

PHOENIX SWIM CLUB COVID-19 (CORONAVIRUS) POLICY, DISCLOSURE

The purpose of this Agreement is to 1) state our Coronavirus (COVID-19) Pandemic policy and procedures; 2) identify what steps we are taking with respect to the current health crisis; and 3) make it clear that, as a condition of participating in swimming or other workouts with Phoenix Swim Club during this health event, you are waiving your rights to bring a lawsuit or make a claim of any kind against BEST Swim Club, Inc, dba Phoenix Swim Club, the Phoenix Country Day School, Arizona Swimming and USA Swimming or its coaches and personnel for anything relating to Coronavirus, including any claims for liability.

Phoenix Swim Club is committed to the safety of its members, coaches, staff, and others who support our swimming community. Phoenix Swim Club is also committed to doing what is needed to prevent the spread of this virus in the community. This policy addresses the challenges we see with COVID-19.

Coronavirus Information

We depend on the Center for Disease Control and other public authorities for guidelines and guidance. We are all affected by the spread of this virus, as a person who may become ill or as a person who may contribute to its spread through the community, or both. Everyone, including those who are less at risk, including our youth, are urged by the CDC to take precautions. The CDC recommends in order to slow the spread of COVID-19 there are some things everyone should do:

- Clean hands often using soap and water or alcohol-based hand sanitizer
- Avoid people who are sick (coughing and sneezing)
- Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)
- Launder items including washable plush toys as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.

The CDC explains that our youth are at risk, explaining that “[t]he symptoms of COVID-19 are similar mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported. It's not known yet whether some children may be at higher risk for severe illness, for example, children with underlying medical conditions and special healthcare needs. There is much more to be learned about how the disease impacts children.”

Groups

Public health officials recommend community actions to reduce exposures to COVID-19, such as school dismissals and restricting group gatherings. We are experiencing school dismissals and business closures. The CDC recommends that, for youth, gathering or socializing anywhere, like at a friend's house, a favorite restaurant, or the local shopping mall, is to be avoided.

Since March 16th, the CDC recommended that, during the next 15 days, all U.S. events of ten or more people should be cancelled or held virtually. This particularly includes older adults and people with underlying health problems such as lung or heart disease and type II diabetes or poorly managed type I diabetes.

The CDC currently recommends that any event likely to have ten or more people who are at higher risk of serious COVID-19 illness should be cancelled. This includes older adults and people with underlying health problems such as lung or heart disease and type II diabetes or poorly managed type I diabetes. If there is substantial spread of COVID-19 in the community, CDC recommends cancelling events of any size. We will follow this recommendation if events, which can change quickly, occur.

PSC will open with these very significant limitations to protect its swimmers and staff. We will open to active dues paying members only. No drop in swimmers will be allowed. Anyone not following these rules will be asked to leave the property and may not be allowed to return.

Rules and Guidelines for Re-Opening

1. No athletes who are sick or have been in contact with anyone who might be sick with COVID-19 or related illnesses should participate.
 - Anyone diagnosed with COVID-19 must self-report and self-quarantine for 14 days, as should anyone in their household.
 - All reporting should be made via email to one of the following in order to monitor contacts and early signs of transmission within the team or groups:
 - Sandy Lee slee@phoenixswimclub.org
 - Garrett McCaffrey gmccaffrey@phoenixswimclub.org
 - Mike Maczuga mmaczuga@phoenixswimclub.org
 - Ken Maczuga kmaczuga@phoenixswimclub.org

Note: Every swimmer's or family member's health information is held in strictest confidence, and PSC will not share information regarding community members' health status with any other PSC community member.

- These reporting and quarantining requirements also apply to swimmers, coaches, or staff who have knowingly come in contact with anyone who has been diagnosed with COVID-19.
 - If anyone is experiencing any of the atypical symptoms such as unexplained rash, headache, diarrhea, vomiting, body aches, shortness of breath, cough and fever, they should consult with their physician or medical personnel. One option for drive-through testing is Honor Health Urgent Care of Bethan Home Road and 16th St: 1515 E. Bethan Home Rd, Suite 120B, Phoenix, AZ 85014
7 a.m. – 7 p.m., 602-674-6260
2. PLEASE WEAR A MASK OR BANDANA TO COVER YOUR FACE, TO AND FROM PRACTICE. All swimmers are required to observe social distancing before, during and after practice.
 3. Arrive only 15 minutes early for practice and wait inside your car or outside the gate and walking in separately, 10 feet apart, until the swimmers in the practice before you, have left the deck. A coach on deck will signal when you are safe to enter.
 4. Athletes enter the pool through the gates leading past the office. Depart at the gates closest to the garage.
 5. All swimmers will be scanned to monitor body temperatures. Initially we will be using a no-touch infrared thermal forehead thermometer, followed by a thermal imaging system called Seek Scan designed to automate body temperature screening while maintaining

social distancing protocols. (See below for how it works.) If a swimmer's temperature reads 100.4 or above you will be sent home. We will retest one time before sending a swimmer home.

6. Parents are not allowed on deck. If parents wish to wait for their child, they must stay in their car if they intend to stay on the property. No exceptions will be permitted.
7. Athletes arrive at the pool prepared to swim, including a full water bottle. No locker-rooms or showers. No deck changing. Wear your suit to the pool.
8. Athletes immediately report to your assigned lanes (Coaches will provide you a list of your lane assignments. Adjustments may be made when you arrive.) Put your belongings on the bleachers if you are starting from the south side or on the chair by your lane if you are starting from the north side. There will be chairs on the east and west side of the small pool.
9. Two swimmers per lane, one starting at each end of the lane. Swimmers must split the lane and remain 6 feet apart.
10. Locker rooms will remain closed. If swimmers use the toilets (for emergencies only) they must clean it thoroughly following use and report to your coach which stall you used. Cleaning products will be provided to wipe down the door latches, toilet seat, sink counter and water faucet handle. (Don't worry, the coaches will help the little kids with wiping down these areas.)
11. Depart the practice immediately at the end of practice and before the next group arrives. Athletes must exit 10 feet apart. Wear your suit home from practice.
12. Athletes cannot loiter in parking lot.
13. Parents must be ready to pick athlete up as soon as practice ends
14. Swimmers who do not follow these rules will be removed from the group.
15. All swimmers must have a responsible adult acknowledge the risk of participation with regard to COVID-19 and related illnesses and by signing a waiver.

Actions Taken by Phoenix Swim Club

Besides this policy, we are monitoring chlorine levels in the pool. The CDC currently advises that “[t]here is no evidence that COVID-19 can be spread to humans through the use of pools and hot tubs. Proper operation, maintenance, and disinfection with chlorine of pools and hot tubs should remove or inactivate the virus that causes COVID-19.”

ACKNOWLEDGEMENT, WAIVER, AND ASSUMPTION OF RISK

We acknowledge that we have read and are aware of the risk of the spread of the Covid-19 virus by participating in Phoenix Swim Club swimming practices at this time. We acknowledge that we have read these policies on handling this matter, and have been referred to the Center for Disease Control website to understand this pandemic, its risks, and how to mitigate community spread of this illness.

Phoenix Swim Club discloses that:

There are certain risks of practicing swimming in a group at this time. The virus can spread before another person shows signs of the virus or is symptomatic. The CDC advises that everyone should:

- Continue to practice personal protective measures.
- Continue to put a household plan into action.
- Consider staying at home and avoiding gatherings or other situations of potential exposures, including travel, if you are an individual at increased risk of severe illness.
- Stay at home if you might infect an individual at increased risk of severe illness. Phoenix Swim Club also requires that anyone who is sick, has symptoms of COVID-19 or who has reason to believe they have had contact with anyone with COVID-19 should not participate in any manner or attend a practice.

You understand and acknowledge that COVID-19 is caused by a new virus. There is much to learn about its transmissibility, severity, and other features of the disease. The virus is thought to spread mainly from person-to-person. It is thought to spread between people who are in close contact with one another and through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

You acknowledge that there are risks and dangers with regard to COVID-19 and being in a public setting, including a swim practice. These risks and dangers may be caused by the negligence of participants, other swimmers, accidents, breaches of protocols, the forces of nature or other causes, and may be from foreseeable or unforeseeable causes.

If your non-adult swimmer, participates in a Phoenix Swim Club practice, you (and he or she) assume all risks and dangers and all responsibility for any losses, damages, or injuries, whether caused in whole in part by the negligence or other conduct of the owners, agents, officers, employees of Phoenix Swim Club, or by any other person.

I HAVE READ THE ABOVE WAIVER AND ASSUMPTION OF RISK AND BY SIGNING IT AGREE IT IS MY INTENTION TO EXEMPT AND RELIEVE BEST SWIM CLUB, INC, DBA PHOENIX SWIM CLUB, PHOENIX COUNTRY DAY SCHOOL, ARIZONA SWIMMING AND USA SWIMMING FROM LIABILITY OR PERSONAL INJURY, PROPERTY DAMAGE, OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE WITH REGARD TO COVID-19.

Swimmer(s) Name & Age

Parent/Guardian printed name

Signature of Parent/Guardian

Date