



COVID-19 PSI Back to Swim

Reminders on the resumption of training under the COVID-19 Community Quarantine:

- In light of the government's pronouncements loosening mobility restrictions and placing Metro Manila under General Community Quarantine and the majority of the country under Modified General Community Quarantine, the fact remains that a vaccine or cure for COVID-19 is yet to be found. Hence, should any of the clubs decide to resume operations and conduct trainings once again, please be reminded that you do so at your own risk. Thus, we enjoin all the clubs to observe the minimum health standards provided by the DOH and undertake the best practices to ensure the health and safety of everyone. PSI shall be free from any liability or claim for any COVID-19 cases arising by reason of the resumption of swimming trainings/activities during the COVID-19 pandemic.
- Minimum public health standards shall be complied with at all times for the duration of the General Community Quarantine (GCQ) and Modified General Community Quarantine (MGCQ) as prescribed by the Inter Agency Task Force on Emerging Infectious Diseases (IATF-EID) and the Department of Health (DOH).
- Guidelines set by the Philippines Sports Institute – Medical Scientific Athletes Services under the Philippines Sports Commission for Swimming activities must be complied for the duration of the Community Quarantine (CQ).
- Coaches and swimmers must comply with standards for social distancing and safety within aquatic facilities.
- With collaboration between Swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives.

I. Each team/club should have a COVID-19 liaison.

They must be knowledgeable on the following:

- a. National and Local Government (IATF, DOH, LGU and PSC) guidelines on Covid-19



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- b. Limitations of the allowed activities.
- c. Current data of Covid-19 cases in their community including PUI and PUM

They will be responsible on the following:

- a. For staying up to date on community and recommendations and any associated changes.
- b. Implementations on the guidelines of the facility and the coaching staff.
- c. Constant communication with the coaching staff, swimmers, and parents on their health status.
- d. Coordination to the facility owners/managers regarding the cleanliness and sanitation of the swimming pool.
- e. Create visual aids to remind everyone of the safety regulations

II. Mitigating Hazards

- a. Increase water sanitation level.
 - i. A constant monitoring on the Chlorine level and water chem to at least 5 times a day.
- b. Increase frequency of cleaning and disinfection of the following:
 - i. Common areas (ingress and egress points, bleachers, etc.)
 - ii. Pool deck
 - iii. Windows
 - iv. Surface areas (benches, door handles, railings, etc)
- c. Maximize ventilation on indoor, non airconditioned facilities. Open all electric fans and air passages (windows, doors, etc.)





- d. Prohibit the usage of low ventilated spaces and rooms that prevent social distancing, such as small dryland rooms, locker rooms and shower rooms.
- e. Create visible markers on the floor to indicate appropriate spacing on the pool deck, bleachers, etc.
- f. All swim teams must have their own thermometer to check swimmer's temperature before getting in to the pool area. Temperature of 37.6 degree Celsius and above should not be allowed to enter the facility.
- g. Enforce the implementations of the safety guidelines and hygiene rules of the facility at all times.

III. Safe Practices

- a. If you or anyone living with you are feeling sick, STAY at HOME.
 - A coach or staff member should ask athletes, as they come into practice, if they feel ill in any way, specifically listing certain symptoms, and send home those athletes reporting feeling ill or experiencing symptoms.
 - Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/ sneezing dissipates.
 - Athletes and coaches must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19 symptoms.
- b. Swimmers must come to practice ready with their swimming attire on and must change clothes and shower at home.
 - Jump straight into the pool, swim, and leave immediately.
- c. Have a structured plan to enforce social distancing.
 - i. Limit the number of swimmers per lane.
 - ii. Limit the number of staff per session



- iii. Create more sessions to limit the number of people at a certain time
- d. Coaches and other staff on deck must wear protective masks and face shields at all times
- e. Dropping off and pick up patterns
 - Encourage parents or companions not to stay at the facility and strictly implement a “drop off and pick up” system
 - Parents or companions must wear protective gears at all times during drop off and pick up
- f. Sanitize training gears at all times before the start of swimming.

IV. Swimming safely

- a. PREPARING TO SWIM - Protect against infections:
 - Swimmers should wear face mask before entering the pool as well as right after practices
 - Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
 - Always have masks, alcohol, hand sanitizers, and other available protective gears available with you.
 - Swimmers must use the designated space to leave their belongings: towel, face mask, sandals... etc.
 - There should be at least ten minutes transition period between sessions to observe social distancing.
 - Do not share equipment.
 - Bring a full water bottle to avoid touching a tap or water fountain handle.



- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.

b. WHEN SWIMMING

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice.

c. AFTER SWIMMING

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area.
- Shower at home, wear your suit to and from practice.
- No extra-curricular or social activity should take place.



- No congregation after swimming.

V. Other reminders

- Be clear and consistent about expectations and enforce policies.
- Coaches should use downtime to ensure all safety skills are up to date: complete sport safety, concussion training, etc.
- Social distancing will need to be accounted for in practice planning.
- Limit group sizes and staggered sessions.
- Focus should be on a healthy environment, quality experience, progressive training, and safety.
- Get enough sleep, eat a healthy diet and exercise.
- Beware of fake news.

VI. GUIDANCE FOR OUR SWIMMING CLUBS AND COACHES UNTIL JUNE 15, 2020:

AREAS UNDER GCQ	AREAS UNDER MGCQ
PANGASINAN REGION 2 REGION 3 NCR REGION 4-A REGION 7 ZAMBOANGA CITY DAVAO CITY	ALL OTHER AREAS NOT UNDER GCQ

- Most restrictive form of community quarantine is ECQ, followed by MECQ, then GCQ with MGCQ being the least restrictive before the transition to the new normal.



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Questions:

We want to conduct swim trainings/activities, but under the Omnibus Guidelines issued by the IATF, those below 21 and above 60 years old are directed to stay within their residence unless for essential errands, etc., will this hold true for areas under MECQ, GCQ and MGCQ?

For areas under ECQ, the restriction still applies. In fact, outdoor exercise is prohibited.

For areas under MECQ, the restriction still applies. Individual outdoor exercise is allowed but only for those ages 21 to 59 years old.

For areas under GCQ, individual outdoor exercise is allowed for all ages, even for those below 21 years old and those 60 years of age and above. But emphasis should be made that only individual exercise is allowed. Thus, swimmers can only train by themselves without the physical guidance of their coaches.

For areas under MGCQ, individual and group outdoor exercises may already be conducted. There are no restrictions imposed on the ages of the participants. However, minimum health standards should be observed.

But what about the prohibition on mass gatherings, how will it apply to swim training?

For areas under ECQ, MECQ and GCQ, mass gatherings of any nature, unless for humanitarian activities, are prohibited.

For areas under MGCQ, public gatherings are allowed but only up to 50% of the venue or seating capacity. For our purposes, swimming clubs may resume training but only up to 50% of the membership at any given time. Clubs might have to resort to holding two (2) separate training sessions to accommodate the whole team/club.



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VII. SAMPLE DAILY SANITATION CHECKLIST

Daily Sanitation Checklist							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
No common shower or changing areas							
Spray down all access doors							
All garbage picked up and in locker rooms							
Spray down skimmer net pole (if used)							
Spray down all ladder poles and ingress/egress points							
Ensure all plastic water bottles are picked up using gloves							
Ensure swimmers/coaches avoid direct contact							
No spectators on deck – Parents/Guardians to remain in parking lot							
If food is present, one person serves to all with gloves							
If anyone presents an illness, recommend (with) coach that they exit the area							
Coaches/Parents: Ensure athletes are wearing appropriate clothing in accordance with weather conditions							
Swimmers are observing social distancing at all times							
Maintain social distancing (6 feet and beyond). Parents cannot be present on deck at any time.							
All coaches must wear an N95 mask or equivalent and face shield at all times.							





TEAM LIAISON FORM

Team Name: _____ Liaison Officer: _____

Contact Details: _____ Venue: _____

Daily Attendance Record							
Training Time/s:							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
No. of training sessions/day							
No. of swimmers/session							
Safety Guidelines Checklist						Yes	No
Implemented the guidelines of the facility and the coaching staff.							
Constant communication with the coaching staff, swimmers, and parents on their health status.							
Coordinated to the facility owners/managers the cleanliness and sanitation of the swimming pool.							
Create visual aids to remind everyone of the safety regulations.							
Checked the swimmer's and coaches temperature before getting into the pool area.							
Enforced the implementations of the safety guidelines and hygiene rules of the facility at all times.							
Swimmers must come to practice ready with their swimming attire on and changed clothes and shower at home.							
Limited the number of swimmers per lane and staff per session							
Coaches and other staff on deck has protective masks and face shields at all times							
Implemented the "drop off and pick up" system – no parents or guardians present inside the facility during training.							
Swimmer's sanitized their own training gears at home before coming in to training.							
Swimmers should wear face mask before entering the pool as well as right after practices.							
Swimmers must use the designated space to leave their belongings: towel, face mask, sandals... etc.							
Proper social distancing is observed before, during and after training.							



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