**Full Gator Return to GHS:**

As we bring all the groups back into GHS, and into our “Gator Bubble” I would like to reiterate how important it is that everyone continues to follow all the Gator Best Practices for both Dry land and the Pool. Everyone has done a great job in adhering to our procedures and policies thus far. We see a continued commitment to wearing mask, bringing in your own equipment, entering and exiting via designated entrances and especially to maintaining social distancing. To re-iterate, I would like to remind everyone of what I would deem our most important 3 practices:

1. Always adhere to social distancing while working out, as well as entering and exiting Greenwood HS. Our camaraderie and our sportsmanship, as well as our family atmosphere, are our true defining team characteristics, but please refrain from personal contact, and always be cognizant of social distancing, that means 6 feet away for everyone’s safety.
2. Your health (and your teammates’) is more important than your training. Take your time to get healthy. This also means that there is no sharing of equipment, towels, or water bottles. **You must bring and use your own gear**. Per the CDC, watch for these symptoms (if you are experiencing symptoms you must stay home):

Most common symptoms include:

* Fever – watch for 100.4
* Dry cough
* Tiredness

Less common symptoms:

* Aches and pains
* Sore throat
* Diarrhea
* Conjunctivitis
* Headache
* Loss of taste or smell
* a rash on skin, or discoloration of fingers or toes

Serious symptoms:

* Difficulty breathing or shortness of breath
* Chest pain or pressure
* Loss of speech of movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days

1. Please follow your designated schedule. Please avoid arriving more than 10 minutes early to practice. Places will be designated for the swimmers to wait and keep their bags in the stands, this is swimmers only, no parents. Please stay in your designated place until your group is called for dryland / pool time. Please follow the coach’s directions as to where and how to move about the deck. This is done to avoid intermixing of the groups. Many areas will be off limits or controlled, including the locker rooms. The office bathrooms will be available for use, with coach permission only. Everyone will be required to enter and exit in their swim attire. It is important that we develop a since of being in our own “Gator Bubble” at GHS. The more we practice our best practices and protect our “bubble” the greater the chance of increased utilization. If we are do not adhere to our procedures, there is always the real possibility of decreased utilization of our Bubble.

**Pool Training Protocols:**

In order to protect everyone’s safety and health, it is imperative that we adhere to these protocols. As restrictions and recommendations change from the CDC, Government and USA Swimming, many of these guidelines will be properly amended.

1. We have set the schedule to allow groups to work in their own space, please follow coaches’ directions at all times and stay in your area unless you are specifically told to go to an area. We are eliminating intermixing as much as possible.
2. We will have groups enter the water from their designated dry land space. We have hand sanitizer by the dryland area, you must use it after dryland / dynamics have been completed.
3. Follow the coach’s direction in lane assignments and where to go in the lanes. We will have “unique” lane structures and groupings to provide social distancing as well as lane flow.
4. Never share water bottles, goggles and snorkels or other personal training equipment…. i.e., kickboards, fins, pull buoys, hand paddles. **This means all swimmers must have their own equipment.**
5. No partner-based activities at this time. This will be modified later based on government / USA swimming guidelines.
6. When rotating stations, groups must be prevented from overlapping
7. Personal space guidelines must always be adhered to. No deviations. This includes while in the pool.
8. When entering and exiting the pool area, maintain proper social distancing. Remember stay 6 feet away for everyone’s safety.
9. When Entering and Exiting at Greenwood HS, the Gators will enter and exit the building from the rear pool door only until otherwise notified. This means parents, please drop off and pick up at the rear (tennis court / baseball filed area) of the building only.
10. All swimmers will arrive with suits on and leave with suits on until further notice. There will be no locker room changing or deck changing (prohibited by USA swimming) until further notice.
11. Swimmers and Coaches will be only Gator members present in the pool area until further notice.
12. Prior to and immediately after, proper hand washing (soap, water and a full 20 second scrubbing) is required.
13. If use of the bathroom is necessary, swimmers will be allowed to go singularly, and again, proper hand washing is required prior to returning to pool training. No one may just stop, get out and go on their own. Coaching staff must be notified.

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**Health and Conduct:** In order to maintain and promote a healthy and progressive training environment, all Gators should adhere to the following guidelines.

1. Healthy swimmers are happy and good teammates.
2. If swimmers are ill, they are to remain at home. Please do not show up to practice if you are sick. Take your time to get well.
3. If you have a fever, you may not return to the pool until you have been fever free for 72 hours.
4. If you are experiencing respiratory issues, please refrain from practicing for 48 hours. This way you have given the cough time to subside, hopefully with the aid of a doctor prescribed antibiotic or OTC medication. Your cough potentially spreads any illness that you are experiencing. Since you are in close proximity to your teammates and you all share the same air, your cough can/will spread whatever you have to your teammates.
5. If you have allergies or experience asthmatic bouts, please inform your coaches so we may monitor the situation properly.
6. I know everyone is a good teammate and you are all always there for each other to encourage, console and congratulate each other, but is important to maintain restraint regarding contact with each other. In that vein, until further notice, hugs, hi fives, fist pumps and any other form of physical contact is prohibited.
7. When entering and exiting the pool area maintain proper social distancing. Restraint must always be shown, no matter what. This is for everyone’s health and well-being.
8. All swimmers will arrive with suits on and leave with suits on until further notice. There will be no locker room changing or deck changing (prohibited by USA swimming) until further notice.
9. Swimmers, Coaches and board members will be only Gator members present in the pool area until further notice.
10. Prior to and immediately after, proper hand washing (soap, water and a full 20 second scrubbing) is required. Use of Hand sanitizers is beneficial and acceptable as well.
11. If use of the bathroom is necessary, again, proper hand washing is required.

USA SWIMMING CORONAVIRUS (COVID-19) RESOURCES

We continue to stress the importance of preventing the spread of infection and share the following information being circulated by healthcare officials:

1. Avoid getting closer than six feet to anyone coughing or sneezing
2. Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer that has 60-95% alcohol. This is especially important after going to the bathroom, before eating, or after blowing your nose, coughing or sneezing
3. Avoid touching your eyes, nose and mouth
4. Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue in the trash, and then wash your hands
5. Stay home if you are sick, and away from the pool and from fellow team members
6. Clean and disinfect frequently touched surfaces regularly
7. Monitor the WHO and CDC websites for travel advisories and follow their recommendations