



COVID-19 Safety Protocols

Swimmer Drop Off

Please drop your swimmer off at the curb. Younger swimmers may be walked up to the check in area, **but parents will not be allowed in the facility at this time.**

Prior to Entering Facility

Each swimmer MUST wear a mask and will check in at the gate with a Piranha coach. Their temperature will be checked each day before entering the facility. **If they have a fever of 100 or higher, they cannot swim or enter the facility.** Please do not send your swimmer to practice if they have been sick, have a cough or fever, or been around someone exhibiting signs of COVID-19.

Swimmers need to be dressed and ready to get into the water to swim. Locker rooms will be closed. Swimmers must bring their own cap and goggles; no loaners will be available. No sharing of equipment. We will provide kick boards and will sanitize them and any other equipment we use after each practice.

Swimmers need to bring their own labeled water bottle. No water faucets or fountains will be available for use at the pool.

Swimmers will be assigned lanes and will report to the assigned lane each session.

Swimmers cannot hang out and mingle with their friends, please do not drop them off any earlier than 10-minutes prior to their session. **Coaches will not be responsible for unattended swimmers prior to entering the facility.**

Entering the Facility

Once the swimmer enters the designated entry gate into the facility, they will need to walk to their assigned waiting area. A coach will direct them to enter the water.

A map of the pool will be sent out on Monday before the sessions as well as one will be posted on a white board in front of the facility.

All coaches must always wear a face mask.

Exiting the Facility

Swimmers will exit the pool in a safe and orderly fashion and will be dismissed by the coaches. Swimmers must place their mask back on, pick up their belongings, and exit the facility at the designated exit. Absolutely no hanging out or mingling with friends.

Pick up Procedures

Please arrive 10-minutes before their session ends for pick up. Please pick up at the curb. You may walk up to the area near the fountains to pick up your younger swimmer. Please let them know where to look for you.

Let your swimmer know to see a coach if they cannot find you. When registering your swimmer, please make sure you leave an active cell phone number in case we need to reach you for any reason.

Safety and Other Info

6-feet of social distancing must be maintained at all times.

Coaches will be sanitizing and wiping down handrails, shared equipment, etc. daily.

All rules will be followed 100%.

Due to the social distancing rules we will be following, our coaches will be partner coaching with a coach across the pool. We want to maximize our swimmers time in the water. Our coaches may need to communicate with each other through their phones. The communication is used to adjust swim sets as



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needed so our swimmers on opposite sides of the pool remain safely distanced.

CDC Statement on Pools and Chlorine

“There is no evidence that COVID-19 can spread to people through the water used in pools, hot tubs, or water playgrounds. Proper operation and disinfection of pools, hot tubs, and water playgrounds should kill the virus that causes COVID-19.” -

www.cdc.gov/healthywater/swimming/index.html

Elk Grove Aquatics Complex

Elk Grove Aquatics Complex (EGAC) & Why Our Pool Is Unique. The Elk Grove Aquatics Complex is an outdoor 50-meter x 25-yard pool, that has 18 lanes short course, and 8 lanes long course. There is only one other pool in Sacramento County that has this much space for social distancing competitive swim practices. When set up in short course format, the lanes are 7.7 feet wide and 25 yards long, which allows for multiple options to conduct swim practices, all of which follow social distancing guidelines released by California Department of Public

Health for Fitness Facilities, released on June 5, 2020.

Short Course Practice Scenario

With the short course lanes being 7.7 feet wide, 4 swimmers would be allowed to swim per lane. This would provide separation of 7-8 feet across lanes, and separation of 45 feet within the same lane. While passing each other in the same lane, they would still be more than 6 feet apart with the lanes being 7.7 feet wide.

Swimmers are X and arrows show direction of each lane will swim.

