



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:
 - 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 6 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 use the sanitation practices outlined in HPB Natatorium Disinfectant Protocols.
- 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 not be available for use for HS and Club teams. Restrooms and showers will be available.
- Swimmers/Divers must shower prior to using the pool and after using the restroom.

Capacity Guidelines

- Locker rooms – 33/Locker room
- Deck/Pool – 200
- Lobby Area – 11
- Classroom – 19
- Upstairs Bleacher Area – 81
- Upstairs L & Mezzanine – 128
- Upstairs Restrooms – 9/Restroom
- Office Area – 5
- Lifeguard Room – 12

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.

High School Swim/Dive Guidelines, Oct. 26-Dec. 31, 2020

- Signs and messages will be posted for public education on ways to “stop the spread.”
- Individuals will be allowed in based on lane space availability and staggered to enter and exit around teams.
- Benches and bleachers on deck will be marked and staggered for use.
- No recreational swimming will be scheduled.
- Equipment will be identified as clean or dirty (and then disinfected for re-use).
- Teams:
 - will be scheduled as a cohort.
 - must follow USA Swimming or USA Diving guidelines for social distancing (see Social Distancing Practice Layout).
 - will not be allowed to participate in indoor dryland activities.

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.*
- Teams must have a coach or approved parent helper outside the HPB Natatorium to stagger sending athletes through the lobby. No more than nine at a time can walk through to the coach on the pool deck.
- 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.

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.
- Divers should stick to one board for the duration of practice.

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 only 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 (5 minutes) and must take their belongings out to an approved bench on deck.

Meets

- Diving warm-up will remain the same timing. Each team will be assigned one board that they are to use for warm-up and competition. Home team is board one; away is board two. In the event of a three-team meet, boards will be assigned.
- Warm-up lanes will be limited to 8 swimmers/lane for the duration of warm-up. It is the coach's responsibility to socially distance warm-up.
- For a swimmer/diver to enter the building, they must be entered into at least one event. There will be no JV events.
- During swim/dive meets, teams will be assigned a bleacher and must remain in the assigned area with a face covering on when not participating in an event.
- Swimmers may report to the blocks one heat prior to their event.
- Once a swimmer/diver enters through the lobby, they must remain in the competition area. There will be no exit and reentry.

Spectators

- No spectators will be allowed during practices.
- Meets will be allowed to have a limited number of spectators. Social distancing must be followed limiting the available seating to 48 people (with 6 sets of same-family seating within). Details of how we will determine the 48 spectators is yet to be determined. There will be a sign on the door if all tickets for the event are sold out. Please do not enter the building as a spectator if tickets are sold out.
- Spectator availability will be determined up to one week prior to an event.
- No free/season passes will be accepted.

Considerations for Future Planning

- Determine best practices for conducting safe swimming lessons
- Re-introduce more spectators as allowed
- Plan will be continued through December 2020

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.