

## RAD Safety Procedures

### Valley Forge Military Academy – INDOOR POOL

1001 Eagle Rd, Wayne, PA 19087

\*We will be using the INDOOR 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 review the directions to the pool [HERE](#).
- 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 will be dropped off at the path adjacent to the pool, beneath the stairs.
- Swimmers must wear a mask on entry to the facility, and keep the mask on until they reach their staging area.
- 6 foot social distancing will be observed on entry.
- We cannot allow any swimmers into the facility. Parents are welcome to stay in the parking lot.

#### 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. **There will be three staging areas each comprising of 8-10 swimmer.** Staging area one will be in the lobby, Staging area two will be behind the blocks, and staging area three will be in the bleachers at the shallow end of the pool. 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. Cones will be lined up along the walls in the lobby and behind the blocks. Cones will be in the bleachers at the shallow end.
- 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. Staging area will enter in the following order 3, 2, 1

### **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 5 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.