



RAD Safety Procedures

Valley Forge Military Academy

1001 Eagle Rd, Wayne, PA 19087

We will be using the OUTDOOR Pool

Introduction

Radnor Aquatic Club takes the health and safety of our swimmers and coaches very seriously. In order to increase safety and maintain operations, we have developed these guidelines. These guidelines are intended to follow Centers for Disease Control and Prevention (“CDC”) guidance, USA Swimming and state and local mandates, and any other applicable requirements. It is subject to change as new COVID-19-related information becomes available, and guidelines and mandates are updated.

Please carefully review the entirety of this document so that you understand all of the new policies and procedures that will be in effect until further notice.

Drop Off

- Please arrive 10 minutes before your practice is scheduled to start. It is extremely important that swimmers are on time for practices, as coaches will have specific roles and will need to quickly transition between their drop off and practice prep responsibilities.
- Swimmers should be dropped off at the path leading to the pool.
- Swimmers will stand 6 feet apart to maintain social distancing until they are cleared to enter the pool area.
- All swimmers must wear a mask and maintain social distance until they have reached their staging area.
- **We cannot permit any parents into the pool area, however you are welcome to stay in the parking lot during practices.**



Entry to the Facility/Staging Areas

- Swimmers in the entry line will be met by a coach.
- Coach 1 (wearing mask & gloves) will digitally scan swimmer's temperatures, and ask swimmers 1) If they are experiencing any of the current CDC symptoms of COVID-19 and 2) If they have had any close contact with anyone experiencing symptoms. If a swimmer has a fever exceeding 99.5 degrees or answers yes to either of the coach's questions, they will be asked to leave practice.
- If a swimmer is cleared for entry they will enter the facility one at a time while maintaining social distancing and proceed to coach 2.
- Coach 2 will give the swimmers their lane assignment and direct them to their staging area. They will be assigned a lane and starting location. There will be cones behind each lane, on both sides of the pool, marking where swimmers will start practice. Coaches will assist our younger swimmers in this process.
- All coaches will be wearing masks for the entirety of practices and drop off/pick up.

Staging Areas & Start of Practice

- Once Swimmers arrive at their staging area, they can remove their mask and prepare for practice. Cones will be set up 6 feet apart in the staging area. There will be 2-3 cones behind each lane.
- Coaches will return from their entry roles, greet the team, and explain the expectations for practice and warmup.
- Coaches will facilitate a safe entry into the pool.



Practice Mechanics

- Swimmers will have a starting place at either the flags or the wall, utilizing both sides of the pool. They will always start and finish a swim in their same starting location. This procedure will be taught and reinforced by the coaching staff.
- We will have no more than 4 swimmers to a lane.
- **Swimmers WILL NOT be able to use the bathrooms or locker rooms before, during, and after practice. They must arrive and depart in their suits.**
- Practices will not require equipment.

Exiting Practice & Pick Up

- It is extremely important that you arrive on time to pick up your swimmer. At the end of practice coaches will facilitate a safe exit from the pool, swimmers will return to their staging area to collect belongings. Swimmers will put their masks back on. Once the entire staging area is ready the coaches will bring the group (maintaining social distancing) to the exit.
- Swimmers are to proceed directly to their vehicle, and they may not remove their mask until they are safely inside their vehicle.

Inclement Weather

- If we need to cancel practices due to rain/thunderstorms, email will be used as our primary way of communication. We will do our best to do this in as timely a manner as possible.
- Coaches will supervise swimmers until they have been picked up.