



MJCC Stingrays

Mittleman Jewish Community Center
at the Schnitzer Family Campus
6651 SW Capitol Highway, Portland, OR 97219
P: 503.244.0111 | F: 503.245.4233 | oregonjcc.org

Stingrays COVID Procedures

Until COVID vaccines are available for younger children, Stingrays practices will be split, with unvaccinated swimmers swimming 4:45-5:30 and vaccinated swimmers swimming 5:30-6:15 (Bronze), 5:30-6:30 (Silver), or 5:15-6:45 (Gold). All practices are Monday-Thursday. Swimmers do not wish to disclose their vaccine status will swim with the unvaccinated group. When vaccines become available and enough time has passed for those who wish to be vaccinated to achieve that, we will move back to a purely level-based practice schedule.

General information and equipment:

- In order to participate in the vaccinated group, swimmers must be two weeks past their second vaccination (or single dose, should a single-dose vaccine be approved for those under 18) and coaches must see proof of vaccination in the form of a vaccine card or documentation from their healthcare provider. A photo sent via email or shown in person is sufficient. ***This proof must be shown prior to the swimmer entering the water for their first practice.***
- As we have done for the past year, multiple levels of workouts will be swum in each practice, since the groups are not defined by ability. Swimmers of like ability will be grouped in lanes together.
- We will work to have physical distancing in the pool with the 4:45-5:30 group. It is extremely difficult to constantly maintain 6' between young swimmers in a lane together and still be able to focus on instruction, so we ask everyone to understand that this will not be possible 100% of the time.
- Each swimmer should bring a towel (no towel service is available) and a water bottle every day; water fountains should only be used for refilling bottles.
- MJCC equipment (kickboards, pull buoys, etc) is available to use, but swimmers are welcome to bring their own if they prefer.
- Locker rooms are open, but bear in mind that there is not constant supervision in the locker rooms as there is on the pool deck, so reminders about masks and any other COVID protocols will be less frequent. Swimmers are also welcome to come and go with their swimsuits on under their clothes and leave their bags on the bleachers instead of using the locker rooms, if your family would rather they avoid the additional potential exposure.
- The rules and procedures in this document may change as the situation and state/federal guidance changes. All changes will be communicated via email.



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COVID-19 safety measures:

- Everyone must wear a mask that covers the nose and mouth the entire time they are in the building, except when they are in the water (pool or shower).
 - Bandanas, face shields (without a mask underneath) and masks with valves (unless another mask is worn over the top) are not acceptable. If a participant desires, a face shield may be worn in addition to but not in place of a mask. We have disposable masks available at the front door.
 - Swimmers should bring a plastic container or baggie so that they can place their mask on the pool deck by their lane and keep it safe and dry while they swim. We will have extra in case someone forgets!
 - Coaches will also be wearing masks at all times.
 - We know that the masks and the distancing may be very difficult for some of our swimmers, but safety must always be our #1 consideration. We ask that you talk to your swimmer about these things before registering and before their first workout. As always, if we have a participant who is creating an unsafe environment for others, that participant will be withdrawn from the program.
- Spectators are allowed on the pool deck this year, but please remember that mask rules still apply!

COVID-19 exposure policies:

- If your swimmer has been exposed to anyone with a diagnosed COVID-19 infection in the past two weeks or has any COVID-19-like symptoms, *they may not attend practice*. Please follow your medical provider's advice and CDC guidelines for quarantine or isolation (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>), as appropriate.
 - Please remember that for some individuals, COVID symptoms may mimic a cold or allergies. Even if you think your swimmer just has a cold, please do not send them to practice until their symptoms have resolved.
 - If a swimmer appears ill or the coaches notice new COVID-like symptoms, they will be removed from practice and kept in a supervised area away from other participants until a parent or guardian can come and pick them up. They will not be allowed back in the locker room to shower or change.
- If your swimmer tests positive for COVID-19 or you are told by a medical professional that they are a presumed positive, please notify the coaches immediately. We will keep your swimmer's identity in confidence, but will need to take appropriate precautions, including notifying those in their practice group immediately that a potential exposure occurred.

Thank you for helping make our new swim season a success!