

# Pinckney Aquatic Club – Fall Season 2020

Start date: 9/30/2020

End date: 12/10/2020

Hello PAC Parents!

We hope you and your families are all safe and well and ready to get back to the pool. We are excited to be able get back in the water, but as you can imagine, things at the pool will not look the same as previous seasons. As you know, the club operates under the umbrella of Community Education and Pinckney Community Schools. We are obligated and required to work within the guidelines set by the State of Michigan, the school district, and by USA swimming. This letter is intended to lay out the guidelines and requirements for coaches, swimmers, parents, and the board of directors while at the pool and on school property. Please accept an apology now for the amount of information that will be provided here! There is a tremendous amount of information to process and it will certainly be an adjustment for everyone once practice begins. We will need your help in making sure we return to the pool safely.

## **SWIM GROUPS**

Swim groups will be limited to 18 swimmers. This allows 3 swimmers per lane. Swimmers may be shifted to different groups if necessary to keep groups under the maximum number allowed.

## **PRACTICE TIMES**

In order to minimize the overlap of swim groups, we will be adjusting practice start times slightly to allow for a 15 minute gap between swim groups. This should give parents and swimmers enough time to exit the pool area before the next group arrives for practice.

**Conditioning Group** – Practice from 4 to 5 pm (Monday through Thursday)

**Technique Group** – Practice from 5:15 to 6:15 pm (Monday through Thursday)

**Novice Group** – Practice from 6:30 to 7:30 pm (Tuesday and Thursday only)

\*\*We have the ability to expand the novice group to Monday/Wednesday if needed.

**USA Group** – Monday through Thursday 5:30 to 7:30 pm.

Dry land training will be incorporated for ½ hour twice per week. Days TBD.

\*\*Practice times may be adjusted to accommodate home swim meets.

## **MASKS**

Masks or face coverings are **required** at all times for anyone in the locker rooms, on the pool deck, or in the stands. The only exception to wearing a mask or face covering is swimmers in the water. Anyone entering the pool area without a mask will be asked to either mask up or leave. *No Exceptions.* Disposable face masks will be made available if needed.

## **LOCKER ROOMS**

***We strongly discourage use of locker rooms unless absolutely necessary.*** This means if you are coming directly from school to the pool, using the locker room is necessary. We will ask swimmers to get in and get out of the locker rooms quickly, no lingering. Masks must be worn at all times in the locker room. If a swimmer is coming from home to the pool, we ask that swimmers be dressed prior to arriving at the pool and they leave without changing out of their wet suits. Please also consider using the bathroom prior to arriving at the pool. While the bathrooms will be open for emergencies, we are trying to minimize their use.

The overall plan is to mark spaces on the pool deck for swimmers to leave their swim bag, gear, towel, etc. Ideally, these spaces will be numbered and assigned so that swimmers have the same spot each day for practice. Spaces will be marked 6 ft from each other to make sure social distancing requirements are being met. Your swimmer will use this space to dry off and quickly get dressed in sweats, shorts, etc., after practice to go home.

## **CLOSED PRACTICES**

At this time, practices will be closed to parents unless your swimmer is in the Novice group or needs additional help preparing to get in our out of the water. We will open practices when pool restrictions are lifted.

## **BLEACHERS**

Novice group swimmers who need assistance at the beginning or end of practice may have one person in the bleachers during practice. We will tape off seating areas in the stands to ensure parents are sitting 6 feet apart. If a parent is planning to stay for practice, they will be required to sign in. This will help with contact tracing should the need arise. We also ask that parents who sit in the stands disinfect their seating area upon departure. Disinfecting wipes or spray with towels will be provided for this purpose.

## **COVID SCREENING**

We will be utilizing the COVID questionnaire provided by the athletic department and/or non contact temperature checks on all swimmers before they are able to get into the water each day. The coaching staff will maintain logs recording results should they need to be reviewed at any time.

A reminder that if your swimmer does not feel well or has a fever over 100.3, please keep them home.

## **DROP OFF/PICK UP**

**Drop Off:** If you feel the need to escort your child from your vehicle into the pool area, please be sure to park in the lot and walk them into the school to the pool door. Once your child is on the pool deck, please exit the building quickly without lingering.

**Pick Up:** First and foremost, **PLEASE** discuss a plan with your swimmer! If your swimmer doesn't have a cell phone, please discuss location and timing of pickup. We do not want students congregating in the lobby or outside the building waiting for a parent to arrive. We will not be able to monitor this area

during practice times and we want to make sure all of our swimmers are safe and accounted for. Arriving approximately 5 to 10 minutes after practice ends to pick up your swimmer would be great. This allows your swimmer time to get out of the water, quickly get dressed, and meet you at the designated location after practice. We recommend that you meet your swimmer outside the school if at all possible, either on the sidewalk near the building or in the pickup lane outside the pool area. If you do not feel comfortable asking your swimmer to meet you outside, please ask them to take a seat in the stands until you come and get them after practice. If you come into the pool area for pickup, we ask that you keep your time in the pool area to a minimum and follow all social distancing and mask guidelines.

### **EQUIPMENT**

Please be sure that your swimmer has working goggles (an extra pair in the swim bag is advised), a towel or two, a swim cap (maybe 2), a water bottle, and a kickboard to begin the season. We are unable to share equipment this season (and probably next season). We may ask that you purchase fins at a later date but at this time it is not necessary.

**Masks** – We are trying to come up with the best solution for your swimmer to keep a mask on all the way up until getting into and getting out of the water. At this time, we are asking that you send a ziploc bag, a plastic container, or something that can keep your child's mask dry while they are swimming. The idea is that your swimmer would wear their mask to their swim lane, take off the mask and put it into the bag or container, put on a cap and goggles, and get into the water.

### **SWIM MEETS**

At this time, there will be no official swim meets. We will discuss having some fun meets (Red vs. Black) later in the season.