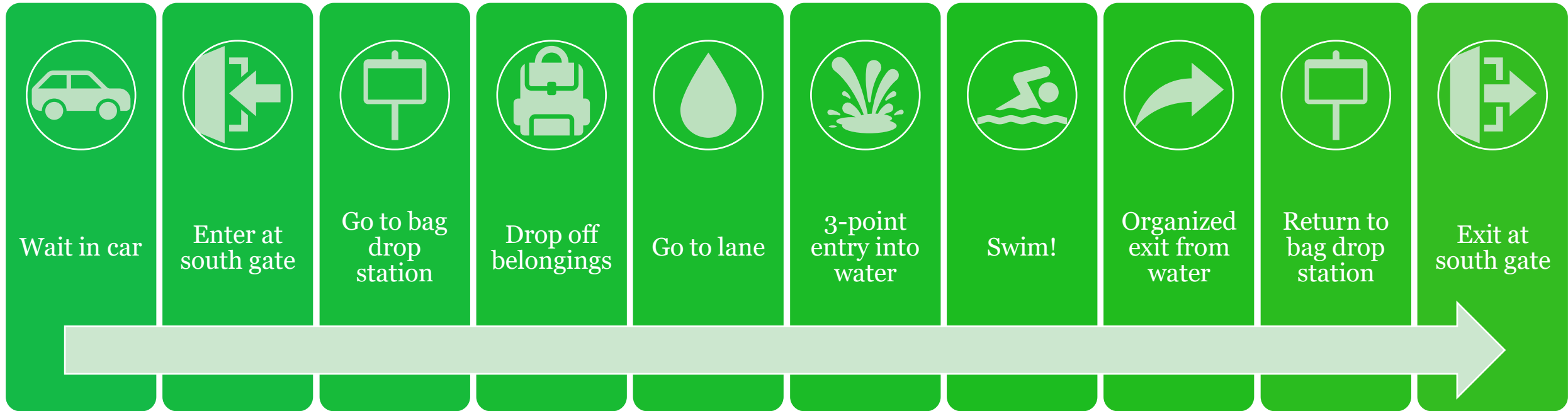




Ventana Canyon Swim Team Policies and Procedures 2020-2021

Swimming safely 😊

Practice procedures





***Step 1:
Wellness
check***



- Check the health of your swimmer *before* arriving to practice!
- Swimmers **cannot** attend practice if any of the following are true:
 - They are sick or not feeling well
 - They have a fever or chills, cough, shortness of breath, headache, sore throat, new loss of taste or smell, nausea or vomiting, or any other symptoms listed by the CDC
 - They have been exposed to anyone who has symptoms or has tested positive for COVID-19
 - Anyone in the household has symptoms or has tested positive for COVID-19





***Step 2:
Practice
preparation***



- Prepare for practice before leaving the house:
 1. Change into swimsuit at home and wear it to the pool
 2. Bring the following items to practice each day:
 - Face covering/mask
 - To be worn entering and exiting the facility and on deck
 - Practice equipment
 - All gear required for the practice group must be labeled with the swimmer's name and stored in a mesh bag
 - No sharing or borrowing equipment—this includes goggles!
 - Full water bottle
 - No use of cups or filling stations
 3. Use the bathroom and/or wash hands before coming to practice
 - Bring hand sanitizer in the car/swim bag



***Step 3:
Arrive at the
pool***



- Arrive at the pool in the south parking lot and wait in the car until practice time
- Do not wait outside the gate until 5 minutes before practice begins
- Use hand sanitizer before entering the facility



***Step 4: Enter
facility at
pool gate***



- When it is time for practice to begin, line up outside the south gate on the markers spaced 6 feet apart
- A coach will tell the swimmers when to enter the facility
- A coach will open the gate and hold it open while the swimmers enter
- Swimmers will enter one at a time through the south gate maintaining 6 feet of separation on deck
- Swimmers cannot congregate on deck to wait for practice to start



***Step 5: Go to
swimmer
station***



- After entering the gate, proceed directly to the designated swimmer station to put down belongings and wait to enter the pool
- Swimmers will know their station number prior to arriving at the pool, and they will always report to the same station
- These stations will be spaced 6 feet apart



***Step 6: Drop
off belongings
at the station***



- Leave all personal belongings at the swimmer station
- Get ready to enter the water at the station:
 - Take off outer clothing
 - Grab cap and goggles
 - Carry equipment bag and water bottle
- A coach will tell the swimmers when to walk to their lanes





***Step 7: Walk
to designated
lanes***

- Walk to designated lane *and* designated end of the pool
- Swimmers will know their lane assignment prior to arriving at the pool, and they will always report to the same lane/end of the pool
- Swimmers will walk to their lanes in line and maintain 6 feet of separation
- Two or three swimmers will be assigned to each lane—one swimmer at one end of the lane, and one or two swimmers at the other end of the lane
- Place equipment bag and water bottle at the end of the lane



***Step 8:
3-point entry
into water***



- After walking to the designated lane, sit on the deck on the right side of the lane
- A coach will tell the swimmers when it is time to enter the water
- Enter the water using a 3-point entry (sit and slide) on the right side of the lane



Step 9: Swim!

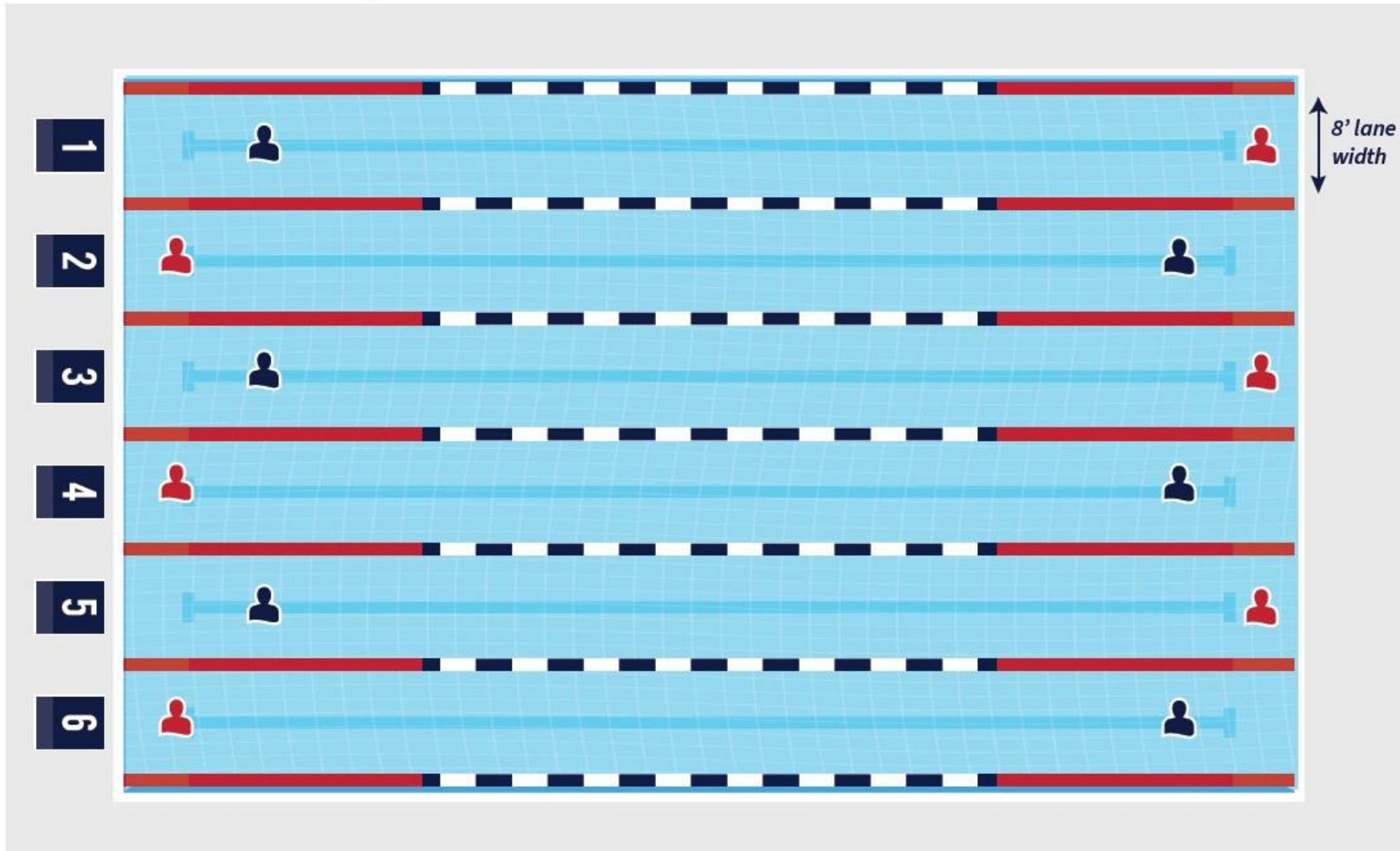


- Swim in the designated lane and enjoy practice! 😊
- With two swimmers in a lane, both will rest on the right side of the lane when stopped at the walls
- With three swimmers in a lane, swimmers stopped at the same wall as their lane mate will rest on opposite sides of the lane. Swimmers stopped at the wall by themselves will rest in the middle of the lane.





SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL

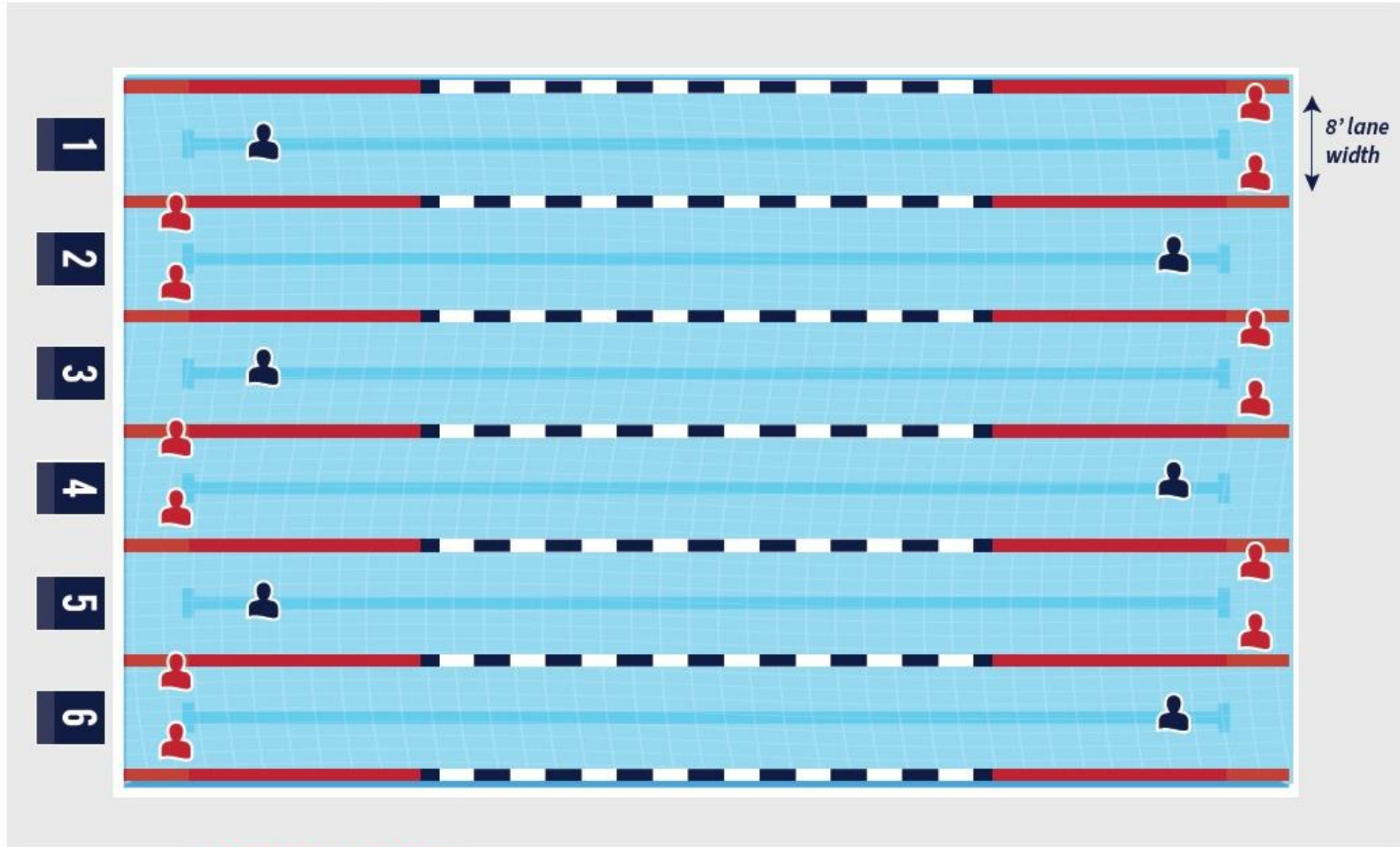


12 SWIMMERS





SOCIAL DISTANCING PRACTICE LAYOUT 25-YARD, 6-LANE POOL



18 SWIMMERS



***Step 10: Finish
practice and
exit water***



- Once practice is over, exit the pool from the same lane and same end as entering the pool
- Swimmers will exit the pool in an orderly fashion to maintain distancing
- Carry all personal gear from the lane and form spaced lines to walk back to the stations



***Step 11:
Return to
station***



- After exiting the pool, walk in line back to the designated swimmer station
- Dry off, put belongings away, and prepare to leave the pool deck



***Step 12: Exit
facility at
pool gate***



- Gather all personal belongings from the swimmer station
- A coach will tell the swimmers when to walk to the south gate
- A coach will open the gate and hold it open while the swimmers exit
- Swimmers will walk in line and exit one at a time through the south gate maintaining 6 feet of separation on deck and through the parking lot
- Get in the car and use hand sanitizer



Policies

- Late swimmers will not be allowed to practice
 - Entering the facility is a systematic process, and it requires swimmers to be on time to practice
- To keep the number of persons on the pool deck to a minimum, parents are encouraged to drop their swimmers off and return to pick them up, or wait in the car in the parking lot, or observe practice from outside the pool gate
- Parents who wish to observe practice from outside the pool gate should do so in the grass areas, provide their own chairs, and sit at least 6 feet apart from other parents
- Parents should only enter the pool gates if absolutely necessary to tend to their child
 - Siblings and/or other swimmers waiting for practice to end or another practice to start are not permitted on deck
- Parents who do enter the pool gates must wear a mask
- Locker rooms will not be available for showering, changing, or gathering
 - Toilets will be open for urgent use only



Policies

- Practices will be broken into small groups based on age and ability
- Practices will consist of approximately 12-18 swimmers
 - Some groups will have a maximum of 2 swimmers per lane; other groups will have a maximum of 3 swimmers per lane
 - Siblings will be placed in the same lane when possible
- A gap between practices will allow for one group to exit before the next group enters
- Swimmer stations, facility entry/exit points, etc. will be sanitized in between practice groups
- Swimmers must be picked up right as practice ends
 - Swimmers will not shower or change at the pool
- Swimmers cannot leave any gear/equipment at the pool



Policies

- Families and/or swimmers who do not follow these protocols and procedures will be asked to leave
- We are committed to keeping your swimmers safe—please take this seriously!
- Please go over these procedures and rules with your swimmers before starting swim team practices
- Coaches will be guiding/helping the swimmers and reminding them of all policies—coaches will be enforcing these policies at all times
- We can't wait to get back in the water!
- We are excited to make this a fun season 😎

Thank you!

We appreciate your patience, flexibility, and support

We couldn't do this without you | #BetterTogether

