*Since March of 2019, we have all heard over and over again, that during the Covid-19 pandemic that we need to be flexible and that information is fluid, changing every day. We thank our current members and future members for adopting and supporting this mindset. Thus, as you review the following, please understand that this information is subject to change and that the safety of our swimmers and coaches will remain our top priority.*

**Q: What Will the Schedule Look Like, if We Have to Swim at an Alternate Site?**

**A: In that the Washington Township School District has not given us permission to return to the North Central Natatorium since August 1, we have secured the use of the Lawrence Central High School swimming pool located at 7300 E. 56th Street, Indianapolis. This school is located 13 minutes east of North Central High School. The schedule is planned to look like this:**

**WTSC September & October 2020 (Lawrence Central Site)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| September 27 | 28  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 29  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 30  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | October 1  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 2  Senior 6-7:30am | 3  Tsunami 7:30-9:30am  Crest 7:30-9:30am  Breakers 8-9:30am  Whitecaps 8:30-9:30am |
| 4 | 5  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 6  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 7  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 8  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 9  Senior 6-7:30am | 10  Tsunami 7:30-9:30am  Crest 7:30-9:30am  Breakers 8-9:30am  Whitecaps 8:30-9:30am |
| 11 | 12  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 13  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 14  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 15  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 16  Senior 6-7:30am | 17  Tsunami 7:30-9:30am  Crest 7:30-9:30am  Breakers 8-9:30am  Whitecaps 8:30-9:30am |
| 18 | 19  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 20  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 21  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 22  Senior 6-7:30am  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 23  Senior 6-7:30am | 24  Tsunami 7:30-9:30am  Crest 7:30-9:30am  Breakers 8-9:30am  Whitecaps 8:30-9:30am |
| 25 | 26  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 27  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 28  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 29  Tsunami 6-8pm  Crest 6-8pm  Breakers 6:30-8pm  Whitecaps 6-7pm | 30  Senior 6-7:30am | 31  Tsunami 7:30-9:30am  Crest 7:30-9:30am  Breakers 8-9:30am  Whitecaps 8:30-9:30am |

**Q: What is WTSC doing to keep swimmers and coaches safe during the pandemic?**

**A: Although safety is always a priority with WTSC, in following the CDC, Marion County Health Department, USA Swimming and Indiana Swimming guidelines, we have put the following protocols in place during the pandemic:**

1. **Practice attendance will be limited to swimmers, coaches, and lifeguards until further notice. Club parents may wait in the parking lot and are encouraged to wear masks and social distance if they chose to do so.**
2. **All swimmers, coaches and lifeguards are required to wear a mask when entering and exiting the building. Swimmers will wear their masks into the facility and keep them on until they change out of their clothes to swim. After swimming, they will dress and put their masks back on before exiting the building. Coaches will wear their masks into the facility and keep them on until all swimmers have entered the water. Coaches may then take their masks off and move to the center of the pool deck along the side of the pool to deliver instruction to the swimmers. If the swimmers are taken out of the water for instruction coaches will put their masks back on until the swimmers return to the water. And if any coach is within six feet of any swimmer or group of swimmers, they put their mask back on. When practice is over, coaches will put their masks on until all swimmers have left the pool deck and keep them on to exit the building. Lifeguards will wear their masks into the facility and keep them on until all swimmers enter the water. Lifeguards will be positioned in the middle of the pool away from the ends. Lifeguards will put their masks on if treating an injury or if they are within six feet of any swimmer or group of swimmers. Lifeguards will put their masks on after the swimmers exit the pool after practice and keep them on to exit the building.**
3. **No locker room facilities will be used until further notice. Swimmers will arrive at the pool in their suits, change out of their clothes on deck, then dry off and dress on deck after practice and go home in their suits.**
4. **The swimmer bleachers have been marked with tape (6 feet apart) where swimmers place their bags and clothing during practice.**
5. **Restrooms are available for swimmers to use on an emergency basis. Swimmers are encouraged to use the restroom before or after practice. If necessary, swimmers may use the restrooms one swimmer at a time per gender. These restrooms are the staff restrooms located outside the pool area.**
6. **In the pool swimmers will be distributed in a manner to create adequate social distancing. There will be a maximum of four to six swimmers per lane, split evenly between both ends of the pool and in the middle of the lane. Lane assignments will be made by the coaches and modified at individual practices based on attendance that day to maintain social distancing. While at the wall between sets or resting on an interval, swimmers will be staggered to maintain social distancing as in one swimmer on the wall, the other under the flags (5 yards apart). All swimmers will move together on the interval to maintain proper distancing.**
7. **Swimmers may use their own personal training equipment (fins, kickboard, etc.) but are not allowed to share equipment. And no community equipment is available for use.**
8. **All water fountains have been turned off until further notice. Swimmers have been instructed to bring their own filled water bottle(s) to practice and are not allowed to share with teammates.**