

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. They are located in the top left, top center, and bottom right areas of the slide.

# PHASE I: RETURNING TO PLAY WITH COVID-19

“OUR NEW NORMAL IS TO CONTINUALLY GET USED TO NEW NORMALS”

\*UPDATED 6/12/20



# WHAT ABOUT ALL THE MEETS?

- SUMMER QUALIFIERS (REG, ZONES, NATLS)
  - POSTPONED, NOT CANCELLED AS OF YET
  - COULD BE LATE SUMMER, EARLY FALL-BUT FOR WHAT?
    - MHDC WOULD NEED TO WEIGH THE BENEFIT OF ATTENDING BASED ON:
      - RISK/REWARD AT SAID TIME BASED ON CASE NUMBERS, EXPOSURE RISK
      - TRAINING CYCLE, TECHNICAL READINESS OF DIVERS VS. LTAD
      - QUALIFICATIONS TO INTL MEETS, TIER TEAMS



# WHAT ABOUT ALL THE MEETS?

## Jr Worlds Trials (stand alone?)

- Could be as late as Oct 9-12, TBD
- FINA can cancel anytime (scheduled for Nov 29-Dec 6)
- Will USA send a team?

## Winter Nationals

- Dec 12-20, location TBD
- 14 day quarantine period?
- Selection of World Cup team

# RIGHT VS RIGHT

- OPT-IN COMPLETELY OPTIONAL
- CONTINUED STRUCTURED, DELIBERATE, VIRTUAL TRAINING TO KEEP KIDS PROGRESSING ACCORDING TO SKILL PROGRESSIONS AND GIVE OUR DIVERS THE COMPETITIVE EDGE
- HYBRID THAT WILL CONFORM TO CURRENT AND FUTURE GOVERNMENTAL ADJUSTMENTS

**Covid Risk Tolerance**  
The higher the risks, the heavier the backpack, the lower the tolerance  
Evelin Decker 2020

<b>Very Strict</b> 0	<ul style="list-style-type: none"><li>• Stays within container</li><li>• Maintains 6 ft distance</li><li>• No one outside contact</li><li>• Strict infection control protocol</li><li>• No contact with outside world</li></ul>
<b>Strict</b> 1	<ul style="list-style-type: none"><li>• Leaves container for essentials</li><li>• Maintains 6 ft distance outside of container</li><li>• Hand washing when touches anything</li><li>• Wears masks outside of container</li><li>• No socializing outside of container</li></ul>
<b>Fairly Strict</b> 2	<ul style="list-style-type: none"><li>• Leaves house for work/groceries</li><li>• Socializes with others at 6 feet</li><li>• Exercises outdoors in low density areas</li><li>• No intimacy/touch outside of container</li><li>• Shops once a week or less</li></ul>
<b>Somewhat Open</b> 3	<ul style="list-style-type: none"><li>• Socializes with &lt;10 others at 6 ft</li><li>• Will socialize with others closer than 6 ft if at same level or less</li><li>• Goes outside of container with mask on</li><li>• Intimacy or touch if at same level or less</li></ul>
<b>Moderately Open</b> 4	<ul style="list-style-type: none"><li>• Regularly socializes with others</li><li>• Does not regard any social distance parameters</li><li>• No use of masks when around others</li><li>• Leaves container regularly</li></ul>
<b>Very Open</b> 5	<ul style="list-style-type: none"><li>• No precautions other than hand washing</li><li>• May desire to get infected</li><li>• May have already been infected</li></ul>

# FLIP SCHOOL OR POOL?

Pools are not covered under the current “Safer at Home” order

We are willing and able to train  $>4 <10$  divers at a time at the Flip School with strict procedures

- Slightly modified practice times including clean up
- 10 minute entry window thru rear door (5 before, 5 after)
  - Temp check (100.2 max no exceptions, single test)
  - If you feel unwell or could have exposure, stay home
  - Must bring mhdc mask, water bottle, caps for girls, your team gear, and nothing else
  - New waiver
  - Sign attestation each day

# ATTESTATION

1. Do you have a fever or have you felt hot or feverish recently (14-21 days)?	Yes	No
2. Are you having shortness of breath or other difficulties breathing?	Yes	No
3. Do you have a cough?	Yes	No
4. Do you have any other flu-like symptoms, such as gastrointestinal upset, headache or fatigue?	Yes	No
5. Have you experienced recent loss of taste or smell?	Yes	No
6. Have you been in contact with any confirmed COVID-19 positive patients?	Yes	No
7. Do you have heart disease, lung disease, kidney disease, diabetes or any auto-immune disorders?	Yes	No
8. Have you traveled in the past 14 days to any regions affected by COVID-19? (as relevant to your location)	Yes	No

# STRICT PROCEDURES



Workout clothes already on



No cubbies, no bathrooms, no water fountain



No dogs, parents, siblings, relatives...only the athletes



In back door, out front door



Carpooling as it relates to USA Diving return to play



“QuarenTEAMS” (assigned) T/Th/S survey, no makeups

A blue rectangular area with white text and several white bubbles of varying sizes scattered around the text.

# WHAT WE ARE DOING

- SOCIAL DISTANCING
- “QUARENTEAMS”
- ASSIGNED STATIONS EACH DAY
- DRYBOARD, TRAMP
- NATURAL AIR FLOW
- GYM STATION TRANSITION PLAN
- NO HAND SPOTTING
- CLEANING BETWEEN “QUARENTEAMS”
- USA DIVING COVID-19 RESOURCE CENTER



## SERIOUSLY A MASK?

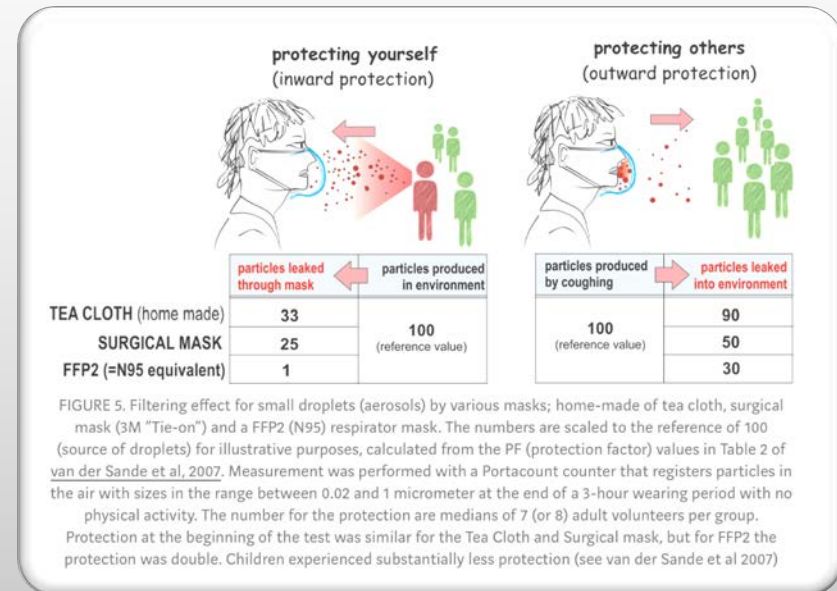


# SERIOUSLY, A MASK



# WHY A MASK?

- PROTECTING THE GREATER GROUP  
THEREBY MOVING OUR TEAM FORWARD  
SOONER
- FLIPPING CAN SPRAY DROPLETS FARTHER
- SWEATING ≠ TOUCHING FACE
- EVERYONE PROTECTED EQUALLY TO  
MINIMUM STANDARD



# HOW AND WHEN?



## How?

-8.5 hours/practice day for coaches

-Survey "QuarenTEAMS" slots

-Group options 3x week



## When?

-Tentatively set for June 16<sup>th</sup>  
(email on the 15<sup>th</sup> to confirm)

-Could be adjusted due to case numbers of  
government decree

# HOW AND WHEN?

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Flip School</b>			<i>Alum</i> 9:30-11:00		<i>Alum</i> 9:30-11:00	
		JA1 11:15-12:45 JA2 4:15-5:45	JA1 JA2	JA1 11:15-12:45 JA2 4:15-5:45		JA1 8:30-10:00 JA2 12:15-1:45
NP1		NP1 12:15-1:45	NP1	NP1 12:15-1:45	NP1 Private Lessons	NP 10:45-12:15
NP2		NP2 3:45-5:15	NP2	NP2 3:45-5:15	NP2 Private Lessons	11:30-1:00
NPA		NPA 3:45-5:15	NPA	NPA 3:45-5:15	NPA Private Lessons	NPA 11:30-1:00
CP		CP 9:00-11:00	CP	CP 9:00-11:00	CP	CP 10:00-12:00
Elite		Elite 10:00-12:00	Elite	Elite 10:00-12:00	Elite	Elite 9:15-11:15
Virtual Training	3:30-4:30		Virtual Training 3:30-4:30		Virtual Training 3:30-4:30	
	4:30-6:00	V 5:30-7:00	4:30-6:00	J 5:30-6:30	4:30-6:00	J 1:15-2:15
	6:00-7:00		6:00-7:00		6:00-7:00	V 2:30-4:00



THANK YOU, MERCI, 谢谢,  
GRACIAS !

- FOR YOUR BELIEF IN OUR STAFF AND YOUR KIDS TO USE THIS TIME TO THEIR BENEFIT
- FOR YOUR SUPPORT DURING THIS TIME
- FOR HELPING US PROTECT YOUR DIVERS, YOUR FAMILY, OUR FAMILY, OUR STAFF AND OUR CLUB
- FOR YOUR PATIENCE THUS FAR
- FOR YOUR CONTINUED PATIENCE IN THIS PROCESS OF PHASED REINTEGRATION

