

Team Practice Guidelines for Greater Latrobe Aqua Club at Latrobe H.S.

Guidelines for Member Swimmers:

- Stay home if swimmer has a fever or symptoms of respiratory illness
- Report to a board member if swimmer had contact with someone who has tested positive for COVID-19 in the last 14 days
- Masks must be worn entering and exiting the pool/school
- To maintain one-way traffic direction, all swimmers will enter the main pool doors and exit through the door by the staircase to the stands
- Wear suit to/from pool
- **NO** use of locker rooms and no changing in the pool bathroom, it will be for emergency bathroom use only
- Swimmers will keep swim bag and belongings 6 ft apart on deck
- **NO** equipment bags are to be left in the back equipment room (High school swimmers)
- No shared equipment, swimmers must have their own fins, kickboard, etc.
- Keep groups small and maximum of 25 swimmers in one session
- Avoid mixing groups, staggered start of practice groups
- Distance swimmers from each other - minimum 6 ft (See attached model)

Guidelines for Parents/Guardians of Member Swimmers:

- Stay home if adult has a fever or symptoms of respiratory illness
- Drop off your swimmer no earlier than 5 minutes prior to the start of practice with preferred drop off and pick up outside
- **NO** parents or guardians may be on deck or in the stands

Guidelines for Coaching Staff:

- Stay home if coach has fever or symptoms of respiratory illness
- Use discretion in mask wearing but maintain distance from swimmers
- Enforce safe distances between swimmers