

ECA Update - Return to Swim (Carteret)

Dear Parents and Swimmers,

As we prepare to transition back into swim practice, our staff would like to offer a plan to help us do this as safely as possible. We are excited and highly motivated to return, however, there are precautions we can take to limit the risk involved with returning.

First, we will resume on the date of June 1st in conjunction with OSHA, state and local requirements and USA Swimming. We will only resume our schedule in the outdoor facility (no more indoor practice until fall) and we will start with the older swimmers (Seniors and Currents) first. Only groups consisting of 9 swimmers and one coach will be allowed at this time in a given workout session. **If a swimmer shows any of the following symptoms** (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea) **they should not come to the pool**, and if they display any symptoms at the pool they will be asked to leave the facility. Parents must check for symptoms before bringing swimmers to the pool. The coaching staff will ask every swimmer every day if they have had any symptoms at all. We also ask that parents err on the side of caution if you think your child might be at risk of carrying the COVID virus. We plan to run as many as 3 groups simultaneously with one group doing dryland, one group running and another group swimming. Seniors are asked to arrive prepared to swim at 6:00am. Currents are asked to arrive at 6:30am prepared to do dryland. Workout shoes and clothes will be required.

Secondly, we will take the necessary precautions of increasing chlorine slightly (recommended) and disinfect bathrooms regularly and thoroughly. We also will ask that all swimmers come in bathing suits ready to swim and leave without using locker rooms unless absolutely necessary. Swimmers will be expected to keep social distances (6 ft) and leave as soon as practice is over. Also we will limit each 50 meter lane to no more than 2 swimmers with each starting at opposite ends of the pool. The Reeve Family and I have made plexi-glass partitions that will help separate kids at same end of pool. We will make sure kids understand the importance of no physical contact during practice and plan to hand them 4-foot noodles when they walk in (if you can touch someone with the noodle you are too close). The dryland area will be large enough for kids to 6 ft distance themselves properly and no equipment or workout items will be shared.

Next, all parents who plan on allowing their kids to return will be required to sign a waiver and liability release form. Resuming the program will be completely at parent's discretion and no one will be allowed to swim until the release is signed (per ECA and Sports Center).

Lastly, we hope that everyone who chooses to rejoin our program will continue to be vigilant. If your summer plans include travel, then we ask that you allow sufficient time to monitor your kids before allowing them back with the team.

We are also working on a plan to get Purple and Green groups going in the afternoon in a couple of weeks. We are waiting for the Sports Center to approve. Our White Group swimmers can look at the Sports Center Summer Swim Team as a great option.

As we have all seen recently, we have many freedoms to be thankful for. I personally have been reminded to have a grateful heart and to appreciate more the beauty of our country/constitution. I hope we can be a model for other teams who are not as fortunate as we have been thus far. Your diligence will be paramount.

Sincerely,

Coach Randy Jarman

East Carolina Aquatics

Onslow and Carteret Counties

704-300-4058

gjarman@liberty.edu