



FMC Practice and Facility Procedures

We, the coaching staff of FMC Aquatic, are pleased to announce the return to water as of Monday, June 1, 2020. As it should be, our first and highest priority is the safety of our athletes, our coaches and all of the extended FMC Aquatic family.

In order to observe the guidelines provided by the state and maintain the highest safety standards for our membership, the following guidelines must be followed or FMC Aquatic may not choose to/be allowed to continue offering practice.

Our training facility may look and feel a little different than before. We've used the time out of the water to deep clean, disinfect, and spruce up Superior. We've also marked off appropriate spacing on the ground to maintain proper social distancing. In spite of these changes, we are eager to welcome each and every one of our swimmers back.

Athlete Preparedness

1. Put on your swimsuit at home before you depart. **Locker rooms will not be available.**
2. Use the bathroom before you leave home. We want to minimize the use of public spaces while you are here. Know that all will be sanitized after each use.
3. Arrive no earlier than ten minutes before practice.
4. For now, it's swimmers only in the building. We are limiting the number of people in the facility so no parents and no siblings at this time. *We appreciate your trust as we continue to work in the best interest of your children.*
5. All athletes need masks when entering and exiting the building.
6. All athletes will enter through the east garage door in the fitness center. This is the front of the building, in the drop-off circle.
7. After entering the building, we will fill in the furthest lane positions first. There will be markings 8' apart on the pool deck where athletes will line up before practice.
8. A masked, staff member using a no-touch thermometer will take the temperature of every athlete before they enter the water.
9. The first athlete, from each end, that enters the water will stage outside the nearest set of backstroke flags and then face the nearest wall. This will place athletes ~15 feet away from the next nearest athlete in the lane. Odd and even lanes will be staggered to maintain 10' distance from athletes staged off of the walls.
10. The athletes outside the backstroke flags will turn around and begin swimming towards the wall they entered from. The other athlete in the lane, stationed on the wall, will lead the lane.
11. After practice, athletes will exit the pool and go to their marked location on the deck. The athletes on the ends of the lane will exit first, then the athletes ~10 yards away.
12. Athletes will exit through the front door of the building and proceed to the south side of the building. There will be marked locations where athletes will wait for parents to pick them up. Staff will be outside to ensure the safety of all athletes until they are picked up.

13. Parents will be able to line up on three sides on the building for pickup, instead of just using the pick-up circle on Quincy Street. This will prevent a lineup of cars, slowing down the pickup process.
14. We ask that parents make every effort to provide on-time drop off and pick-up of their athlete(s). This will be key to our success. In order to provide the highest level of cleanliness and safety for all, we need to work together during this transitional period.

Athlete Notes:

1. Locker rooms, weight room, and office are off limits. So, remember, put your suit on before you arrive.
2. Bathrooms, of course, will be available when necessary. Disinfectant will be used after every use. Bathrooms in the weight room will be used. We hope to minimize the use of bathrooms as much as possible.
3. Please bring your own equipment and do not share equipment, water bottles, kickboards, goggles, towels, snorkels etc. Superior cannot provide any loaner goggles or equipment.
4. Bring your own water bottle filled with water. According to current guidelines, water fountain usage is prohibited.
5. There can be no social activities after practice. Please do not remain in the Superior or Target parking lot.
6. An informational video will be recorded and released to the membership demonstrating our social distancing efforts.
7. Athletes and parents must respect these guidelines. If these guidelines are not followed, FMC Aquatic will not continue to hold practices. Safety and compliance are necessary to allow us to work within the guidelines set by the state.

Coach Preparedness

1. Park in the Target parking lot.
2. Keep in mind 6' social distancing when coaching. Maintain spacing on deck.
3. Per IDPH, masks will be required when 6' of spacing is not possible. Can be worn around the neck when not needed.
4. Masks/Disinfectant procedures between practices:
 - a. Doors, door handles, bathrooms, programmable clocks, iPads, starting blocks,
5. Coaches will design sets to maintain social distancing throughout the workouts.