



SWAS Gators

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Guidelines for Time Trials/Swim Meets

At this time, we are still at Phase 1 on the reopening status for AZ. We must do our part to continue to move AZ through to Phase 2 and beyond. Encouraging our children to practice appropriate guidelines will help prepare them as they get ready to return to school.

We ask that everyone please support the Social Distancing Directives and Safe Guidelines that will help us ensure we keep our group healthy. **When you are unable to socially distance – Please Wear A Mask!**

1. Please stay home if anyone in your home is sick, or if you or your children have been exposed to someone who is sick.
2. If you have an older person or someone who is in guarded health in your home, or that your children are in close contact with, we do not recommend that you participate in our program.
3. Always Practice Good Hygiene.
 - Wash your hands, especially after touching any frequently used item or surface.
 - Avoid touching your face and eyes.
4. Please have swimmers arrive with their suit and sunscreen already on. Restrooms are available, but please do not plan to use the locker rooms. **Swimmers who are able, should arrive and leave with their masks on. No masks may be worn in the water or during dry land.**
5. Talk with your children about social distancing. They are very close friends and often their first impulse is to hug each other. Please have them come up with an alternative, a big wave, air hug, jelly fish hug, Gator wave etc.
6. **Only Meet personnel and participating swimmers will be allowed on deck. Meet personnel are expected to wear masks. We will have a meet-marshall posted at the gate.**
7. Please limit the number of adults accompanying a swimmer to 1 and do not bring siblings who are not participating in that session, if possible. We understand there may be exceptions for childcare.
8. Parents may view the races from the playground area where there is great shade and tables to sit on with an elevated view. You are encouraged to set up tents and spread out in the grassy area as well.
9. We will be reducing the number of volunteers on deck, only one timer per lane, working both buttons.
10. Swimmers will be spaced farther apart on deck, one group on the blocks one heat behind and a third heat against the fence, additional heats will wait near the coaches table, with swimmers for the next event waiting on the artificial turf area.
11. We will have on hand, sanitizer and wipe commonly used surfaces.
12. Properly maintained and chemically balanced swimming pools are healthy and do not transmit viruses.
13. Fresh air, sunlight and exercise are good for all of us!
14. Thank you for supporting our swimmers and our program!

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