



JCC Sharks Swim Team 2020-21 Re-open plan

Tryouts - September 13, 14, 16 and 17 with 25% capacity limit

***** TRYOUT Schedule – practice schedule to follow**

Sunday, September 13	Monday, September 14	Wednesday, September 16	Thursday, September 17
5 pm – 6 pm 8 and under Registration Required	5 pm – 6 pm Pre-Team Registration Required	6 pm –7 pm 9 – 11 years old Registration Required	6 pm –7 pm 12 and up Registration Required
6:15 pm – 7:15 pm 9-11 years old Registration Required	6:15 pm- 7:15pm 8 and under Registration Required		
7:30 pm – 8:30pm 12 and up Registration Required			

***Must register via the Katz JCC Website – www.katzjcc.org/jcc-swim-team**

****Social Distancing guidelines must always be followed – masks are required when not in the water**

**** All HOURS are subject to change based on State and Local updates, weather conditions, seasonal changes and usage patterns**

Registration for TRYOUTS for Pre-Team/Swim Team will be open on Monday, August 31, 2020. If you are a returning swimmer, you are only required to attend the Sunday tryout unless you are unable to make it then you can attend a weekday session. Registration is required by ALL participants.

- The JCC will adhere to all Local, State and Federal Guidelines regarding COVID-19 and other communicable diseases with regards to safe operation and sanitization of all areas. NJ guidelines on Public and Private Aquatic facilities can be found here: <https://www.nj.gov/health/news/2020/approved/20200610a.shtml>
- All tryout participants must register on our website www.katzjcc.org
- TEAM MEMBERS:** All team members must complete a COVID-19 Waiver, Health Check and Code of conduct prior to tryouts and going forward a daily health check waiver when attending practice that includes a temperature check. Any team member exhibiting signs of illness: runny nose, cough, body aches, headache, gastric trouble, fever (100.4 or greater), loss of taste and/or smell must not come to practice and must be symptom free for 72 hours. Anyone exhibiting these symptoms during a practice will be isolated and a parent or guardian will be called for pick up immediately.

- **PARENTS:** Due to COVID-19 and our capacity limits, parents will not be permitted on deck during practice times and will not be allowed to remain in the facility. Parents should plan on dropping off swimmers for their practice times and arriving at the end of practice time to pick up your swimmer. We will have a pick-up procedure via the outdoor pool entrance where swimmers will wait outdoors on the bleachers (weather permitting) while supervised by a coaching staff member.
- Swim team members will bring their own equipment to practice – kick board, fins, goggles.
- Swim team members will come to practice dressed to swim – locker rooms are not available for changing or showering at this time.
- A maximum of 20 swimmers will be permitted at practice at any one time – we will adjust schedules to accommodate based on registration numbers.
- Practices will be held one to three times per week based on age range – practice info can be found at www.katzjcc.org/jcc-swim-team/
- All swimmers and coaching staff must maintain social distancing while in and out of the pool
- When parking at the Katz JCC, please always maintain social distancing, and when possible leave one parking space between your car and the cars next to you.
- Swimmers will only be permitted to enter the building 10 minutes before their scheduled practice. If they arrive early, they must wait in their car until the appropriate time to enter the building.
- Parents will drop off their swimmer for the practice by the outdoor pool gate 10 minutes prior the scheduled time for practice.
- The coaching staff will greet your swimmer(s) at the gate before each practice.
- Parents must pick up their swimmer immediately after the practice.
- Swimmer will be escorted by their coach after the practice to the waiting area, which is our outdoor pool.
- Swimmers will be asked to be seated at the marked area on the bleachers.
- Parents will contact their swimmer by texting/calling to confirm the end of the practice.
- Parent must sign out their swimmer with the coach after each practice.
- Swimmers must leave the Katz JCC pool immediately at the completion of any practice. There should be no socializing in the parking lot before or after any practice.
- Parents/spectators will not be allowed in the building at any time and are expected to practice social distancing when waiting for their swimmers. We will have 2-3 coaches, multiple lifeguards and other staff on site. At all times, we will be well beyond “two-deep leadership” and well within the requirements of Safe Sport protocols.
- Swimmers will be instructed to use a specific entrance and exit for Katz JCC - in this case the outdoor pool gate closest to Kresson Road.
- All doors to the building will be propped open to limit athletes from touching any surfaces.
- Swimmers should be prepared to arrive and depart in their suits as our locker room will be closed for showering and locker use/changing.
- Please follow facility’s guidelines on restroom use. Locker rooms should not be used for changing and deck changing is strictly prohibited.
- Swimmers will be assigned a social distancing grid space for each practice. We ask that you only bring what is necessary for practice and limit the items that come into the facility. Once swimmers enter the building, they will go immediately to their assigned spot and await instructions from their coach.

- Swimmers should bring their own water bottles (already filled). The use of the water fountains at the facility will be prohibited.
- Swimmers will not be permitted to store their equipment or any personal items at Katz JCC, they must take them home after each practice lost and found will not be stored at the JCC except for “luxury items”.
- Swimmers, staff and visitors are always required to wear PPE masks on the Katz JCC property. Once swimmers have arrived in their social distancing square, their coach will give them instructions on when to remove their mask and head to their lane. At the completion of practice, swimmers should dry-off and replace their mask as soon as possible.
- Swimmers will swim with a maximum of three (3) swimmers per lane, staggered throughout the lane to maintain social distancing and from the opposite side of the pool.
- Siblings can share the same lane and do not have to adhere to 6 feet social distancing.
- Swimmers must exit the facility maintaining ten feet apart social distancing.
- Swimmers that do not follow these rules will be removed from the group.
- For everyone to stay healthy and to keep swimming, we ask our swimmers to please practice responsible social distancing when they are away from the pool as well.
- Lifeguards reserve the right to prohibit access to the facilities based on safety, failure to comply with COVID-19 policies, weather conditions, water clarity, patron numbers and aquatic behavior policies.
- Lifeguards **will not** be wearing masks while on duty.
- When speaking to a lifeguard, please adhere to the marked perimeter of 6 feet distance.
- All staff and participants will be required to fill out all waivers, health checks, temperature checks (temps of 100.4 or higher will be denied access) and staff/patron codes of conduct.
- No food items are permitted on the indoor pool deck at any time.

PRE-TEAM/SWIM TEAM – FREQUENTLY ASKED QUESTIONS

What swimming strokes does my child need to know to join the team?

- If your child is 5 to 18 and can swim a lap of the pool, then they should contact the coaches for an evaluation. Generally, our minimum requirement for entry level on the team consists of being able to **swim 25 yards of freestyle with proper breathing technique unassisted and 25 yards of backstroke.**

What is a tryout/evaluation and what should I expect?

- A tryout is an evaluation done by our coaching staff to place each swimmer in the best possible squad. Each swimmer is different and may or may not be ready. The tryout will last about 15 minutes. Swimmers should be ready to swim with swimsuit, goggles and a towel.

What to wear?

Swimmers must come to the evaluation session ready to swim. This includes:

- Proper swimming attire

- Goggles
- Swim cap

How do I schedule a tryout?

- Register online www.katzjcc.org/jcc-swim-team

Why should my child swim?

Katz JCC pre-team/swim team a year-round competitive swim team offering technique instruction for swimmers of all ages and abilities. There are many benefits to getting your child involved in competitive swimming, including:

- Swimming promotes physical development
- Swimming develops aerobic endurance and is one of the most beneficial forms of cardiovascular exercise
- Swimming enhances a child's natural flexibility and promotes muscle development
- Swimming develops superior coordination
- Swimming is the most injury-free of all children's sports
- Swimming is a sport that will bring children fitness and enjoyment for life
- Swimming promotes time management and is one of the tops academically achieving sports
- Swimming is an important safety skill for young children

What is the swim team and why would I want my child to participate?

It's fun. It's great exercise. It builds confidence. It's a great way for your child to meet other kids in the neighborhood. It's a great way for you to meet other parents.

Who can answer my questions about the swim team?

Send your email questions to: Svetlana Barker at sbarker@jfedsnj.org or Bill Albertson at coachbill@jfedsnj.org and your question will be answered at our earliest opportunity.

What strokes do the swimmers use in competition?

Freestyle, backstroke, breaststroke, and butterfly.

I see that there are different age groups for the swimmers. How does that work?

The age groups are 8 & under, 9-10, 11-12, 13-14, 15-18. Every other year, your child will have an "up" year when they are the oldest in their age group and a "down" year when they are the youngest in their age group. The system generally works well.

What if I can't make the recommended practices per week?

We believe attendance is one of the keys to successful swimming. You should make every effort to be at all practices. Should you have an emergency or appointment that necessitates missing a session, try to let the coach know in advance.

COVID-19 Health & Safety FAQ?

At Katz JCC, the health and safety of our members and program participants are the very center of our mission, and we are committed to that now and into the future. These are extraordinary times that have moved us all to a new normal, and we know swim will look different this year. Like you, we are continuing to monitor developments regarding the COVID-19 outbreak closely and will be adjusting our procedures as necessary.

Screening

Staff, parents, and participants should not attend practices if they answer YES to any of the following questions:

- Are you or someone in your home experiencing symptoms of COVID-19?
- Have you been in close contact with someone that has COVID-19 in the last 14 days?
- Do you or someone in your home have symptoms of respiratory illness?
- Have you had a fever in the last 24 hours?
- Have you traveled to any of the state listed by Governor Phil Murphy as a "hot spot"?

Staff/Parents

- All coaches, staff, participants, and parent/guardian will have their temperature checked by the Safety Ambassador upon entering the facility.
- All coaches, staff, participants, and parents/guardians will answer the screening questions listed above. If any of the answers is a “Yes,” they will be sent home.
- Anyone with a temperature above 100.4°F will be sent home.
- All coaches, staff, and parents or guardians will always be required to wear face-covering .

Health & Safety Protocols

Face Coverings & Social Distancing

- Face coverings must always be worn for indoor programs. For outdoor programs, face coverings can be removed during activity, provided social distancing is in place. Please wear a face covering before and after class.
- Participants are asked not to carpool.
- Participant seating will be marked off
- No handshakes or fist bumps should take place

Safety & Injury Prevention

- Every instructor will have access to a medical bag with extra gloves, masks, sanitizer, wipes, facial tissues, and garbage bags.

Sanitization, Cleaning & Equipment

- Participants will be asked to bring their own water bottle. No sharing of water bottles and each bottle should be clearly marked with the participant’s name.
- Strict sanitization and cleaning protocol have been implemented; including a minimum of 15 minutes between each program to allow for proper sanitization.

Changes & Cancellations

- Any changes due to the evolving nature of the COVID-19 pandemic will be communicated quickly. Should the season be postponed or canceled due to health official guidelines, full or partial credits will be issued based on the number of sessions attended

Swim-Specific Health & Safety

- Participants and accompanying adults will be screened before entering the building.
- All equipment will be sanitized prior to use and again at the completion of the lesson.
- Instructors will wear a face shield while in the water for their protection as well as yours.
- No guardian/parents will be permitted to accompany the swimmer on to the pool deck.
- We ask that anyone on our pool deck or outside of the water wear a face mask or covering.

Contact Tracing

- If a parent/guardian or participant believes that he/she has been exposed to a person who has tested positive to COVID-19, we expect you to notify a member of our staff and follow the CDC protocol of self-quarantining for 14 days.
- If a participant tests positive for COVID-19, we expect you to notify a member of our staff and follow the CDC protocol of self-quarantining for 14 days.

KATZ JCC SELF-ADMINSTERED HEALTH SCREEN

Please visit the [Center for Disease Controls](#) symptom list and perform a personal health screen each day before you come to a KATZ JCC Facility. The most concerning threat to an organized sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from practice (isolation), and strict guidelines regarding return to practice.

If you had any of the **following symptoms in the past 24 hours, please remain at home and do not return to practice until you are symptom free for 72 hours.** If practical, go to your primary care or testing facility to be assessed.

- Unexplained rash
- Diarrhea
- Vomiting

- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain or body aches
- Sore throat
- New loss of taste or smell
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POSITIVE TEST PROCEDURE – Updated August 28, 2020

1. Should a swimmer test positive or is otherwise diagnosed with COVID-19, KATZ JCC will require the following measures:
 - a. The swimmer should do ONE of the following:
 - i. Self-quarantine a minimum of 14 days from the positive test result and be symptom-free for 72 hours prior to return
 - ii. Receive a negative viral test, self-quarantine a minimum of 72 hours, be symptom-free, and present a doctor’s note
 1. If a second negative viral test for the virus is recommended by your healthcare provider, that test would also need to be negative prior to returning to the pool.
 - b. Siblings who are KATZ JCC athletes, and reside in the same home as an individual who recently tested positive for COVID, will also need to follow the protocols above before returning to practice
 - c. The family of swimmers who have trained in the same lane or adjacent will be notified
 - d. The swimmer name will remain confidential per legal requirements
 - e. Antibody Test will not be used for returning to the pool: [https:// www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html) for a link to differences in COVID-19 Testing
 - f. Reminder
 - i. A viral test tells you if you have a current infection
 - ii. An antibody test tells you if you had a previous infection or may still be infected
2. Swimmers who have trained in the same lane or adjacent lanes to a swimmer that has tested positive or is otherwise diagnosed with COVID-19, KATZ JCC will require the following measures:
 - a. The swimmer should do the following:
 - i. Self-quarantine a minimum of 72 hours and be symptom-free prior to return

We also ask that families are transparent with any potential exposure away from the pool and that they use procedure #2 in these cases.