

UPDATED RESOURCES FROM USA SWIMMING

As of May 14, 2020

[USA Swimming Community Quarantine Resource Page](#) – Check this page often as resources are updated regularly.

- [USA Swimming Webinars & Podcasts](#)
- [Swimming Community Webinars & Podcasts](#)
- [Club Operations Information](#) – CARES Act information, best practices, sample strategies and communications, small business assistance
- [Virtual Coaching](#) – Tips, Tricks and ideas from coaches, teams, and outside resources
- [Mental Health Resources](#)
- [USA Swimming Leadership Virtual Town Hall Meeting](#)

RETURN TO COMPETITION ROAD MAP

[USA Swimming Guidelines for June & July](#)

FACILITY RE-OPENING & RETURN TO PRACTICE PLAN

This resource contains the requirements, recommendations and areas of concern that coaches and teams must consider as they develop of their ‘Facility Use Plan’, to be shared with local public health officials and facility operators. It is important to remember that all plans must comply with local, state, and federal public health guidelines.

- [OSHA 3990 Guidelines for COVID-19](#)
- [White House Guidelines for Reopening Economy](#)
- [Indiana Swimming “Back to The Deck” Resources](#)
- [CDC Youth Program and Camps Decision Tree for Reopening](#)
- [Sample Return to Practice Plans on LSC Resource Google Doc](#)
- [Learn to Swim Return Plan from the United States Swim School Association and USA Swimming](#)
- [Quicksilver \(California\) Return to Practice Documents](#)

Accompanying recorded webinar: [The Then & Now of Pool Operation & Programming Adaptations](#) with Sue & Mick Nelson [Link to the webinar slides](#)

OPEN WATER RESOURCES

[Safety Management of Open Water Workouts](#)
[Structuring Your Open Water Workout](#)

Webinar: *Best Practices and Strategies for Open Water Workouts* with Bryce Elser

May 21st at 10am MT

How to run an open water workout safely and effectively.

https://zoom.us/webinar/register/WN_K5VFDEaiTHy60_9WTaPxYA

WATER SAFETY AWARENESS

May is National Water Safety Awareness Month. You can find general information for promoting water safety on the [USA Swimming Foundation website](#) and printable materials on this [USA Swimming Foundation web page](#), simply scroll down the page to “Printable Materials”.

There are additional resources available on the National Drowning Prevention Association (NDPA) website at <https://ndpa.org/> under the “Resources” tab.

There is also resource messaging available on the [Water Safety USA website](#) under “Learn More”. The messaging here was developed as a collaborative effort between several national organizations, including the USA Swimming Foundation.

[NDPA/USA Swimming water safety images you can use in social campaigns](#)

USA SWIMMING MEMBERSHIP CHANGES

At the April 24 USA Swimming Board of Directors Meeting, the board approved the following changes regarding membership:

1. Individuals applying for calendar year membership on or after June 1, 2020 will receive membership valid through December 31, 2021.
2. The changes to the Flex membership approved in January for implementation in September 2020 for the 2021 Membership Year, will now begin in the 2022 Membership Year.
3. Seasonal Membership Extension: Seasonal memberships (Season 1, Season 2, and Individual Season) that expired on or after March 16, 2020, are permitted to be extended to August 30, 2020. LSCs registering or renewing any seasonal memberships may set the athlete’s expiration date to no earlier than August 30, 2020, but no later than December 31, 2020, as long as the membership does not exceed 150 days after USA Swimming lifts the national moratorium on meet sanctions.

Please contact Cathy Durance – cdurance@usaswimming.org with any questions.

TECHNIQUE TUESDAYS with RUSSELL MARK WEBINAR SERIES

[Link to Register](#)

5/5/20*	Link to the recording	Fly Stroke technique review and Q&A
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5/12/20* *11:00am-11:30am MT	Link to the recording	Back Stroke technique review and Q&A
5/19/20* *11:00am-11:30am MT	Technique Tuesday	Breast Stroke technique review and Q&A
5/26/20* *11:00am-11:30am MT	Technique Tuesday	Free Stroke technique review and Q&A

SAFESPORT ZOOM TRAININGS

Athletes, parents, and coaches can now attend a training session conducted by the USA Swimming Safe Sport staff via Zoom. The parent and athlete meetings will count toward the requirements to become a SafeSport Recognized Club. USA Swimming Safe Sport staff will record attendance and manually update the Club Portal. **Attendance at these sessions is limited to 500 participants;** it is recommended to log-in 15 minutes before training is scheduled to start.

- Click to attend [Parents: Every Wednesday 3:00-4:00pm EST](#)
- Click to attend [Athletes \(age 12-18\): Every Thursday 3:00-4:00pm EST](#)
- Click to attend [Coaches: Every Friday 3:00-4:00pm EST](#) – The coach sessions are not a requirement for Safe Sport Club Recognition and will focus on how to engage athletes and parents in SafeSport. You can use your attendance to obtain the optional points for educational events for coaches. To do so, list the coaches who attended along with attendance date in the club application.

VIRTUAL #SWIMBIZ WEBINAR SERIES

[Virtual #Swimbiz](#) moves our annual marketing conference that emphasizes social media, advertising, branding, communications, sponsorship, and local promotions for teams into an on-line series. Beginning May 5, presentations will be offered via Zoom Webinars every Tuesday and Thursday at Noon MT through June 2.

BUILDING CONNECTIONS: COACH & TEAM LEADERSHIP WEBINAR SERIES:

May 11: Bust Through Their Filters! Creative Ways to Engage, Excite & Inspire Today's Athletes! Led by Tree Beeckman, Growing Leaders

May 18: What Drives Winning- A Foundation for a Positive Team Culture Led by: Becky Burleigh, Head Soccer Coach, University of Florida

June 1: Mental Toughness Training: Training the Brain Systematically Using Biofeedback Led by: Dr. Tiffany Jones, PhD, Owner & President of X-Factor Performance Consulting

June 8: How to Build Team Trust- It All Starts with You! Led by: Celia Slater- CEO & Chief Visionary of True North Sports

Registration for this series:

<https://zoom.us/meeting/register/tjUlcCqzgpH93OKIG9Hvtf0A50fFemUJll>

COACHING CONNECTION NEWSLETTER

E-mailed to coaches approximately every two weeks – next issue May 20th. If you are not receiving please e-mail mhesse@usaswimming.org

SWIMATHON

The USA Swimming Foundation has committed to defer our 5% share of Swimathon proceeds in 2020 and 2021 back to our local participating clubs. We will continue to invest and support Swim-a-Thon as a major national campaign, delivering the same level of national marketing support, promotion and prizes as always. Fingers crossed that we are all back in the pool by then, which would make this initiative a significant call to action for swimmers to work to help their own clubs financially.

2016 RIO OLYMPIC FINALS RACE VIDEO

Following USA Swimming's request, the USOPC has allowed coaches access to their YouTube channel of 2016 Olympic footage to use for educational purposes with their teams. You can use the footage to do race analysis, keep your athletes excited about the sport, and other virtual educational opportunities with your team. We hope to gain access to additional Olympic footage for your use.

<https://www.youtube.com/playlist?list=PL-292yfpAFGZcVUNdooa5YDhr6tScVWji>

FREE ENTERPRISE ZOOM LICENSE

Zoom (<https://www.zoom.us/>), an enterprise video conferencing with real-time messaging and content, has become one of the most prominent virtual tools during the Coronavirus crisis. For many members, the program has helped facilitate continued athlete engagement, virtual training, and business continuity.

We have secured 'Enterprise' licenses, which provide the greatest number of features, for USA Swimming clubs for a 90-day period. Access requests should be sent to Paula D'Amico at pdamico@usaswimming.org. **Please include your team name and the e-mail address you would like associated with this Zoom account when you contact Paula**

In addition to the one Enterprise license per club, we also encourage you to register for free Basic accounts as needed.

[Zoom Setup and Security Resources for Clubs](#)

MENTAL HEALTH SERVICES FOR COACHES THROUGH THE USA SWIMMING EMPLOYEE ASSISTANCE PROGRAM (EAP)

During the COVID-19 pandemic coaches can now utilize the online/phone mental health services through the USA Swimming Employee Assistance Program (EAP). The program provides health and wellness information as well as online resources and assistance for concerns such as: coping with Stress and Anxiety, Financial Fitness, Managing Work and Career, Parenting , Caring for Older Adults, Mental Health Conditions, Overcoming Depression and Grief, Relationship Issues and more.

Further information can be accessed here: <https://www.usaswimming.org/news-landing-page/2020/04/08/usa-swimming-employee-assistance-program>

THE LAST GOLD MOVIE

USA Swimming members can now watch The Last Gold **free of charge**. This documentary film was produced by USA Swimming in 2016.

Narrated by Emmy-winner Julianna Margulies, The Last Gold is a feature-length documentary film that reveals one of the greatest untold stories in Olympic swimming history. Forty years ago, at the 1976 Montreal Games, a team of doped East German athletes thrashed their rivals from the United States, until a remarkable final race.

The movie can be viewed by visiting: <https://vimeo.com/155310924> password: lastgold2016

USA SWIMMING COVID-19 RELIEF PROGRAM FOR TEAMS

USA Swimming has initially pledged \$1M in grants, funded by the USA Swimming Foundation, to support clubs and members impacted economically by the COVID-19 pandemic. Teams are eligible to be considered for a relief grant of up to \$5,000. Information for applying can be

<https://www.usaswimming.org/utility/covid-19-relief-program-for-teams>

Eligibility

To be eligible to apply for a USA Swimming COVID-19 Relief Program Grant, a team must have:

- Suffered demonstrable financial losses because of the economic effects of COVID-19.
- Applied for local, state, and federal assistance available (e.g., Small Business Administration COVID-19 Economic Injury Disaster Loan program, Payroll Protection Program, etc.),
- Incurred continued operating expenses, not including payroll; and
- Developed a comprehensive return to viability plan through use of the grant and other resources.

Financial support for clubs would not be possible without the work that many LSCs have done to create their support programs, which will allow us to focus on clubs in the LSCs with fewer resources to help their teams.

COACH'S CERTIFICATION EXTENSIONS

As a result of the closures of many facilities due to COVID-19, coaches may find it difficult to renew some certifications. Read more [here](#).

120-Day Extension ARC Coaches Safety Training, Lifeguarding & CPR Certifications

[The 120 Day Certification](#) enables an existing enrollee to extend their current American Red Cross certification by 120 days from the original certification expiration date. This extension certificate is for student or base level certificates from instructor led and blended learning courses ONLY and DOES NOT apply to instructor, instructor trainer or online only certifications. The extension certificate must be presented with a certificate that has expired.

ONE AMERICA INFORMATIONAL SESSIONS

We have worked with OneAmerica, one of USA Swimming's financial services providers, to offer education and resources to help you navigate the days ahead. Whether you are looking for more information on budgeting, dealing with market volatility, or if you would be interested in connecting with a financial advisor, please visit: <https://www.usaswimming.org/news-landing-page/2020/04/17/oneamerica-financial-resources>