

**ESJ Pool Rules and Regulations- June 2020**

General Facility Changes:

o All participants in summer athletic training and/or practice at ESJ must have a signed waiver on file with the athletic department prior to attending a training session on campus.

o Athletes should remain in their cars until 10 minutes prior to their practice time. Make sure to have your water bottle, gear bag, and that you are wearing your swim suit.

o Upon arrival, we will conduct temperature screenings of all athletes and coaches at the Jangro Stadium ticket gate.  Athletes must be practice social distancing (six feet apart) at all times.

● Our certified athletic trainer or EAJ coach will conduct temperature checks at the Jangro Stadium ticket gate. ESJ coaches and athletes can only enter at the Jangro ticket gate for any practice or workout. It is mandatory that we keep a daily record be kept of each athlete and coach that enters our athletic facilities.

● A normal temperature will constitute “check in” and only then will the athlete be allowed to enter. Anyone who is on campus and has not “checked in” will be removed from their activity until they have properly checked into the facility.

● Athletes or coaches with temperatures equal to or higher than 100.3 will be returned to their vehicle or parent. Following an elevated temperature reading, athlete or coach must be fever-free without the use of fever-reducing medication for 24 hours before returning to campus. Athletes and coaches should not come to campus if they are not feeling well.

o As you enter the facility, there will be signs directing you as you go out for dryland or head out to the pool.

* For those athletes going to the pool, swimmers will to start lining up behind their lane at the turn end of the pool. First swimmer will line-up behind lane 1 (closest to the scoreboard), second swimmer will line up behind lane 2, third swimmer will go to the lane 3 until we fill-up all 20 lanes at the turn end of the pool. Swimmers will place their belongings in the designating square marked with duct tape on the bleachers right behind their lane.
* After we get to 20 swimmers, we will line up at the start end of the pool (short course). As you come to the pool deck, swimmers will place their belongings in the designating square marked with duct tape on the bleachers under the covered awning on the side of the pool and proceed to line-up with the first swimmer lining-up behind lane 1 (closest to the scoreboard), second swimmer will line up behind lane 2, third swimmer will go to the lane 3 until we fill-up all 20 lanes at the start end of the pool.
* During practice we will have the entire practice on the white board and placing two at each end. We will use the PA system/microphone during appropriate hours to give out sets since we will be spread out throughout the pool

o At the end of practice athletes will gather their pool equipment and walk to their dry bag. Pick up all of their belongings and exit using the side gate at the turn end of the pool. We ask that parents are at the pool promptly to pick up their athlete.

A few key points to remember:

**Practice Schedule**. All practices all subject to change so please check your email and also the Amberjax website for changes to the practice schedule. We will post them on the News section of the website and also under the “Resources” tab on the homepage under “Summer Schedule”. Practice schedules can change as more facilities open up and we have the ability to have more people per lane.

**Registered nurse.** A registered nurse will be available from 8:00 a.m. to 3:00 p.m.

**Certified Athletic Trainer.** A certified athletic trainer will be available from 6:45 am – 11:45 am.

**Hand sanitizing stations.** These stations will be strategically placed around athletic facilities. .

**Masks/gloves.** Optional. Coaches and athletes may wear masks and/or gloves, but they are not required.

**Waiver.** All participants in summer athletic training and/or practice at ESJ must have a signed waiver on file with the athletic department prior to attending a training session on campus.

**Water bottles.** Athletes and coaches should bring their own water bottles from home. Water bottle filling stations will be available for filling/refilling water bottles only.

**Locker Rooms.** Locker rooms are off limits to participants for summer training and/or practice at ESJ until further notice. All participants should arrive dressed for practice and leave in their practice attire.

**Parents/Spectators.** Parents may not enter the facility to observe practice after dropping off their child. They may stay in their car.

Any failure to follow protocols may result in forfeiture of future use of athletic facilities. We will be updating these protocols with new information as it becomes available from local and national health organizations.