



## CORONADO AQUATICS CLUB

### COVID-19 SAFETY PROTOCOL

**Purpose:** It is in the best interest of Coronado Aquatics Club (CAC) coaches, board members, athletes, and families to prevent the spread of COVID-19 in an effort to keep our club healthy and safe while training and playing water polo.

While participating in sports training, practices and clinics does pose some risk for the spread of COVID-19, there are many reasons why in-person sports training is important. Youth sports, in particular CAC, provides a supportive environment, structure, and routine for children, as well as physical activity - a necessary ingredient in a healthy lifestyle.

Social interaction among children in grades K-12 is important not only for emotional wellbeing, but also for children's language, communication, social, and interpersonal skills. Some children may have experienced social isolation and increased anxiety while not physically being in school or youth sports due to COVID-19.

Isolation and uncertainty about the COVID-19 pandemic can create feelings of [hopelessness and anxiety](#). Increases in anxiety and depression may occur when children do not have the structure and routine that being in youth sports brings to their daily lives. Having opportunities to be physically active can help improve childrens' feelings of anxiety and sadness. Physical activities should be provided regularly to children in a safe and supportive environment that includes physical distancing and strategies to reduce close contact.

Resuming in-person water polo training can support childrens' social and emotional wellbeing. Youth sports can provide a foundation for socialization among children. When children are away from their teammates and coaches, they may be separated from their social network and peer-to-peer social support. Youth sports can facilitate the social and emotional health of children through sports training that develop childrens' skills to set and achieve positive goals, appreciate others' perspectives, establish and maintain positive relationships, and make responsible decisions.

**Policy:** According to the Centers for Disease Control and Prevention (CDC), there is [no evidence that COVID-19 can be spread to humans through the use of recreational waters](#).

CAC is committed to promoting behaviors that keep children healthy through water polo training, but also prevent the spread of COVID-19 as outlined by the [CDC](#), our [state](#), [county](#), and [city](#) governments, and [USA Water Polo](#), including:

- Frequent and thorough handwashing.
- Covering coughs and sneezes. Not coughing or sneezing in hands.
- Social distancing of at least 6 feet between people who do not live together.

- Using face coverings when not in the water, especially when physical distancing cannot be accomplished.
- Dividing participants into cohorts by limiting group interaction and the spread of COVID-19.
- Staying at home if exhibiting symptoms of COVID-19, testing positive for COVID-19, or being exposed to someone with COVID-19.
  - If a coach or athlete thinks they have COVID-19 or has symptoms of COVID-19, or receives a confirmed positive diagnostic laboratory test for COVID-19, that individual must report this to their coach or CAC Board President (president@cacpolo.org). The individual may return to play:
    1. Ten (10) days after symptoms first appeared or from the date of confirmed positive test, if asymptomatic, **and**
    2. At least 24 hours with no fever without fever-reducing medication **and**
    3. Symptoms have improved.
  - If a coach or athlete has close contact with someone with COVID-19, they must report this to their coach or CAC Board President (president@cacpolo.org) and stay home for fourteen (14) days. Close contact is defined as being six (6) feet or less in proximity to another person, with or without a mask, for a cumulative fifteen minutes in 24 hours, within 48 hours of illness onset (or, if asymptomatic, 48 hours prior to positive specimen collection). This includes exposure to a sick coach or member of a cohort. If a member of a cohort thinks they have COVID-19, has symptoms of COVID-19, or tests positive for COVID-19, other members of the cohort and anyone who attended trainings that came in close contact with the individual must stay home for fourteen (14) days.
    1. If symptoms of the illness do not develop during the fourteen (14) day period, they may return to play.
    2. If the individual does develop symptoms of COVID-19 during this period, they must adhere to the protocols above for an individual *who thinks they have COVID-19, has symptoms of COVID-19, or tests positive for COVID-19.*
  - Please refer to the [CDC website](#), [County of San Diego Order of the Health Officer \(Isolation of All Persons With or Likely to Have COVID-19\)](#), [Preparing K-12 School Administrators for a Safe Return to School in Fall 2020](#) for more information outlining these guidelines.

CAC is also committed to working in cooperation with and adhering to the additional policies set forth by Brian Bent Memorial Aquatic Club (BBMAC). These include, but are not limited to:

- Staggering pool training times as much as possible to maintain distance of at least 6 feet between people who do not live together.
- Limiting any nonessential visitors.

**Due to the unpredictable nature of COVID-19 and government mandates, all in-person practices cancelled due to COVID-19 cases will not be eligible for a refund.**

A copy of this plan will be provided to all coaches, athletes, parents / guardians.

**Procedure:** CAC is required to set operational protocols that coaches, board members, athletes, athlete’s parents/guardians, and members must adhere to. These include:

- Abiding by required state, county, and CDC COVID-19 protocols
- Abiding by Coronado Unified School District (CUSD) and Brian Bent Memorial Aquatic Club (BBMAC) policies and protocols
- Requiring all parents and guardians of CAC participants to sign a commitment to abide by this policy and its requirements
- Parents and guardians screening themselves and their athlete(s) before attending CAC practices and events to assess possible symptoms and exposure to COVID-19 and reporting appropriately.
- Coaches screening themselves before attending CAC practices and events to assess possible symptoms and exposure to COVID-19, reporting appropriately, and
- Sending individuals home who have any of the following signs or symptoms of possible COVID-19 infection:
  - cough
  - shortness of breath or difficulty breathing
  - Fever or chills
  - Headache
  - Sore throat
  - New loss of taste or smell
  - Diarrhea
  - Fatigue
  - Congestion or runny nose
  - Muscle or body aches
  - Nausea or vomiting
- Known close contact with a person who is confirmed to have COVID-19
- Coaches and participants will handle and care for their own personal items and belongings, such as backpacks, bags, towels, goggles, cell phones, and water flasks/bottles. Proper space must be maintained between all items. No one else will be allowed to handle, touch, or move others’ belongings.
- All equipment will be sanitized before and after each use.
- CAC training will be monitored by coaches to ensure social distancing between cohorts.

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By signing, I understand, acknowledge, and will abide by all procedures and policy requirements outlined in the Coronado Aquatics Club COVID-19 Policy above and will not hold Coronado Aquatics Club liable for the infection, transmission, or health effects of COVID-19.

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Parent/Guardian Name (print)

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CAC Participant/Athlete’s Name (print)

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Parent/Guardian Signature

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Date