



Social Distancing Practice Guidelines

-All SCA activities are optional. Families should make their own determination on whether it makes sense for their athlete to participate.

-All athletes are expected to adhere to all team guidelines as well as any additional instructions from SCA or facility staff. Athletes who are unable to adhere to these guidelines will not be permitted to participate in in-person team activities.

-Athletes should not attend practice if they or anyone in their household are feeling ill or experiencing any symptoms associated with COVID-19

-Athletes should wash their hands or use hand sanitizer before arriving at practice and immediately after leaving practice.

-Athletes should bring their own, already-filled, water bottle to practice. Water bottles should be clearly identifiable and kept separate from other athletes' bottles.

-No equipment will be used at practices except for caps and goggles. Caps, goggles, and water bottles should not be shared. Each athlete may bring 1 bag to practice for personal belongings but should keep their bag separate from other athletes'.

-Athletes should maintain appropriate distance from coaches and other athletes whenever possible and as directed by their coaches.

-Restroom facilities will be available, but use is discouraged and will be limited to 1 athlete at a time. Athletes are responsible for maintaining/restoring the cleanliness of the restroom during and after use. Outside of restroom use, we will not be using locker rooms. Athletes should wear their workout clothes/suit to practice (underneath your clothes) and wait until they are home to change after practice.

-Please do not arrive more than 10 minutes before the scheduled start of your practice. If you arrive early, please wait in your car so that we continue to limit the number of people on location. Please leave the facility promptly following the conclusion of your workout. Practice social distancing when arriving and departing.

-In order to limit the number of people on deck, parents and family members will not be allowed inside the pool facilities. For dryland, family members should not come inside the “workout area”. Please wait in your car or utilize another public area.

-Coaches will wear masks during the arrival and departure phases when social distancing is the hardest to maintain but will not necessarily keep their masks on for the duration of practice. The decision on whether coaches keep their masks on will be based on their proximity to athletes during each phase of the workout.

-For the time being, swim practices will be limited to 2 athletes per lane, starting at opposite ends of the pool. Our swim practices will all be structured as “in&out” work, splitting the athletes between dryland and swimming. Athletes need to make sure they have appropriate clothes, shoes, and towels to accommodate this style of workout.

-Courtney Poswinski will be serving as our COVID-10 liaison. Please contact her (cposwinski@gmail.com) or Coach Justin if you have any questions or concerns regarding SCA policies.