

## **RAC Reopening Plan Situation Report 2**

### **Welcome back Olympic Way!**

- In the months of July & August, RAC Coaches would like to get our Olympic Way Swimmers back in the water. Our goal is to have returning OW Swimmers in the water for 2 sessions per week through July & August (8 weeks), starting on July 13th, 30 minutes per session, 6 swimmers per session. The preliminary times are Monday-Friday 11:45 am, Saturdays 12:30 pm, Sundays 10:00 am (subject to change. To register, please click [here](#)).
- OW is the future of RAC and we want to provide them an opportunity to swim
- Registration will be done weekly and will be charged \$30 per session.
- Returning members will register on TeamUnify, & select their practice sessions in the “Job Signup Tab”

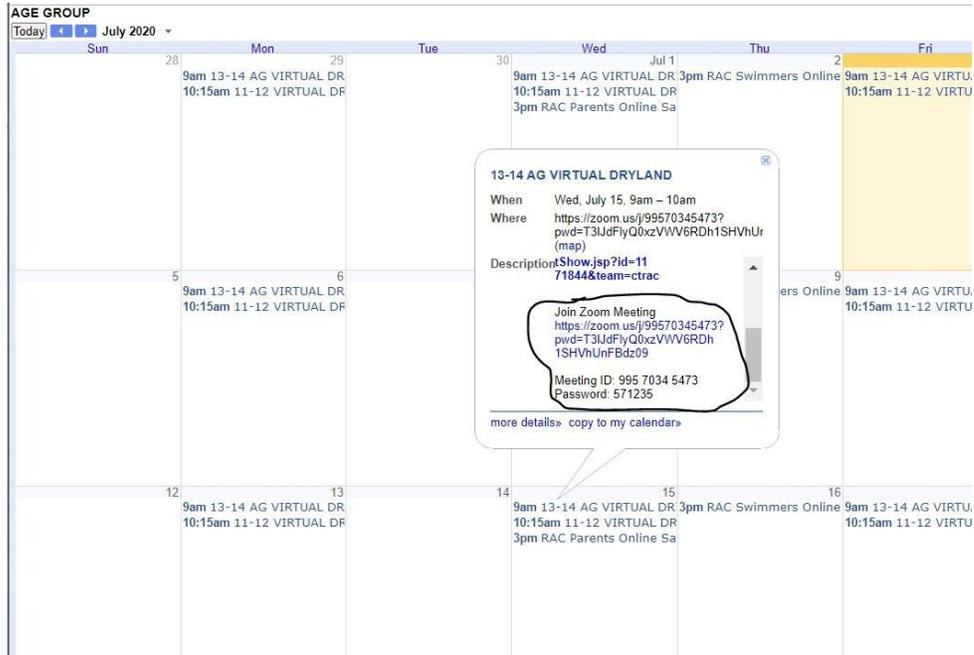
### **Reminder on RAC Reopening Policies - Inclement Weather**

- In the case of Inclement Weather during RAC Practice times, we want to remind our families of our updated procedures. RAC Coaches will be more vigilant for approaching storms, and will quickly communicate to you regarding a canceled practice session or the entire day. RAC Coaches will quickly clear the pool in the event of inclement weather so our swimmers can contact their rides to get home safely. Swimmers will be asked to abandon the building. Coaches may adjust which gates are used for facility exit to allow for the safe exit of swimmers to their rides. An update regarding remaining practices for that day will be emailed out/posted on our Team Feed. We will use Saturday & Sundays and afternoons to provide weather make-ups if a group misses more than 2 practice sessions.

### **Virtual Dryland**

- RAC Coaches would like to remind our members that our Virtual Dryland program is still operating via Zoom. A virtual dryland schedule can be found [here](#), please check your group’s calendar. We will do our best to continue sending reminder emails the night before.

- Every Zoom link is under description



- Starting on July 13th, we will start offering in-person drylands (outside of the pool) respecting social distancing guidelines.
- Outdoor Distanced drylands will look like this:
  - Spaced out outside 15ft across the grass outside of the pool.
  - Swimmers will need to bring their own equipment such as Yoga Mat, extra towel/sweat rag, dumbbells, jump rope, etc.
  - Dryland will be conducted 30 mins before practice, see below
  - Zoom drylands will still be offered to all swimmers that are not ready to come back to the pool. If that's the case please contact [Coach Emmanuel](#) for more info.

### Phase 3

This is how Phase 3 will look like: (subject to change)

Day	Time	PEOPLE PER LANE	SQUAD
MONDAYS	5:30-6:30am	12	Masters
	6:45-8:30AM	12	COL/NAT/SEN
	8:30-9:00AM	6	DEV
	11:00-11:30AM	6	DEV
	11:45-12:15PM	6	OW
	12:30-1:30PM	12	JR/AG/FIT
	1:45-2:45PM	12	JR/AG/FIT

	3:00-4:00PM	12	JR/AG/FIT
	<u>3:45-4:15PM D</u>	12	COL/NAT/SEN
	4:15-6:00PM		
	<u>5:45-6:15PM D</u>	12	COL/NAT/SEN
	6:15-8:00PM		
TUESDAYS	5:00-6:45AM	12	COL/NAT/SEN
	7:00-8:45AM	12	COL/NAT/SEN
	11:00-11:30AM	6	DEV
	11:45-12:15PM	6	OW
	<u>11:45-12:15PM</u> <u>D</u>	12	JR/AG/FIT
	12:15-1:15PM		
	<u>1:00-1:30PM D</u>	12	JR/AG/FIT
	1:30-2:30PM		
	<u>2:15-2:45PM D</u>	12	JR/AG/FIT
	2:45-3:45PM		
	4:00-5:45PM	12	COL/NAT/SEN
	<u>5:30-7:00PM D</u>	12	JR/AG/FIT
	6:00-7:00PM		
7:15-9:00PM	12	COL/NAT/SEN	
WEDNESDAY	5:30-6:30am	12	Masters
	6:45-8:30AM	12	COL/NAT/SEN
	8:30-9:00AM	6	DEV
	11:00-11:30AM	6	DEV
	11:45-12:15PM	6	OW
	12:30-1:30PM	12	JR/AG/FIT
	1:45-2:45PM	12	JR/AG/FIT
	3:00-4:00PM	12	JR/AG/FIT
	<u>3:45-4:15PM D</u>	12	COL/NAT/SEN
	4:15-6:00PM		
	<u>5:45-6:15PM D</u>	12	COL/NAT/SEN
6:15-8:00PM			
THURSDAY	5:00-6:45AM	12	COL/NAT/SEN
	7:00-8:45AM	12	COL/NAT/SEN

	11:00-11:30AM	6	DEV
	11:45-12:15PM	6	OW
	<u>11:45-12:15PM</u> D	12	JR/AG/FIT
	12:15-1:15PM		
	<u>1:00-1:30PM D</u>	12	JR/AG/FIT
	1:30-2:30PM		
	<u>2:15-2:45PM D</u>	12	JR/AG/FIT
	2:45-3:45PM		
	4:00-5:45PM	12	COL/NAT/SEN
	<u>5:30-7:00PM D</u>	12	JR/AG/FIT
	6:00-7:00PM		
	7:15-9:00PM	12	COL/NAT/SEN
FRIDAY	5:30-6:30am	12	Masters
	6:45-8:30AM	12	COL/NAT/SEN
	8:30-9:00AM	6	DEV
	11:00-11:30AM	6	DEV
	11:45-12:15PM	6	OW
	12:30-1:30PM	12	JR/AG/FIT
	1:45-2:45PM	12	JR/AG/FIT
	3:00-4:00PM	12	JR/AG/FIT
	<u>3:45-4:15PM D</u>	12	COL/NAT/SEN
	4:15-6:00PM		
	<u>5:45-6:15PM D</u>	12	COL/NAT/SEN
	6:15-8:00PM		
SATURDAY	6:00-7:45AM	12	COL/NAT/SEN
	8:00-9:45AM	12	COL/NAT/SEN
	10:00-11:00AM	12	JR/AG/FIT
	11:15-12:15AM	12	JR/AG/FIT
	12:30-1:00PM	12:30-1:00PM	12:30-1:00PM
	2:15-2:45	6	DEV
	3:00-4:00PM	12	JR/AG/FIT
	4:15-5:45PM	12	COL/NAT/SEN
SUNDAY	6:00-7:45AM	12	COL/NAT/SEN

	8:00-9:45AM	12	COL/NAT/SEN
	10:00-10:30am	6	OW

If any of these times don't work for you, please contact [Coach Emmanuel](#). We will do our best effort to serve you. Remember that, once you signed for a workout, you can still make changes. We will have a [live chat on GroupMe](#) for all to know when spots are available. If you will like to know please joining the Chat [here](#).

### **Travel**

There is a recent travel advisory in CT that can be found [HERE](#). If you are traveling back to CT from any of the states listed on this webpage, the day you arrive back in CT, you will need to quarantine for 14 days regardless of testing. You may not come to practice until your quarantine period has ended. If we find that families are not adhering to this travel advisory, we may be forced to close the pool. We will follow the travel advisory closely and update you on any changing guidance. Please contact [Coach Emmanuel](#) for more info.

### **Stress and Coping.**

Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult. Read [tips for stress and coping](#).

RAC STAFF