

Swim Team Protocol Inside April 5th- June 27th

Swim Team: Swimmer per lane will be doing 2 or 3 swimmers per lane with swimmers starting on the opposite ends, or under the flags or on the wall based on the set ups listed below. Plexiglas lane dividers will stay in at all times. 18 or less swimmers per group with a 15 minute break between each group for cleaning / set up and to avoid groups running into one another. All touched surfaces will be cleaned between every group. Groups will remain the same for the entire spring. Plastic Chairs for belongings, located behind each assigned lane or along the side wall. Chairs will be cleaned between every practice group. There will also be a thorough cleaning before the first swim team group arrives and after the last group leaves. All doors to the outside will stay open if the weather permits and 2+ large fans will be located on deck to help circulate air.

Pool Set Up:

Juniors, Lil Lochs & A

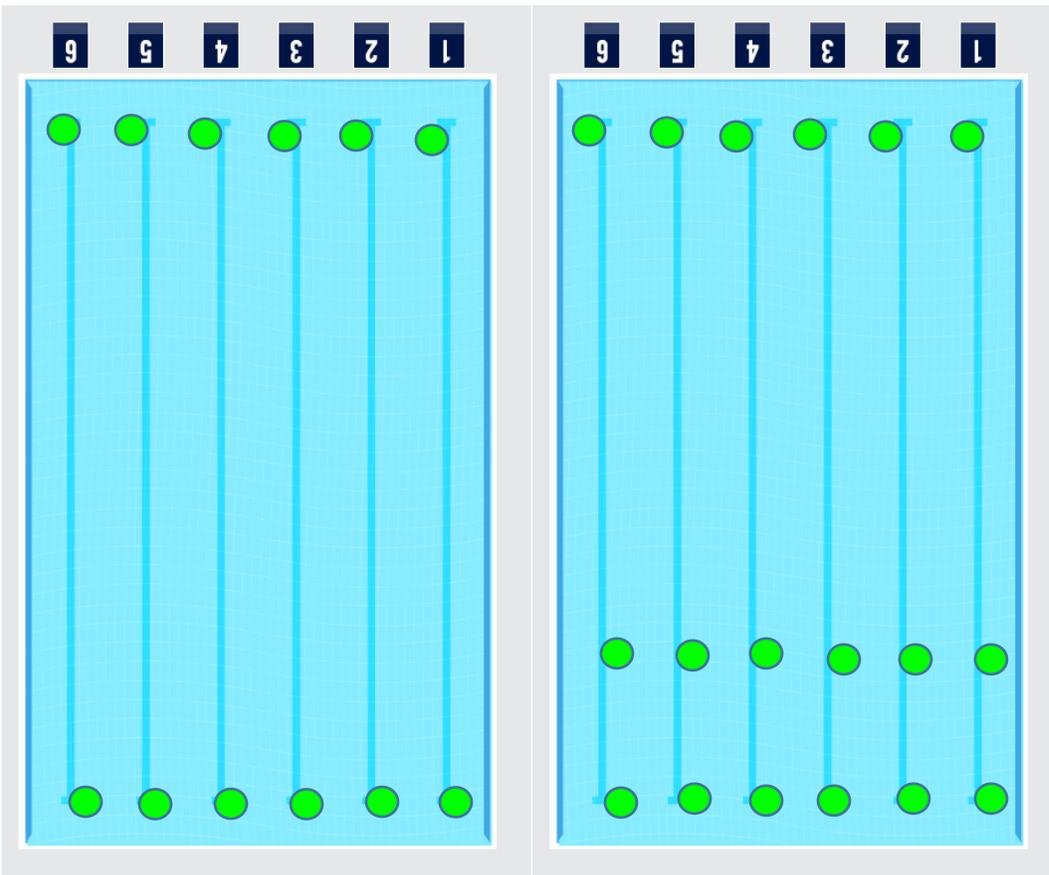
(Max 12)

B & C

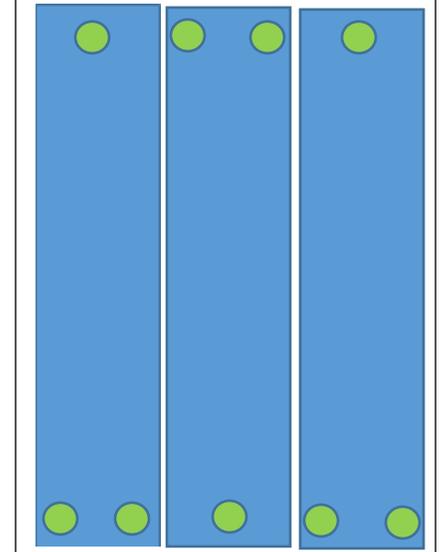
(Max 18)

Senior

(Max 18)



Senior Set up will be three swimmers per lane with two starting from one end and one starting from the other. Alternating which side has two so only 9 swimmers per side.



Safety Measures:

Parents must:

- Have their swimmers answer all health questions “NO” via the electronic form provided each day before their swimmer leaves the car for practice. Parents must sign this form, read, and agree to the JCCs Covid-19 Disclaimer.
- Ensure that your swimmer is not sick in anyway before attending practice.
- Ensure your swimmer arrives wearing their swimsuit. Locker rooms will be off limits. Restrooms are only to be used in Emergencies. The Restrooms available will be the ones in the hallway in front of the window looking into the pool. Restrooms will be cleaned multiple times per day.
- For changing after practice only, swimmers will be allowed to use the stalls on the pool deck quickly or the bathroom stalls across from the window.
- Ensure that your swimmer can put their swim cap on independently or have them arrive wearing their swim cap.

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- Ensure your swimmers arrives 5 minutes before practice for check in and is picked up immediately after practice concludes. We want to avoid swimmers waiting in the circle for parents where there is a potential for swimmers to stand close together.
- Parents may enter the building but must wear a face covering and fill out the medical questions and sign the disclaimer. Parents are encouraged not to enter the pool area but instead are to watch practice from outside the pool deck on the bench through the glass window.
- Parents with younger swimmers are allowed to help their swimmer with check in but must wear a mask while doing so. Check in will be located under the tent outside in front of the building.

Swimmers must:

- Wear a facemask as soon as they leave their car for check in. The facemask must stay on until they are behind their assigned lane/side. It also must be worn during any emergency trips to the restroom.
- Wash their hands before entering the building.
- For check in at the desk swimmers must wait 6ft apart behind the lines indicated to have their temperature taken before entering the building. Swimmers will not be allowed on the pool deck until all swimmers have left from the previous group. This should not be an issue as there is a 15 minute gap. Once checked in, swimmers must proceed immediately to their assigned lane/side.
- At the first practice, there will be a large white board with names listed next to the swimmers starting location.
- Use the plastic chairs for their belongs behind the lane. Get ready to swim and stand or sit 6ft. apart behind their assigned lane/starting side and wait for instructions.
- After practice, swimmers are to proceed directly off the pool deck, wearing their mask and maintaining at least 6ft distance between them as they walk out the door to be picked up.
- Swimmers should avoid touching door knobs railings or other areas not designated to them. Doors will be propped open leading onto the pool deck.
- **Stay 6ft apart at all times when possible from one another while unmasked. If a swimmer purposely does not follow social distance guidelines, that swimmer will be asked to leave practice and further corrective action, including suspension / expulsion may be applied for repeat offenses.**

Equipment / Sets:

- All 12&Over swimmers will have their swim bags located behind their assigned lane/side on the very first day. For those B swimmers who do not have one already, one will be made for you.
- A limited number of swim bags can be stored on deck for Senior Only .
- For all 11&Under swimmers they will be provided one pair of fins and a kickboard to be taken to and from with them each day along with their snorkels for each practice. I will ask for fin sizes ahead of time, have them disinfected along with their kickboard, and have them ready behind their lane on the very first practice. If your swimmers loses the equipment it must be replaced at parents expense.
- For higher level swimmers practice sets will be written up on paper ahead of time and left on the swimmers chairs behind their starting location before they arrive. Sets can be attached with water to deck and left on the gutter to read.
- For younger swimmers sets will be announced verbally as they are less complex.

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Lifeguards & Coaches:

- Lifeguards, Coaches, Cleaning and Check in Staff will all be required to wear a facemask at all times while within 6ft of any swimmers. Mask can come down when comfortably more than 6ft away.
- Staff will stay 6ft apart from all swimmers as much as possible except when taking their temperature at check in and during any emergency or medical situations. Such as helping clean and bandage a scrap from a fall.
- Effort will be made to keep coaches with the same group of swimmers whenever possible.

Swimmer is Sick:

- If your swimmer becomes sick in anyway during practice. Ashley will contact their parent and the swimmer will need to be picked up right away.
- Afterwards Ashley will reach out to the family of the swimmer to ensure to the best of the parent's ability that they are not sick with Covid-19. If they are displaying any Covid-19 symptoms they will be unable to return to swim until they are symptom free for 7 days or provide a doctor's note proving they do not have Covid-19.
- If any swimmer, coach, patron or pool staff member is known to have, Covid-19 any swimmer in contact with that infected individual parent will be notified. The pool will be closed for at least 24 hours for deep cleaning and additional quarantine measures will be applied.

Dryland:

- Dryland/ Yoga will take place before swim for USA Groups and will take place inside the J in a large area such as the Gym or Group X Studio or WK.
- Swimmers will check in and then meet Ali or Blake in their designated practice location
- Swimmers must keep their masks on at all times while participating in Dryland inside the building unless for a quick water break, 6ft. or more apart.
- After dryland swimmers are to proceed to the pool deck for practice. Swimmers may not enter the pool deck until everyone from the previous group has left.
- There will be limited spaces available to change into their suits post dryland so swimmers should wear their suits under their clothes for dryland, if at all possible.