

To our Membership:

NWGA Nitros (USA Swimming) is committed to putting the safety and wellness of our members and community above all else. These are trying times and everyone wants and looks forward to some sort of normalcy. Using recommended guidelines and best practices for COVID-19 precautions, the NWGA, the CAC, and the Calhoun Recreation Department will open on Tuesday, May 26th.

All organizations have worked diligently to establish a rigorous cleaning schedule and implement facility modifications to provide for and optimize social distancing. To further prevent the spread of COVID-19, multiple signs are strategically placed to remind members to remain at least 6 feet from other members during active exercise and to clean exercise equipment before and after use. We welcome new members to join the NWGA team, however, we will limit the practice size to meet CDC guidelines. Parents will have to wait outside the fence at the Calhoun Rec pool and they will wait in their automobiles at the Calhoun Aquatic Center. All parents of swimmers under the age of 18 will need to sign a waiver agreeing to the strict social distancing guidelines set forth:

STOP- BEFORE ENTERING THE BUILDING OR POOL

- Do not come in if you are sick/ have a cough or fever
- Wellness check-in must be conducted BEFORE you enter the facility (indoor pool)
- Wear a mask, bandana, or scarf and gloves, if appropriate (not in the water)
- Maintain a distance of 6 foot from others
- Sneeze into a tissue/ cloth or elbow
- Do not shake hands or engage in any unnecessary physical contact
- Do not share items/ equipment (The CAC will have equipment to purchase or order). Includes: goggles, kick boards, buoys, paddles, nose clips, caps, suits, fins, and snorkels.
- Limited use of the LOCKER ROOMS. Dress & change at home.
- Bathrooms will be open, but limited use suggested. With that said--Do not spit, pee or poop in the pool
- Limited water fountain usage (prefer for you to bring your own water bottle (DO NOT SHARE)
- Wash hand frequently and use hand sanitizer

*****See additional guidance below.*****

We apologize for any inconvenience and thank you in advance for your flexibility and understanding to our commitment to fight and defeat COVID-19. Members who do not feel comfortable entering facilities or those who are sick, will be allowed to place their memberships on hold. Please email that request to Melanie Webb (NWGA Treasurer) @ abwebb11@comcast.net

*Please be on time for the entry procedures. A coach or employee will be there to unlock and check temperatures (indoor pool) and a parent *MUST* sign the agreement.

**We are excited to see you! Stay Active, Stay Well, and Live Healthy!
Go Nitros!**

**Sincerely,
Charles Todd
NWGA Head Coach**

Additional Information:

Practice Schedule: Due to limited space it is required you only come to your scheduled practice. See diagrams below for practice layout.

Green 1: Mon-Sat at 7:30-9:30am at Rec Center

Green 2: Mon-Fri at 5:30-7:30pm, Sat at 7:30-9:30 am at Rec Center

Navy: Mon-Fri at 1:00-3:00 pm at CAC

Purple: Mon, Wed, Fri at 3:15-4:15 pm at CAC

Equipment bags

Coach will bring equipment bags to practice if they were in the CAC and you will be responsible for bringing them to practice moving forward.

Family accounts:

All May balances need to be addressed before swimming and June dues will go back to full dues.

Waivers:

To utilize the Rec center the waiver must be signed and returned to Coach before swimming.

Facility Limitations:

Rec: Maximum of 25 people including 1 coach at the Rec, No admittance by parents

CAC: Maximum of 20 people including 1 Coach and 1 Parent volunteer* in the CAC, No admittance by parents other than volunteer

*We will need a parent volunteer for the Navy and the Purple times to check swimmers in and monitor the social distancing in the pool. We will work on a sign up to assist us in this and need your help to provide a safe swimming environment.

Entrance Protocol:

CAC: every time your swimmer enters the CAC they will be asked about symptom and have their temperature taken. They will not be allowed to enter with temperature greater than 100.4.

Rec: will not require anything other than waiver for entrance and we strongly encourage you to verify your swimmers health before coming to practice.

The following are guidelines from USA swimming. Please review with your swimmer.

SWIMMING SAFELY Recommendations:

PREPARING TO SWIM - Protect against infections:

- 1) Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- 2) Do not share equipment.
- 3) Bring a full water bottle to avoid touching a tap or water fountain handle.
- 4) If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- 5) Arrive as close as possible to when activity begins.
- 6) Avoid touching gates, fences, benches, etc. if you can.
- 7) Do not attend practice if you, or a member of your household does not feel well.

WHEN SWIMMING

- 1) Follow directions for spacing and stay at least six feet apart from others.
- 2) Do not make physical contact with others, such as shaking hands or giving a high five.
- 3) Avoid touching your face.
- 4) Avoid sharing food, drinks, or towels.
- 5) Maintain appropriate social distancing from other athletes when taking a break.
- 6) Wear your suit to and from practice.

AFTER SWIMMING

- 1) Leave the facility as soon as reasonably possible after practice.
- 2) Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- 3) Do not use the locker room or changing area.
- 4) Shower at home, wear your suit to and from practice
- 5) No extra-curricular or social activity should take place.
- 6) No congregation after swimming.

The following diagrams are how we will maintain the appropriate distancing while training in the pool in our 8 lane pools instead of 6 lanes.

