



Return to Pool Protocol - 2021 COVID-19 - January Update

Current State of Connecticut Guidelines for youth competitive swimming programs is to follow the detailed information released by USA Swimming. USA Swimming offers examples of how to space athletes in many different pool configurations. Our plans offer the best blend of efficiency and safe distancing.

Group assignments are being made to limit participation to 32 swimmers or fewer per practice time. All practice sessions will be held with 1 swimmer starting at each end of each lane, and 1 swimmer starting from the flags at each end of the pool.

DEEP END WALL	X	X	X	X	X	X	X	X
FLAGS	X	X	X	X	X	X	X	X
FLAGS	X	X	X	X	X	X	X	X
SHALLOW END WALL	X	X	X	X	X	X	X	X

Each lane at the East Lyme Aquatic Center is 7 feet wide or larger. The flags are 15 feet from either wall. These facts contributes to proper distancing.

Masks must be worn at all times that athletes are not in the water including entering and exiting the building. Social distancing must be practiced at all times. Contact between athletes is strictly prohibited. Masks must be worn to and from the athletes assigned practice position, when traveling to the restroom, or when not physically in the water for any reason.

Each athlete must bring their own water bottle. It must be clearly marked with your name. Bottle filling units on drinking fountains are now operable.

All coaches and facility staff will be wearing a mask at all times they are in common areas.

All participants that enter a practice are certifying that are not currently experiencing any symptoms of COVID-19 including a fever, sore throat, cough, headache, muscle aches, loss of sense of taste or smell and that have not been around anyone else experiencing these symptoms or known to be positive for COVID-19.

Entrance to the building will be through the side door near the tennis courts. Athletes will stage on the driveway in that area maintaining social distancing. Athletes will be able to place their belongings on bleachers that are marked to ensure proper distancing. Exit from the building will be through the rear doors behind the diving boards.

All current facility practices for sanitization will be followed during our practice changes. We have a 15 minute time built in to have the previous group to exit, sanitization with chlorinated spray delivery to all common surfaces, and the next group to enter.

All swimmers must arrive prepared to swim, bathing suit on, cap on, goggles readily available. All swimmers must exit the building without changing. The locker rooms are closed. Emergency restroom usage will be permitted in the single use restrooms in the pool lobby. These restrooms will be sanitized after any use.

We will not be using any equipment that is not personally owned. There can be no sharing of goggles, caps, etc from other swimmers or coaches.

The Aquatic Center water chemistry is always kept within CDC and state/local guidelines for sanitization. The air handling system is designed to maximize fresh air intake during times of higher usage.

There will be a zero tolerance policy related to the disregard for social distancing, mask wearing, or any other policy set forth here.