**Practice Protocol Overview**

Welcome back! After a successful summer season, we are excited to continue keeping ourselves healthy and successful this winter. Please read the following carefully **before attending your first practice** and contact Coach Lindsey at [omniheadcoach@gmail.com](mailto:omniheadcoach@gmail.com) with any questions. Please note, no spectators will be allowed into practice at this time, but there will always be a minimum of 2 adults on deck (either two certified coaches or one certified coach and one parent volunteer).

What to bring:

* Face mask, to be worn at all times while in the building with the exception of while showering and swimming. You will not be admitted to the building without your face mask.
* Arrive wearing your swimsuit and minimize additional clothing (blankets, parkas, etc) as weather allows. You may not use locker rooms for changing purposes prior to practice. Locker room use will be available following practice on an as needed basis. Swimmers will need to maintain a 6 foot separation while in the locker room and masks must be worn with the exception of showering.
* Swim bag
* Towel
* You will bring the following equipment onto the pool deck in your designated lane:
  + Container for face mask – you will wear your mask until you are in the water, doff it for the duration of practice, and don it again immediately prior to exiting the pool.
  + Two caps and two pairs of goggles – no sharing of equipment and we want to minimize travel between pool and bags.
  + Water bottle – you must fill with water at home. You may not use the water fountain.
  + Glasses – I’d still like for you to be able to see coaches and white boards, etc!

Group arrival:

* Swimmers MUST arrive 10 minutes prior to scheduled practice time
* Swimmers will proceed to the parent volunteer and complete the Health Screen Questionnaire, maintaining 6-foot separation from others.
* 5 minutes before scheduled practice time, or following the previous group’s exit from the building, the parent volunteer will direct swimmers to enter the building with their masks on, sanitize their hands, and go directly to their designated bag drop area in the pool area.
  + Pay special attention to maintaining your 6’ separation from others while entering.
  + There will be visual markers on the floor to indicate each individual’s bag drop location.
  + Swimmers should place equipment on the floor next to their bag and don their caps.
* Swimmers will maintain 6’ separation while showering.
  + At Maplewood Middle School, the four corner showers will be utilized.
  + At Skyview Middle School, individual shower stalls in the family locker room will be utilized.
* Immediately following showering, swimmers will reapply their mask, retrieve their equipment and progress to their designated practice lane, entering the water and placing their mask inside of their waterproof receptacle.

Swimming Etiquette

* Whenever stationary in the pool, swimmers will maintain a 6-foot separation from any other swimmer or coach. Swimmers will recognize their “home base” stopping locations as instructed by their coach.
  + Swimmers must sit and slide to enter the pool.
  + No sharing of equipment.
* Swimmers will circle-swim in their lanes, maintaining 6’ separation between themselves and the swimmers in front or behind them.
* No passing of other swimmers is allowed.

Locker Room Use:

* All swimmers must shower prior to swimming.
* Bathrooms will be available for emergency bathroom use.
* Swimmers needing to utilize the locker room after practice will be excused into the locker room in groups in 5 minute increments, however, whenever possible swimmers are encouraged to minimize time spent in the facility in order to minimize risk of exposure.