

Hello RAC Families,

We apologize for the delay in our Fall/Winter Pre Season Situation report. RAC Staff has needed information for the Board of Education regarding what our local schools will be doing in order for us to make the best schedule possible for our swimmers. Crafting our new schedule has not been an easy task and we are doing our best to make this the best experience possible for all our non-competitive programs, competitive programs, college swimmers, and Masters. We thank you for trusting our staff and working with us through these unprecedented times.

RAC Reopening Plan

If you are a new member of our team, did not train with us this summer, or need a refresher, the link below is to our Reopening Plan which includes a transparent operation guideline into how RAC operates while maintaining regulations from the CDC, Rec Center, Ct & USA Swimming. We ask that all members please review the document upon registration.

[RAC Swimming Return to Pool Plan](#)

Registration & Mock Practice Signups for Approval

Registration is LIVE and Coaches have put together our Group Rosters through move-ups and new member tryouts. RAC Staff will be opening up a Mock Practice Signup to declare your practice slot intentions for the Fall/Winter. Example. My swimmers are part of the Age Group team, I will sign them up for the practices I know they will consistently attend.

This information will help coaches decipher how we will structure our lane assignments through, including your swimmer's Cohorts and ensuring everyone stays safe and gets the practice opportunities they desire. This will assist Coaches in COVID Tracking in case there is a spike of cases in our schools & the area. We will continue our job signup method for your practice selection.

COVID Testing & Positive Tests

In the case that a member shows symptoms, we are able to identify the group they train with and give notice to those in the group. A Positive COVID test to our members means that the entire group will have to stay out of the water until members of the group show RAC Staff that they have tested Negative, then they may return to practice. A positive COVID test will also move our scheduling phase back a step from Phase 4 to Phase 3. Phase 3 reduces the number of swimmers per group and requires to signup for their slots as opposed to being pre-assigned their group sessions. If your school or other organization requires that your swimmer takes the test, RAC Coaches would like for you to bring us a copy as well for peace of mind to us.

Sanctioned/Unsanctioned Meets & Return to Competition

USA Swimming will be having a vote on what SC Competition will look like for the Fall/Winter 2020-2021. Once we have word from USA Swimming, we will be able to provide information about what our next competition will look like. Whether it is Sanctioned Intrasquad Meets or Unsanctioned Virtual Competition, RAC will update our members when the information is

available. In the meantime we plan to do our Intrasquad Time Trials, like earlier this summer, to provide our kids the racing atmosphere and a chance to show their growth, improvement, and have fun! An email has been sent out to RAC parents who are USA Swimming officials and we are looking to establish a group that can help RAC run these meets when the time is right. In case we missed any officials or you know of people that can help operate our meets, please contact Coach Ronnie (SwimCoachRonnie@gmail.com).