

DDST guidelines for a safe return to the water! Guidelines and restrictions are changing constantly, so as things change, our guidelines may also change, but for now this is what they will be as we plan for a safe return to the sport our athletes love!

- Groups will be smaller to maintain social distancing on deck and in the water
 - Senior/National - 4 swimmers per lane starting each end and each 15 meter mark
 - Age Group 1, 2, 3 - 3 per lane starting each end and one in the middle
 - Flippers - 2 per lane having one swimmer on one end and other swimmer just past the flags
 - Minnows - TBD when we begin Minnows group

- Please encourage and talk to your swimmers about the social distance needs on deck and in the water
 - I know they are going to be excited to see their swim friends, but we need to follow the guidelines as much as we can

- We are going to encourage that only swimmers are on the pool deck
 - If your swimmer still needs help getting to the pool area, you can help them, but we are asking for you to not stay on deck during practice

- We will not be using locker rooms to avoid group gatherings amongst our swimmers
 - Enter and exit the lap pool through the doors by the tennis courts
 - Please do not arrive no more than 10 minutes prior your group start time
 - All children will arrive and leave in their suits bringing their towels and gear with them each day in either a basket or bag
 - X's will be placed on the floor or bleachers in lap pool area of where to set belongings for your specific group
 - These spots will be disinfected after each group is done and before the next group
 - Locker rooms will be open to use for restroom, but encourage your child to go before practice to avoid needing to go during practice

- Equipment
 - There will not be any sharing of equipment
 - Right now standard equipment to bring each day would be suit, goggles, swim cap, towel, and water bottle
 - More information regarding other equipment needs (kickboard, pull buoy, snorkel, flippers) will be shared at a later time
 - We are working on packages of equipment that could be bought from DDST
 - If you currently have your own bag of equipment, that can be brought, but will not be able to be left in the swim office

- Coaches will have masks available for them to wear when they are not able to maintain the social distance between them and an athlete
- If your child is not feeling well (cold, cough, fever, chills), please do not send them to practice
 - If any of these symptoms are present before or during practice, we will send the swimmer home
- At this time, USA Swimming is not sanctioning any meets and we will not anticipate meets being approved for several weeks. We will share that information as soon as we have it. Right now our focus is on getting the kids safely back in the pool doing what they love!

Sessions and number limits are tentatively set as follows.

- **Senior/National** – 10:30-12:00 (limit of 16) or 1:30-3:00 (limit of 12). These times would be for Monday-Thursday, Friday we would have all the Senior/National swimmers go from 10:30-12:00. (The 6:00-7:30 time has been cut out of the schedule at this time.)
- **Age Group 2 & 3** – 10:30-12:00 (limit of 6) or 1:30-3:00 (limit of 9), Monday-Thursday.
- **Age Group 1** – 12:00-1:15 (limit of 6) or 3:15-4:30 (limit of 6), Monday-Thursday.
- **Flippers 1** – 12:15-1:15 (limit of 5), Tuesday-Thursday.
- **Flippers 2** – 12:15-1:15 (limit of 5), Tuesday-Thursday.
- **Minnows** – We are tentatively going to wait to start our Minnows group to ensure we maintain our social distancing in the lane which means they won't be able to hang out together along the pool edge which may be harder to do with the younger kids.

Please be aware that these groups may change or get combined as we receive further direction from the ND LSC or restrictions lifted from the state of ND. If you are unsure which group your child is in, please text Jenna at 701-590-2021 or email at jenna.wolf05@gmail.com.

*****Registration is set to open Thursday, May 28th at 7:00 am** and will be first come first serve for the various group times only allowing the allotted number of swimmers in each group as specified.