

North Channel Aquatics Masters’

COVID-19 Practice Plan

Our goal is to return to the water while maintaining health and safety guidelines during this opening up phase. New guidelines will emerge as we feel it is safe to progress towards a “normal” practice situation.

The following will be our standard practices for at least the month of June:

BEFORE PRACTICE:

 Coaches: All shall agree to the 24 hr. wellness standard or they shall not be at practice.

 Swimmers: All shall agree to the 24 hr. wellness standard or they shall not practice; will bring their own equipment, towels, goggles, caps, etc.; can bring their own hand sanitizer to use as needed; will arrive no more than 5 min. prior to the start of their practice time; will come dressed to swim; will enter the pool area one at a time through the designated entrance; shall turn in the health standard form to the coach at the entrance and have their temperature checked.

DURING PRACTICE:

 Coaches: shall move swimmers from their designated areas to a practice lane; shall maintain social distancing from each other and swimmers unless there is an emergency; will sanitize designated restroom between uses and between practices along with anything else that needs to be sanitized.

 Swimmers: will swim two per lane, one at each end of the pool; will leave backpacks in designated areas; will need to put on their own caps and goggles;

 Spectators: shall not be permitted in the pool area; may sit outside the fence, keeping the recommended social distancing, but NOT on the Ward Rd. side; shall not attempt to speak to swimmers during practice.

AFTER PRACTICE:

 Coaches: dismiss swimmers individually to exit the facility; will sanitize the designated restroom and any other structures swimmers have touched that are not in the water; will ensure spot markers for swimmers’ backpacks are at the recommended social distance.

 Swimmers: exit the pool in their suits in a timely manner—**no changing will be permitted**; exit through the designated exit one at a time; go straight to their cars. Swimmers are not permitted to “hang out” after practice. Must exit the pool in a quick manner as the coaches have to disinfect everything prior to the next group coming in.