Oregon City Swim Team Return to Competition Plan

Local & State Protocols and Requirements:

Clackamas County is currently still grappling with COVID-19 however it is also open with-out a limit on capacity as long as people indoors are wearing masks. Regardless of risk level the following rules remain in place:

\*\*\*Mask/face covering REQUIRED at all times while on premises and Social distancing (6ft) at all times. \*\*\*

OCST has implemented enhanced health and safety measures for participants and attendees. At all times you must follow the local government protocols and facility requirements. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating and/or attending, you voluntarily assume all risks related to exposure to COVID-19.

\*Anyone not adhering to local government protocols and facility requirements set forth will be asked to leave, no exceptions\*

The meet will be held at Oregon City Municipal Pool. OCST is currently practicing at this facility and has been adhering to local government protocols and facility requirements during their practices. All Officials/Volunteers must also complete the health questionnaire and temperature check at the front of the building before entering the facility.

Facility Guidelines. Masks and social distancing (6’) are required while on the premises. Only athletes/coaches/officials/volunteers will be allowed on the pool deck. When the heat before is in the water athletes will be directed to their blocks, remove their masks, place them in their container, and step up to the blocks. Upon finishing their race athletes will wait for the next heat to enter and then exit, put their mask on and head around the building and out the shallow end patio doors. After the completion of a session the deck will be cleared and appropriately cleaned before the next session is allowed entrance.

Masks/face coverings are to be worn at all times except when racing. Coaches/Officials/Volunteers are REQUIRED to wear masks/face coverings at all times. Athletes will be assigned warm-up lanes; athletes will remain 6’ apart (with masks on) while waiting to compete.

Volunteers will ensure that swimmers remain socially distanced while on the pool deck between events. Locker-rooms will NOT be available; athletes should arrive and leave in their suits.