

In preparation for Phase 2 of the NC recovery plan, we will begin to do in person dryland works for the swimmers. We will run workouts on Tuesday, Wednesday, and Thursday at Elmhurst Elementary starting the week of May 25th. We will run this for two weeks and reassess as things progress. The location will provide plenty of space for us to properly social distance.

We plan to separate into groups of 10 or less. Groups will be spread out across the fields to allow appropriate spacing between groups and individuals will be required to maintain a distance of 6 feet between each other at all times. Those who cannot follow this measure will be asked to leave and the staff will let

We will run two sessions each morning: 6:30-7:15 AM and 7:30-8:15 AM. Swimmers are welcome to either session or both. The fifteen-minute gap between sessions should allow plenty of time for the first group to leave before the second group arrives or rest for those doing both sessions.

We will be in the field beside Elmhurst Elementary across from Dowdy-Ficklen Stadium. If you are turning in on W Berkley Road off 14th Street the field is on your left.

I have created a signup sheet to gauge the demand for this. Each swimmer that plans on attending needs to sign up [HERE](#) each week by 6 PM the day prior. We have a limited staff to run these workouts and with constrained group sizes we want to make sure each is appropriately staffed.

There is a waiver that will need to be signed and submitted to the staff before participation is allowed. The waiver is in the process of being created and will be sent out later in the week.

***Remind swimmers should not come to practice if:

1. Have had COVID-19 and do not have a doctor's note permitting them to return to practice,
2. Do not feel well
3. Have a temperature above 100 °F,
4. Have been around anyone who has had COVID-19 in the past two weeks, feels ill, or has a fever
5. Traveled but not traveled but not completed the two-week self-quarantine period recommended by the CDC or required by state mandate. ***

This is just a preliminary effort to have a schedule in place, things are still fluid so we will make changes as needed.

Current Pool Situation

As for where we stand with getting back in the water, Minges will be closed for a majority if not all of the summer. We have reached out to a few outdoor pools and most are still waiting for Phase 2 to see if they are included and what restrictions are in place. Once we do have more information, we have plans ready to get swimmers back into the water in the appropriate manner to abide by state and local regulations.

Zoom Meetings

Senior Zoom meetings will be Tuesday, Thursday. and Friday this week 2:30-3:30 PM. The code is the same as last week.

Age Group. will have the weekly meeting Thursday as usual at 5:30 PM. Link to the meeting will be posted on the Greenville Site Information page at least 30 minutes before the start.

Please let us know if you have any questions.

Best,
Doug

