

SOVA - Return to Activities
Swimming/Open Water Swimming Training Plan Template



Components	Phase 0	Phase 1	Phase 2	Phase 3
Description of Phases	Stay at home order in place & public facilities are closed.	Stay at home order is lifted, restriction on size of mass gatherings (<10 people)	Size restrictions on mass gatherings are increased (<50 people), public facilities are open.	No limit on the size of mass gatherings. Public facilities are open.
Level of Engagement	<ul style="list-style-type: none"> • Virtual activities, no in person meetings or activities • Play only with family members or those living in your household. • Virtual coaching 	<ul style="list-style-type: none"> • High Risk individuals should continue to remain at home. Offer at home sport specific strength and agility exercises alone or with household members. Virtual Coaching & Activities as available. • Implement training at outdoor venues where it is possible to maintain physical distance of 10 ft in the water and on land in groups of 10 or less. • Swimmers should come dressed to swim, avoiding use of locker room and bathrooms during practice time. • Only essential persons on deck (coaches and lifeguards) should be on deck and family members and/or caregivers must remain outside of the practice area. • Coaches should wear a mask during practice. 	<ul style="list-style-type: none"> • High Risk individuals should continue to remain at home. Offer at home sport specific strength and agility exercises alone or with household members. Virtual Coaching & Activities as available. • Implement training at outdoor and indoor venues where possible to maintain physical distance of 10 ft in the water and on land in groups of 50 or less. • Swimmers should come dressed to swim, avoiding use of locker room and bathrooms during practice time. • Only essential persons on deck (coaches and lifeguards) should be on deck and family members and/or caregivers must remain outside of the practice area. • Coaches should wear a mask during practice. 	<p>Return to traditional training</p> <p>Continue practice at homes indicated.</p>

Recommended Activities, Skills & Drills		<ul style="list-style-type: none"> ● Swimmers should be assigned to consistent groups and groups should not co-mingle. ● Swimmers can occupy lanes at max of 3 per lane for lap swimming up to 10 persons total. In Open water, swimmers must maintain at least 10 ft physical distancing. ● If Kickboards, PFDs or other equipment is used, each swimmer must have their own item. Pre and post equipment sanitation procedures should be followed. ● Training for individual events only ● No group game activities including relays. 	<ul style="list-style-type: none"> ● Swimmers should be assigned to consistent groups and groups should not co-mingle. ● Swimmers can occupy lanes at max of 4-5 per lane for lap swimming up to 50 persons. In Open water, swimmers must maintain at least 10 ft physical distancing. ● If Kickboards, PFDs, or other equipment is used, each swimmer must have their own item. Pre and post equipment sanitation procedures should be followed. ● Training for individual events and relays should follow distancing guidelines. 	
Considerations for all practices		<p>This document is by no means a prescriptive, complete or exhaustive list of Return to Activity considerations: we recognize we will all learn, adapt and adjust as we make our way through this pandemic. We appreciate our coaches and volunteers and all the efforts to keep our athletes safe. Please see the SOVA Sport Resources and Consideration for more resources from national sports organization and links to all resources provided by Special Olympics.</p> <ul style="list-style-type: none"> ● For all sports practices, athletes and volunteers must complete the participation waiver found here. ● Upon arrival all athletes must be screened with the questions and attendance record must be kept for every practice date. A sample log is also found in this Screening and Tracking Template. The Daily Covid 19 Self Checklist is here. ● If Coaches are encouraged to take the Special Olympics Online Coronavirus Course at Learn.specialolympics.org. Instructions to register are here. 		