

Eagle Swimming

SAFETY EXPECTATIONS

- Athletes must return a signed copy of the attached waiver to be permitted to attend practice.
- When parking at facilities, cars must try and leave a minimum of one space between each other.
- Athletes will only be permitted to enter the building 5 minutes before their scheduled practice. If they arrive early, they must wait in their car until the appropriate time to enter the building.
- Athletes must leave facilities immediately at the completion of any practice.
- Parents/spectators will not be allowed in the building or pool deck anytime and are expected to practice social distancing when waiting for their swimmers. We understand this may bring Safe Sport concerns. We will have three coaches on deck at all times and practice two-deep leadership.
- Athletes will be guided to a specific entrance based on what pool they will be using in the facility.
- All doors to the building will be propped open to limit athletes from touching any surfaces.
- Athletes should be prepared to arrive and depart in their suits.
- Restroom breaks will be limited to one person at a time. There can be no showers at any time. No athletes should be using the locker rooms for changing.
- There will be a plan for athletes to leave their personal belongings in an assigned place close to their lane to ensure social distancing on the deck. Once athletes enter the building, they will go immediately to their designated spot and await instructions from their coach.
- Athletes should bring their own water bottles (already filled). The use of the water fountains at the facility will be prohibited.
- Athletes will not be permitted to store their equipment bags at any facility. They must take them home after each practice.
- Athletes and staff are required to wear PPE masks on deck throughout Phase 1.
- Any athlete or staff experiencing any symptoms of a fever (100.4°F or higher), new cough, unusual fatigue, headache, or has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment. If an athlete or staff does have a fever or signs of illnesses, they may not attend practice until 14 days after the fever or symptoms have ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
- For us to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are away from the pool.
- Athletes and families who travel by air, or to an area deemed high risk by the staff, will need to self-isolate for 14 days before returning to practice.
- ESA staff will disinfect the bathrooms throughout the day, and we will provide disinfecting wipes inside the restrooms.