

Mantas Swim Club COVID-19 Practice Procedures

We have procedures to participate in Mantas Swim Club and enter and exit the Lake Crystal Area Recreation Center facilities. We want this to go as smoothly as possible. Below is what we expect from all participants. See you at practice with your masks! Here are the Mantas Swim Club COVID-19 Practice Procedures.

1. Before you come to practice you should have your temperature taken by an adult. You will need to know what your temperature is before arriving. **If your temperature is above 100.3 DO NOT COME TO PRACTICE.**
2. **Do not come to practice if you, anyone you live with, OR ANYONE YOU'VE HAD CLOSE CONTACT WITH, are sick or have any symptoms of Covid-19**
3. We have limited use of the locker rooms at the LCARC. Congregating in locker rooms or horseplay of any kind will not be tolerated in the locker rooms. Coaches and your teammates cannot help you with your caps or tying your suits.
4. Before you come to practice wash your hands with soap and water (20 Seconds) or use a hand sanitizer.
6. Wearing a mask is a MUST to protect others around you like your coaches and fellow swimmers. Swimmers will wear masks entering the LCARC, while changing in the locker rooms, and while entering the pool area. Only after getting instructions from coaches will masks be taken off.
7. No Carpooling. Each family needs to arrange their own transportation to and from practice. We will use the main entrance to the LCARC. Parents and family members are not allowed into the facility. Coaches will direct traffic to locker rooms and the pool area.
8. Swimmers will be directed to keep equipment bags apart during practice. 2nd and 3rd practice swimmers need to wait until 10 minutes

before practice time to enter the facility. Remember to social distance yourself from others while walking in.

9. A daily, ONLINE PRE-PRACTICE QUESTIONNAIRE will need to be completed by EVERY ATHLETE, EVERY DAY, BEFORE PRACTICE. Any answers of "YES" to any of the questions needs to result in the swimmer staying home.

10. We may reach a pool capacity for each training group in which a new schedule will be formed. Swimmers will be assigned lanes and locations for each practice.

11. Only swimmers will be allowed onto the pool deck; parents are not invited to watch practice at this time.

12. You will be assigned a POD (group, training group) that has the same swimmers in every practice.

13. Mantas Swimmers will be given a kick board to use FOR THE ENTIRE SEASON. You are encouraged to have your OWN Equipment! Pull Buoys and snorkels - Optional

14. Have extra goggles and cap if you wear one, hair ties. You should have your own water bottle and not be sharing any equipment with other swimmers.

15. You need to keep a distance of 6' from any other swimmer when moving to your assigned areas. NO HUGGING, high 5's, fist or chest bumps! No water spiting or splashing once in water, stay in your lane.

16. Sanitizer will be provided at the entrance to the facility. Swimmers should use sanitizer upon entering the LCARC.

17. Exiting the pool area will be through the main lobby of the LCARC. Parents, please BE ON TIME to pick up your swimmers from practice. Swimmers will walk to your car.

18. During practice, bathrooms can be used by swimmers one at a time and using hand washing and sanitizer protocols.

19. In case of inclement weather practices will be CANCELED. We do not have a back-up pool or times.