

## [Virginia Vale Teams Summer 2021](#)

The following is a list of some resources that VV will use throughout the season to inform our decision making as well as our policies to start the 2021 season as it relates to COVID-19. The following is subject to change based on evolving guidelines and recommendations.

[The Colorado Department of Health & Environment](#) offers guidance in two main areas for operations at Virginia Vale: [Personal Recreation](#) (which governs outdoor pools) and [Organized Sports](#). CDPHE also offers guidance on [Isolation and Quarantine](#) that may become necessary if someone is feeling symptomatic or tests positive.

Given this guidance, the following will apply at Virginia Vale for all team practices (swimming, synchro, and diving):

- Anyone who has been exposed to COVID-19 or who is feeling [symptomatic](#) cannot come to the pool and needs to follow CDPHE protocols for isolation/quarantine.
  - According to the [CDC](#), people who are fully vaccinated or who have had COVID-19 in the past 3 months are excluded.
- Any participant who has a positive COVID-19 test during the season should self-report to the Aquatics Director (Brian Davenport: 720-560-2460), so we can be proactive in mitigating measures (contact tracing, etc.)
- All participants must complete a health screening upon entering the pool (a temperature check and quick verbal check in to make sure no one is symptomatic).
- All participants (and any accompanying parents/guardians) must wear masks when entering/exiting the pool area and moving around the pool area (especially in the restrooms).
  - Athletes will not wear masks while in the water but will while stretching/drylanding.
  - Any parents/guardians staying for practice can remove masks while at a table/separated from other families.
- The bathrooms will be open, but we encourage swimmers to arrive/leave in suits as much as possible given that there is no ventilation in the restrooms. We do not have additional coaches/staff to monitor the number of people in the restrooms.
- Coaches will maintain accurate attendance and group cohorts should contact tracing become necessary (i.e. consistent lanes for swimming and routine cohorts for synchro).
- Coaches/staff will routinely clean high touch surfaces.

As stated previously, some of these policies could change depending on the given guidelines. If we are ever more restricted in terms of the number of participants, it may become necessary to restructure practices or alternate days with athletes (for instance). Additional changes to expect this summer:

- For meets (and swim meets in particular) we expect to run them in sessions, dividing up the age groups into smaller, more manageable numbers.
- We hope to run Team activities/socials, but they will likely look different (in terms of size, location, and type of activity). We hope to utilize the pool itself more frequently for these types of events.

The following pages offer more information specific to each team/program, including contact information if you have any questions!