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IFLY Practice Protocol: CRWC

COACHES

- Face coverings (masks or shields) will be worn by all coaches throughout practice.
- Coaches will be stationed on opposite ends of the lanes and/or spaced out per social distancing guidelines if on the same end (lanes will be in widths across the 50 M pool).

SWIMMERS AND PARENTS

Before Practice

- If your swimmer(s) is experiencing flu-like symptoms (fever, chills, cough, shortness of breath, loss of taste and/or smell), he/she **MUST** stay home
- Swimmers will be required to come to practice in their suits as changing and/or showering at the pool is **NOT** allowed. Any swimmer found doing this will not be allowed to practice. Per USA Swimming rules, deck changing is also prohibited.
- Swimmers must make sure they have all equipment as there will be no shared or borrowed gear.
- Swimmers must make sure they bring a full water bottle as water fountains will not be available.
- Swimmers are asked to take a shower at home before arriving to practice.
- Swimmers must be able to put on their own caps as teammates and coaches will not be able to help because of social distancing requirements. Girls whose suits have ties need to be able to retie them themselves if they become loose during practice.

Arrival to CRWC

- All swimmers must have an access card (blue or yellow).
- All swimmers will already be pre-registered for a specific practice time.

- It is imperative to be on time. Swimmers/parents are allowed into the facility 5 minutes prior to the start of the time slot. Time slots have a buffer built in to allow time to check in and make your way to the pool
- All parents/spectators must sign up for a slot to watch their swimmers. This cannot be done day of at the facility. If this is not done, you will not be permitted into the facility. Rec Services is required to track everyone in their facilities.
- Each parent, regardless of if you're a Rec Services Member (yellow card) or IFLY member (blue) must have an added account/updated account (link provided) prior to 7/20/2020 https://uiowa.qualtrics.com/jfe/form/SV_1FxixcuEfh2dPQF
- Anyone entering UI Rec Services facilities must wear a face mask. Face masks must stay on while in the facilities.

Pool Entrance

- Once in the pool area, swimmers must:
 - Keep their face coverings on until they prepare to enter the water.
 - Continue to maintain 6 feet of social distance at all times.
 - Place their swim bags on the spot markers 6 feet apart in their pre-assigned area along the bleachers taking only their training equipment and water bottle to the pool edge. Areas are pre-assigned to minimize mingling among groups.
 - Check in with a coach and proceed directly to their pre-assigned lane/end.
 - Pre-assigned lane/end will remain the same each day
- Parents/spectators will proceed directly to spectator seating. Parents/spectators are not allowed on deck and are expected to maintain 6 feet of social distance at all times.

During Practice

- Swimmers are to remain in the water for the duration of practice.
- No sharing of equipment will be allowed (goggles, caps, snorkels, etc.) In case extra are needed, swimmers should have 2 pairs of goggles and 2 caps in their swim bags.
- If needed, swimmers will have access to the bathroom on deck (1 person at a time).
- We have limited time in the water, so the focus should be on practice. Disruption during practice takes away from practice time for not only the coach but the entire group in the pool.

After Practice

- When practice concludes, swimmers and parents/spectators have 15 minutes to exit the CRWC.
- Athletes must leave the pool area immediately upon completion of practice.
- Parents must be ready to pick up their athletes as soon as practice finishes.
- Swimmers must "wrap and go": wrap up in a towel, put face covering back on, collect equipment, and prepare to head out of the pool area. Changing and/or showering is NOT allowed.
- Training equipment will not be stored at the CRWC

- Departures will be monitored by IFLY staff and swimmers must maintain 6 feet of social distancing space at all times during dismissal. Swimmers and parents/spectators are not allowed to go anywhere else in the CRWC while en route to the exit.
- Congregating and/or lingering on the pool deck will not be allowed because we must clear the area for the next group to enter or for pool closure.