



STINGRAYS

Swimming

RAYS COVID Standard Operating Procedures

PPE requirements:

- All athletes should wear masks entering and exiting the facility/practice and when appropriate on deck and in locker rooms. Exceptions will be made for athletes with conditions that prohibit them from wearing a mask.

Facility procedures:

- The facility will be cleaned daily following all practices.

Athlete/Family protocol:

- Parents/spectators are strongly discouraged from the stands in the facility at any time. If they do plan to observe practice they are required to wear a mask.
 - We will ensure that the appropriate number of coaches are present during each practice to comply with MAAPP.
- Criteria required by each staff member, athlete and household member for practice eligibility:
 - No symptoms of a fever, recent cough, unusual fatigue, sore throat, headache or has had any exposure to someone who has any COVID symptoms.
 - Inform group coach or head site coach of any close contact, symptoms/illness and medical care as soon as possible.
 - Any athlete or staff member with a fever or symptoms of COVID illness may not attend practice until 10 days from the onset of symptoms. Symptoms need to be improved AND swimmer must be without fever for 24 hours without any medication.
 - If one household member in a family group is deemed a close contact, all athletes must isolate and produce a negative test at least 5 days after to be eligible to return to practice.

Positive test protocol:

- Positive COVID test of an athlete requires 10 days out of practice to follow the CDC recommendation of 5 days out then 5 days with a well fitting (N95 mask) which swimmers can't wear in practice thus 10 days out.
- Coaches can follow the 5 days out and 5 days back protocol but must wear a well fitting mask and symptoms must be improving.
- Positive COVID team member must follow protocol instructions. All must be without fever or fever reducing medication 24 hours prior to returning to practice.

Failure to follow SOP: Is a violation of the [Codes of Conduct](#) in team contract and could result in swimmer not being allowed to participate in team activities, participate in upcoming team trips, or possible suspension or expulsion from RAYS with/without cause.

RAYS COVID Task Force: Questions or concerns can be directed to RCTF@swimrays.org