

Pisces Back to Practice Plan 2021 Season @ Hillcrest Pool

Along with following the return to practice plans put forth by USA Swimming which the Pisces will be following, the Pisces will be also be following these guidelines when returning to practice at Hillcrest on January 19th, 2021.

- *At all times Coaches will be wearing facemasks as well as maintaining the required 6 feet away from all swimmers before, during and after all swim practices* Coaches will be taking temperatures daily prior to the start of practices. All coaches must have temperature under 100.6 and complete the screening checklist.
- *All Swimmers and parents must follow all rules put forth by State of Connecticut, USA Swimming, Trumbull Rec Department and The Trumbull Pisces Swim Team* *Please remember the Trumbull Pisces coaches reserve the right to not allow swimmers to practice who do not follow all practice guidelines dictated below.*
- *MORE GUIDELINES MAY BE SENT OUT CLOSER TO THE START OF THE SEASON FROM THE TRUMBULL REC DEPARTMENT*

Practice Check In *UPDATED PLEASE READ OVER*

Prior to the entry of each practice every swimmer will need complete an online symptom check in, as well as have their temperature taken by a coach when coming to the pool. The link to the online check in will be emailed out as well as posted on the website.

Once the check list is completed and you pass you will have an email sent to the address entered through the link. Swimmers must show the result of the symptoms check list to a coach when they come to the pool. If the swimmer passes the check list the email will include a green check screen. That will be the screen the swimmer shows the coach. ***NO SWIMMER WILL BE ALLOWED IN PRACTICE WITHOUT SHOWING THE COACH THEIR CHECKLIST RESULTS! IF A SWIMMER FAILS THE CHECKLIST, THEY WILL NOT BE ALLOWED IN PRACTICE. ***

Entry to practice

- All swimmers must come to practice already in suits ready to go. NO LOCKER ROOMS WILL BE AVAILABLE FOR USE BY SWIMMERS
- Every swimmer will need to complete a Question list about any symptoms they may be experience- Every practice will be questioned – All Swimmers must complete these questions prior to entering the pool area.
- All Swimmers must have temperature taken by coach
- Swimmers will be stationed 6 feet apart before entering the pool area and pool
- Parents please don't walk in with swimmers; we only need swimmers getting in line to get in the pool. Coaches will be out to keep the swimmers organized.
- All swimmers who are not in the pool, must wear face mask waiting to get in the pool, and also

when leaving the pool to pick up area.

- Swimmers will only be able to practice with their practice groups they signed up for, example
- Age Group swimmers will not be allowed to attend Black and Yellow practice if they miss/ or can not attend the slotted Age Group time.

Practice Rules – While in the Pool

- Swimmers must complete the entry process before entering the pool for practice
- ALL SWIMMERS MUST BRING ALL OWN EQUIPMENT TO PRACTICE – THERE IS NO SHARING OF ANY PIECE OF EQUIPMENT – THIS INCLUDES CAPS AND GOGGLES, (Swimmers will not be given any by the coaches or other swimmers.
- Swimmers MUST BRING THEIR OWN BOTTLE OF WATER!! Swimmers will not be allowed to use the water fountain during practice. ALSO NO SHARING OF WATER BOTTLES.
- Swimmers practice times will range from 45-55 minutes to start – With 10 Minute Period to filter swimmers out and new swimmers in for next practice times
- Swimmers will be arranged in lanes to maintain the suggested practice format put forth by USA Swimming
- Swimmers will be stationed in lanes 3-4 swimmers per lane following USA Swimming guidelines
- Each practice time only 18-24 swimmers will be allowed in the pool.

Exit From Practice

- When exiting the pool all swimmers will be kept at 6 feet apart
- ALL SWIMMERS MUST WEAR FACEMASK AFTER THEY EXIT THE POOL AND GET TO THEIR BELONGINGS
- Swimmers will go directly to swimmer's bags with belongings after practice –
- NO SHOWERS WILL AVAILBLE AFTER PRACTICE – SWIMMERS MUST BRING ALL CLOTHS TO THROW OVER SWIM SUITS
- Swimmers will be stationed 6 feet apart while exiting pool area.
- ON TIME PICK UP IS MANDATORY BY PARENTS – We cannot stress this enough, with the next swim groups coming in and other groups following the Pisces we need to make sure all pickups are on time!

IMORTANT PRACTICE REMINDERS

- NO LOCKER ROOMS WILL BE AVAILBLE DURING PRACTICE
- NO BATHROOMS WILL BE AVAILBLE DURING PRACTICE
- NO WATER FOUNTAINS WILL BE AVAILBLE DURING PRACTICE
- COMING ON TIME AND PICKING ON TIME IS MANDATORY
- PLEASE MAKE SURE TO COME 15 MINS PRIOR TO PRACTICE START TIME TO COMPLETE
- SWIMMER CHECK IN *IF SWIMMERS ARRIVE LATE THEY RUN THE RISK OF NOT BEING ABLE TO GET CHECKED IN FOR PRACTICE AND NOT SWIMMING*