



**RETURN TO SWIMMING GUIDELINES
COACHES AND SUPPORT STAFF
STAGE 2 VERSION 4.0 – July 18, 2020**

1. Transportation to/from pool:
 - a. Coaches are required to fill out their online health questionnaire before coming to the pool. Stay home if sick or experiencing any published COVID-19 symptoms.
 - b. No car-pooling with anyone outside your family bubble.
 - c. Plan arrival for no more than 20 minutes prior to published practice start time
 - d. When parking in parking lot, leave one empty parking space between vehicles
 - e. Put on face mask before exiting your vehicle and leave on for duration of practice until returning to your vehicle at the end of the practice
 - f. Designated parents may be acting in volunteer capacities such as screening, traffic flow, cleaning processes and safe sport observer. No other parents will have facility access.

2. Before practice (entering facility):
 - a. Proceed to designated entrance, observe all physical distancing markers.
 - b. Carefully read and strictly follow all facility signage
 - c. Touch as few surfaces as possible
 - d. Bring all practice materials in a storage bin
 - e. No change room access
 - f. If bathroom required, hands must be cleaned, and all bathroom surfaces must be sanitized before reentering pool
 - g. Guide swimmers to designated personal grid space on the pool deck or in stands, monitor athlete flow to ensure proper physical distancing of 2m
 - h. Assign lanes while swimmers are preparing for practice in personal grid space, monitor athlete flow to ensure proper physical distancing of 2m as swimmers move to assigned lane
 - i. Provide practice instructions from mobile white board, to be given 2 lanes at a time, observing proper physical distancing of 2m. Practice may also be delivered online prior to practice.

3. During practice:
 - a. Stay in assigned coaching location when designated
 - b. Observe proper physical distancing of 2m when providing swimmer direction/feedback
 - c. If coughing or sneezing, do so into arm/elbow
 - d. Monitor swimmer physical distancing at wall between repeats (2m is the width of a lane)
 - e. Sanitize and place "station markers" if there are 2+ swimmers in the lane (traffic cones on pool deck, markers on pool bottom) as required

4. After practice:
 - a. Monitor swimmer flow and physical distancing as they change and move to facility exit
 - b. Assist with equipment pick-up and cleaning as necessary.
 - c. Take away your personal storage bin.
 - d. Ensure physical distancing of swimmers who are waiting for pickup.

5. Incident response:
 - a. If any swimmer displays or complains of any COVID-like symptoms during practice, they will leave the practice immediately and parents will be notified to pick-up child
 - b. Notify facility staff and/or individual health care provider if necessary
 - c. Follow the remainder of the incident response procedures in the guideline document.