DRD Virtual Drylands

PURPOSE

The Dearborn Dolphins recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary method of communication. We would like to offer a virtual training opportunity for our athletes to promote engagement with the club, exercise to keep up with swimming conditioning, and to connect athletes with their teammates and coaches. During our time outside of the pool practicing social distancing, we hope this provides an outlet for our athletes to come together and become better swimmers outside of the water.

GENERAL CONTENT

USA SWIMMING Covered activities include Virtual dryland training/instruction under the direct supervision of a USA Swimming member coach. The training must involve live online streaming/real-time instruction or training via the Internet. The instructor should be able to communicate visually and verbally with the participants at all times during instruction.

Required Protocol:

- Members: Only registered USA Swimming members may participate in the training.
- Supervision ratio: The Coach/Instructor to athlete ratio shall be no greater than 1:8 (1 coach per 8 athletes).
- Spatial limitations: Athletes must be in an open space free from obstruction prior to training. Please make sure there is room to move and jump.
- Equipment: All exercises will be primarily body weight in nature.
- Adult Supervision: For all 12 & under athletes, we encourage adult supervision during exercises.

- Behavior: Coaches will conduct dryland sessions in a professional manner. Athletes are required to act in an appropriate manner. Anything less from an athlete, and the coach will dismiss the athlete from the training session.

- Platform: We will be using Zoom to conduct dryland trainings. A classroom link and password will be emailed prior to the trainings to all registered athletes. We encourage one athlete to a screen.

Any questions can be directed to Coach Kayla or any board member.