

# COVID Training Instruction

## Stingray Swim Team – updated July 30, 2020

### Arrival to Pool Facility

- Swimmers and coaches (who are not members of the same household) must always maintain a minimum 6 feet separation.
- When swimmers enter the designated pool door, they will place their belongings (towel and cloths) on a marked area on the bleachers. These marks will be separated by 6 feet.
- Swimmers will then be directed by a coach to enter the water in a designated lane and location. They will remain in that spot until all swimmers are placed for practice.

### During Practice

- Swimmers will strictly follow coach directions. Training plans will maintain a minimum of 5 yards (15 feet) separation between athletes when not actively swimming.
- While swimming, please avoid contact with other swimmers.

### After Practice

- After practice, swimmers may use the locker rooms. Please limit locker room use to 10 minutes or less. Non-team community members may be in the locker room at the same time as our swimmers. Athletes are to maintain a minimum of 6 feet separation at all times.

### Transitions

- Swimmers arriving for practice may enter the pool building and find an unused mark on the bleachers. Please stay on/near your mark until directed by a coach. Please wear your face covering until directed by a coach.
- Swimmers who have finished practice will gather their belongings and either 1) leave the pool building, or 2) enter the locker room. Please wear your face covering before/after practice.

### Additional Information

- Swimmers are required by UAF to wear a face covering when not in the water.
- Swimmers will not have access to the locker rooms before practice, but they can use them after.
- Swimmers may use the restrooms in the locker room before/during/after practice.
- Individual equipment may be used. Please do not share equipment. Kick boards will be disinfected before/after use.
- Swimmers should not arrive to the pool earlier than 10 minutes before practice, and parents are asked to pick up their swimmer promptly after practice. This is to avoid congregation when swimmers are not in the water.
- Spectators during practice(s) is allowed (but not encouraged) from the on-deck bleachers. Please maintain 6+ feet social distance and wear a face covering at all times.