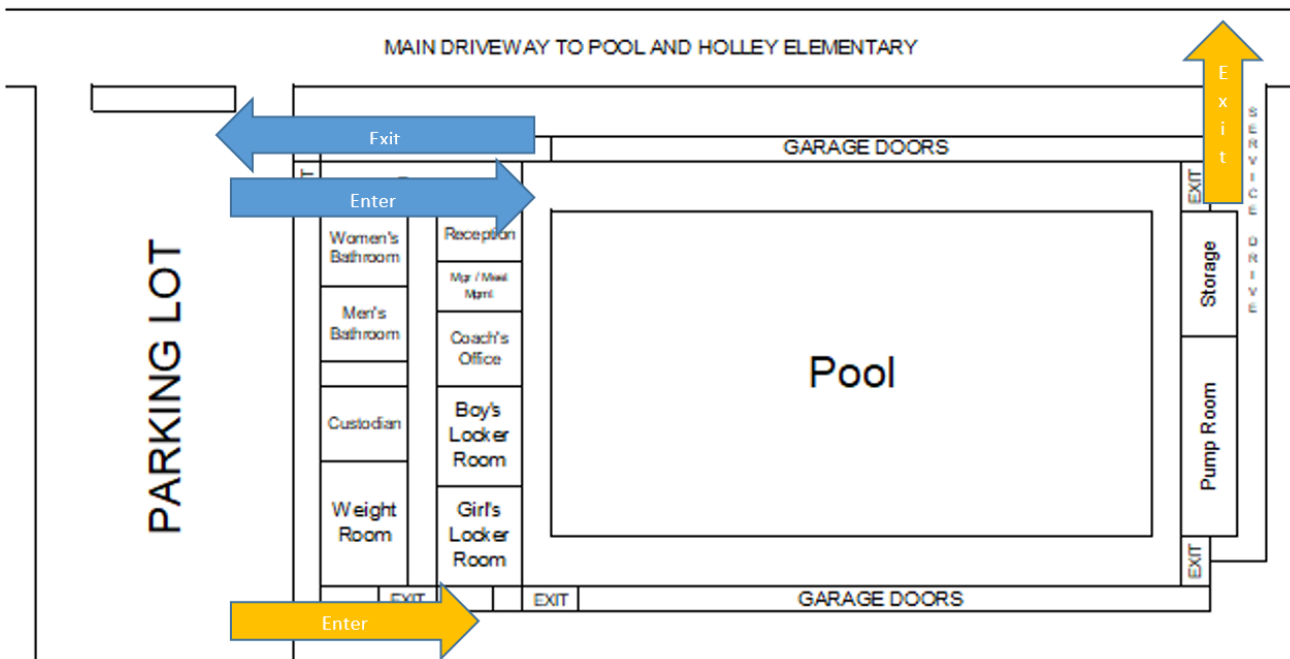
Don Cook Natatorium Enter and Exit Option 2



Aquatic Practice Facility Enter and Exit Option 1



Aquatic Practice Facility Enter and Exit Option 2



Proper social distancing and best practices of participants and staff members

- Everyone who enters the building is required to wear a face mask.
- All coaches are required to wear a face mask while in the facility.
- Athletes are not required to wear a face mask while actively competing or training, masks will be worn at all other times.
- Student-Athletes are always to remain 6 feet apart, whether working out, meeting with their teams, or during rest/break periods.
- Proper lane social distancing is provided with a diagram under the Practice section of this document.

Coordination of students using equipment and restrooms

- No sharing of equipment. Between individuals or teams.
- All equipment needs to be sanitized after use
- Please provide your own water containers, there will be no use of the water fountains.
- Coaches and Aquatic Staff will monitor the use of the locker rooms and restrooms, limiting the number of athletes allowed into the locker rooms at a time.
 - For example: 3 showers, 3 bays of lockers (areas) then three athletes at a time my shower and change.

Emergency EAP and Equipment:

- All Coaches have been instructed on the Emergency Action Plan (EAP) at each facility prior to the first day of tryouts.
- AED Machine is still available at each facility if an emergency arises.
- If any emergency equipment (including all lifeguard tube, rescue device, etc) is used, please notify the custodian and Aquatic Manager so they can be properly sanitized.

Disinfection Procedures and Expectations

- Cleaning Supplies:
 - The facility will supply sanitization stations before and after practices.
- Areas and Equipment used/touched
 - Each area used will need to be sanitized after use. This includes but is not limited to the bleachers, weight room, locker rooms, deck equipment, and deck chairs.
- Custodial Staff will clean restrooms after team has exited the building. There needs to be 15 minutes between each organization entering the building so thorough cleaning can take place.
- All coaches will be provided with PPE through the duration of these restrictions.
- A thermometer will be provided to take temperatures when necessary

Swimming and Diving Tryouts Procedures

Tryouts will look a little different this year for Fort Bend ISD Swimming and Diving Programs. Below is a plan to implement this year for tryouts. One main goal of all our tryouts this year will be NO GROUPING of the athletes while they are evaluated by the head coach.

Each student will be assigned a lane to tryout in. There will be no contact between the student and any other student trying out for the team. Depending on the COVID status of our district the following tryout procedures can be altered to accommodate:

- One person per pool trying out.
- 4 people per pool, with an open lane between each person trying out.
- 8 people per pool, one person per lane with a minimum of 6 to 8 feet between each person.
- 16 people per pool, two per lane with the students starting at opposite ends of the lane.

Each team will be given one day of tryout time initially. If a larger team needs more days than we will grant the team more time when all teams have solidified their tryouts and extra can be added. For example: Team A have 50 people trying out while Team B only has 10. Once Team B has organized its times slots for tryouts, Team A may use the remaining open slots to continue their tryouts.

GOAL: Begin tryouts prior to students returning to campus. We will be ready to begin tryouts as soon as we get approval from the district.

PLAN: One week of tryouts for each facility (2 facilities). HS team gets one day at their designated facility. Saturday is open for sign-ups for overflow. If we may only try out one swimmer per pool at a time then tryouts would last two weeks instead of one, keeping the same schedule in place.

OPTION 1 for TRYOUTS

- One person per lane with an empty lane between each student.
- Check in table with pre-screening, temperature, and check on paperwork.
- Student will be assigned a lane upon entry; they will not move from that lane till student exits.
- All students trying out will come in their swimsuit and will not change before or after the tryouts.
 - The restroom will be open for use, but no showering or changing.
 - IF tryouts begin after face to face instruction begins or the Phase In process, this will need to be amended, allowing students to change into swimsuits or into their school clothes depending on if the students in mornings or afternoons.

The following plan can be developed into ONE PERSON per pool, ONE PERSON per lane, or any other variance deemed necessary by the Athletic Department and Fort Bend ISD.

Week 1 of Tryouts

DAY	TIME	TEAM
Monday	3:00-8:00 PM	Team 1
Tuesday	3:00-8:00	Team 2
wednesday	3:00-8:00	Team 3
Thursday	3:00-8:00	Team 4
Friday	3:00-8:00	Team 5
Saturday	7:00-11:15 AM	OVERFLOW Day

Example List	
DCN LIST	APF LIST
Dulles	Austin
Clements	Kempner
Elkins	Travis
Hightower	Bush
Marshall/Willowridge	OPEN
Divide if necessary	OPEN

Monday-Friday				Saturday			
POOL A	Monday-Friday	POOL B		POOL A	Saturday	POOL B	
Time Slot	LANE	Schedule	LANE	Time Slot	LANE	Schedule	LANE
3:00-3:30	1	enter names of athletes	2	7:00-7:30AM	1	enter names of athletes	2
	3		4		3		4
	5		6		5		6
	7		8		7		8
3:45-4:15	1		2	7:45-8:15	1		2
	3		4		3		4
	5		6		5		6
	7		8		7		8
4:30-5:00	1		2	8:30-9:00	1		2
	3		4		3		4
	5		6		5		6
	7		8		7		8
5:15-5:45	1		2	9:15-9:45	1		2
	3		4		3		4
	5		6		5		6
	7		8		7		8
6:00-6:30	1		2	10:00-10:30	1		2
	3		4		3		4
	5		6		5		6
	7		8		7		8
6:45-7:15	1		2	10:45-11:15	1		2
	3		4		3		4
	5		6		5		6
	7		8		7		8
7:30-8:00	1		2		7		8
	3		4		7		8
	5		6				
	7		8				

Return to practice

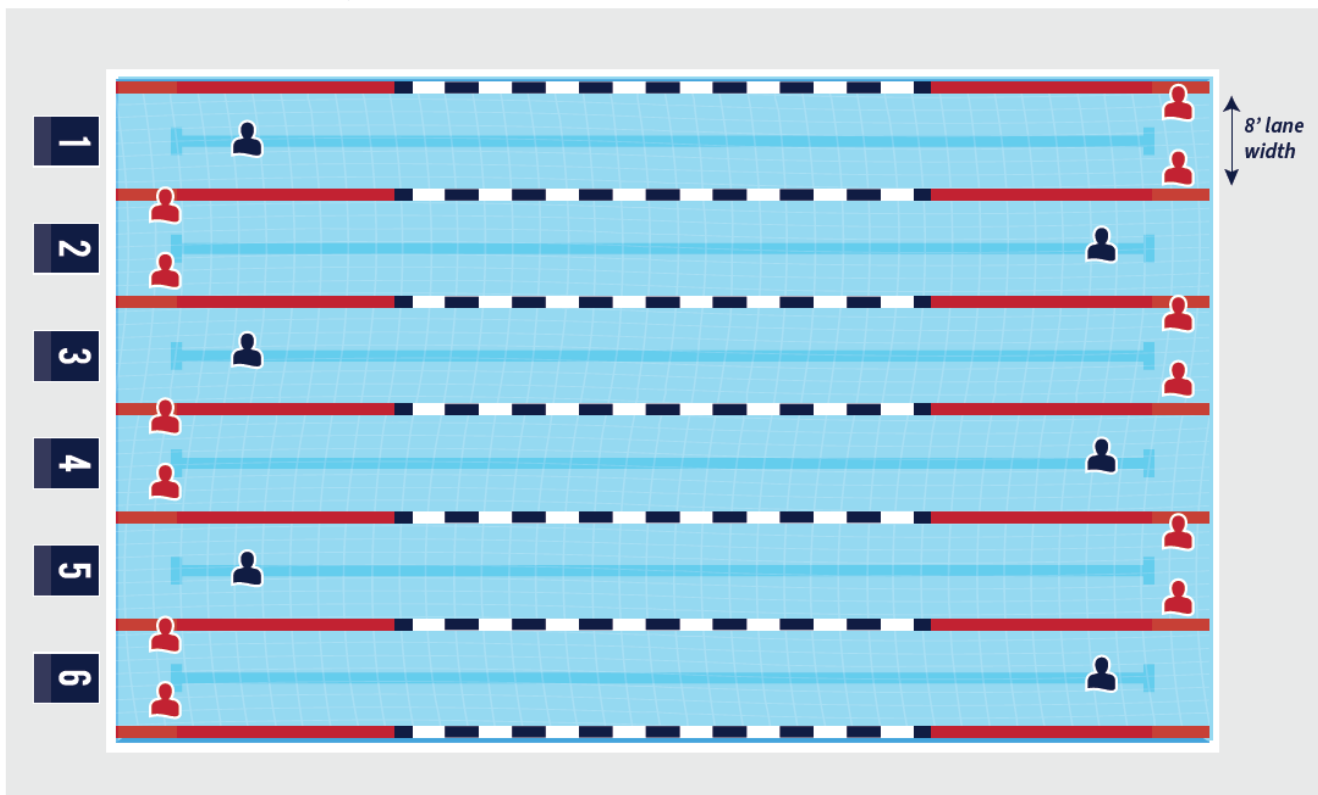
Swimming and diving programs are met with a challenging task this coming school year. With the new restrictions due to COVID-19, how do we equally share two facilities with 11 high schools? This plan will limit the number of people in each facility at a time. Each team will be given 3 days of practice availability instead of the usual 6 days a week. Each team in the district will be asked to limit their team size to 40 members to accommodate these new protocols.

Swim/Dive Teams will use all protocols set up by Fort Bend ISD for pre-screening and daily check-ins. The Teams will also follow a proven training method created by USA Swimming in May 2020 to help combat the spread of COVID-19. Over the past few months this model has proven effective and successful at returning swimmers to the water, with minimal contact and no outbreaks in the Fort Bend Area.

USA POOL SET-UP MODEL:



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



18 SWIMMERS

First Colony Swim Team, a USA nationally ranked competitive team has been using this model since May 2020 with no outbreaks of COVID-19. FBISD Facilities have 20 to 22 lanes available at one time. 3 swimmers per lane for a maximum of 66 swimmers in the water at one time practicing. Usual lane capacity is 6 to 8 athletes per lane.

Competition Season

Swim/Dive Season will begin in October. If restrictions continue to limit face to face competitions, the Swim/Dive programs have options. Here are two options we can put in place and adapt to changes or trigger color changes as needed.

- OPTION 1: Dual Meets and Invitationals with restrictions
 - The current plan has us still hosting meets, but with some modifications, like:
 - Teams sitting on opposite sides or separate bleachers
 - No backup watches – swimmer in next heat/event presses the backup button for the swimmer in the water
 - Teams seeded on their side of the pool (Team A in lanes 1-4, Team B in lanes 5-8)
 - No spectators, including parents
 - No use of the locker room come dressed and leave dressed. Bathrooms in hallway will be available – one at a time
 - Visiting teams will have to check temperatures and COVID questionnaire on campus before arriving

- OPTION 2: Virtual Swim Meet
 - If Fort Bend Country remains at the Red Status for COVID, swimmers can still compete against each other through virtual swim meets.
 - Each team would swim their events separately, collect the times throughout Meet Management Program, merging the results and scoring the meet.
 - Officials would be screened prior to working the virtual meets so all competition could be officiated even when the teams do not meet in person.
 - We will be reaching out to all our visiting teams to see if they are still planning to come and let them know of the restrictions that will be in place.

District, Region and State Championships will be coordinated by the UIL.

- There will be a meeting at the beginning of January, then one week out from competition at the District Seeding Meeting to review with the coaches any changes during this fluid time.

OVERALL GUIDELINES AND RESPONSE STRATEGIES

Disinfection and Sanitation

- Facilities Cleaning – athletic facilities will be disinfected and sanitized per industry guidelines, before, during, and after tryouts, practices, and competitions. Emphasis will be given to ensuring disinfecting high touch surfaces. (Checklist for Custodial and staff)
- Enhanced Cleaning – specific athletic facilities in which an individual with a confirmed COVID-19 positive has been identified will undergo enhanced disinfection per CDC and industry guidelines.
- Sanitizing all equipment used after practices.

Athletes and Staff

- Both athletes and staff will sanitize their hands before, during, and after workout. There will be multiple hand sanitizing stations spread throughout the facility.
- There will be no high fives, back slaps, or any other physical encouragement.
- 6-foot social distancing will be kept when exercising

STUDENT-ATHLETE REQUIREMENTS

- Athletes will check in and complete the screening process each day before arriving, whether morning or afternoon practice.
- Athletes will be asked to provide additional information if they answered “YES” to any screening questions or if they do not feel well.
- Athletes will park or be dropped off at their group’s predesignated areas.
- Athletes will always proceed to check in line and keep social distancing.
- 6 Foot Rule – Maintain 6 feet of space between each other. This includes workout groups and common areas including restrooms.
- Physical Contact – Limit physical contact with others. Do not shake hands, hug, fist-bump or high five.
- Athletes will use hand sanitizer before entering the facility, during workouts, and when exiting.
- **Hydration – Students will be expected to bring their own water.** Student-athletes will be required to bring their own individual labeled water bottles/jugs/containers. They are prohibited from sharing water bottles. Athletes are to dispose of bottles in trash cans after use.

STAFF REQUIREMENTS

- Staff will check in and complete the screening process each day from their phone before arriving.
- Staff will be asked to provide additional information if they answered “YES” to any screening questions or if they do not feel well.
- Staff will always receive temperature checked and keep social distancing.
- Staff will use hand sanitizer before entering the facility, during workouts, and skills.
- Staff will bring their own labeled water bottle.
- Staff will wear a face mask.

SCREENING PROCESS – DAILY

- BEFORE Entering the Facility – Every student will have filled out screening questionnaire. If a student answers “YES” on any question, additional information will be needed to determine if they need to stay home. All student-athletes are required to complete the COVID-19 Daily Screening Questionnaire for symptoms before entering any district facility, including checking your temperature.
- Screening questions:
 - Any contact with person who is/was positive for COVID–19; or
 - New or worsening cough or shortness of breath/difficulty breathing; or
 - Fever (subjective or >100.0); or
 - At least one of: chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, diarrhea.
- A staff member will confirm receipt of student-athlete COVID-19 screening questionnaire answers and will make sure questions have been answered prior to entry. If a student answers “YES” on any question, additional information will be needed to determine if they need to go home.

WORKOUT PROCEDURES/POLICIES

- Both athletes and staff will sanitize their hands before and after workout. There will be multiple hand sanitizing stations spread throughout the facilities.
- There will be no high fives, back slaps, or any other physical encouragement.
- 6 foot social distancing will be kept when not actively exercising
- Any equipment should be regularly disinfected after sessions.
- Equipment should not be shared between groups.
- No towels can be shared between athletes

COVID-19 SYMPTOMS, TESTING & MANAGEMENT

- COVID-19 Symptoms or Management of COVID-19 Positive Tests – confirmed COVID-19 positives will be managed by the FISD Head Trainer, Richard Gregoire, per current public health guidelines.
 - Management will include testing, isolation, and symptom management as well as return-to-sport clearance.
 - Student-athletes will answer a daily health questionnaire prior to entering any athletic facility.
 - Student-athletes who appear to have symptoms or who become sick during the day will be immediately separated from other student-athletes/staff and instructed to return home. Direction will be provided by FBISD Athletic Staff regarding symptom monitoring, quarantine, and testing.
 - A symptomatic student-athlete will be managed as a presumptive COVID-19 positive and all precautions will remain in place until testing confirmation is received. Student-athletes who are presumed or confirmed COVID-19 positive cannot report to campus until cleared to do so by the FBISD Athletic Staff.
- Positive Test Confirmed: If a student-athlete tests positive for COVID–19, they are to self-isolate until 14 days from onset of symptoms AND 72 hours of being symptom free without medications.
 - If a student-athlete has been in close contact with someone who has tested positive for COVID–19 or has a family member that lives with them that has tested positive for COVID -19:
 - Student-athlete should inform coaches and quarantine for 14 days.
 - Athletic Coordinator will notify FBISD Trainer and be provided guidance.

