

Below are the policies for the **Cedardale Aquatic Center** that all members must follow to ensure that we have a safe return to our facilities and pool training. Please read carefully. This applies to all practices on the schedule not marked by "LC." Please make sure you know what pool your practice is in before heading to Cedardale so that you can abide by the correct policies. The Social Distancing Diagram for in the pool and the map of parking/ entrance/ exit are also below. Each group will have their own assigned lanes posted at each practice.

#### 1. Drop Off/ Pick Up:

The address of the Cedarland Aquatic Center is 888 Boston Rd. DO NOT ENTER THROUGH the front gate into the main Cedarland Parking lot. Please use the large lot up at Cedardale (drive past Cedarland and Amazement and the large lot will be on the left). We will only be unlocking the gate in the back of the large lot at Cedardale (by the field in the back). Parents/ Swimmers should plan on pulling into a legal parking spot in the area marked on the attached map. Swimmers will then proceed on foot to the driveway that connects to the Aquatic Center back lot and will enter through the single gate. At the end of practice, swimmers will meet their parents at their cars in that same lot. No one will be permitted to drive through the gate and enter the Aquatic Center lot at all. Parents MUST remain in their cars if they are waiting during practice. Please see the attached map of the parking area, swimmer walkway, and entrance and exit gates,

#### 2. Entrance and Exit

The entrance to the pool area will be the single gate. Swimmers will exit through the large double gate. Both the entrance and exit will be propped open to minimize touch contact. When arriving for practice and leaving at the end of practice, swimmers ages 11 and Older are required to wear a face covering. Swimmers 10 and under are encouraged to wear a face covering when arriving and leaving practice. It is during this transition, that it will be most difficult to maintain a 6 foot distance between everyone despite using separate entrances and exits. Since we are outdoors and have ample space, once we are at practice, swimmers do not need to wear face coverings.

No parents/ siblings/ spectators/ non-swimmers or non-coaches are allowed to enter inside the gate. We are under strict number restrictions that we are filling with the athletes and coaches. In order to maintain safe social distancing, please remain in your cars during practice.

We are scheduling practices 15 min apart in order to keep groups separate, address any changes that may need to be made to our 6 foot markers in the pool area, and to clean any areas that are touched. For this to work, we are going to encourage swimmers to be out of the pool area within 5 min from the end of their practice time. This means rides and carpools need to be on time to pick-up their swimmer. While we know we have a number of swimmers who like arriving early, we are asking that you do not enter the pool area prior to 5 min before the start of your practice time. Please wait in your car if you arrive early. It does not do us any good to reinforce social distancing while you are at practice if you are not while you are waiting for practice to start or once practice is finished.

#### 3. Locker rooms/ Bathrooms

We do not have access to the locker rooms and bathrooms at the Aquatic Center. No one should enter the building for any reason. This means swimmers will need to arrive in their bathing suits and they will not be changing/ showering once practice is over. Swimmers also should plan on going to the bathroom before coming to practice.

Please also bring your water bottles already filled. If you drink more than one water bottle during practice, bring another filled bottle since you will not be able to use the water fountain.

#### 4. Social Distancing during practice

Once we are at practice, we will have the swimmers placing their belongings 6 feet apart or more. For the first few practices, spots will be marked on the basketball court with cones. This will be their area to get ready and stretch prior to getting in and this will be their landing spot when we are done practice. Please note that this area is not covered and we cannot guarantee access to a covered area when it rains. Swimmers may want to plan on bringing a rain coat or something to cover their bags on days that it is raining. We are allowed to have up to 24 swimmers in the yard pool at a time. Please see the attached diagram for swimmer placement. Swimmers will be encouraged to remain in the middle of the lane when they are on the wall. This ensures a minimum of 7 foot distance between swimmers when they are on the wall since we have 8 foot wide lanes. We will review pool set-up with the kids prior to practice so they know their designated spot. We also will notify the team if the pool set up changes (it will be different once we get into the long course pool since we have more space and are permitted more swimmers and still maintain social distancing guidelines). There will be very few opportunities at practice in which the swimmers will be out of the water. If they are, they will be given spots that ensure enough separation.

There are no high fives, fist bumps, hugging (including hand-hugs), etc. We have always had the rule of swimmers keeping their hands to themselves and this is more important now.

#### 5. Equipment

For the time being, we are going to limit equipment use to kickboards and buoys. We are not permitted to share or use any of the equipment at Cedardale so swimmers will need to bring their own equipment. We have had a few swimmers during open water practice ask their teammates to borrow equipment, goggles, hair elastics, caps, etc. Please remind your swimmer that they are not to touch or share anyone else's belongings. Your swimmer should pack an extra of items needed so they have a back-up (if their goggles or cap breaks).

#### 6. Weather

In the past we have been able to utilize the blue room at Cedarland during storms to keep the kids busy if we need to leave the pool area due to lightning. We no longer have that luxury. So, unlike in the past, if there is forecasted thunder and lightning, I will need to be extra cautious in deciding to cancel practice. All practice cancellations will be sent through the team email and via team text at least one hour prior to the start of practice time (please make sure your SMS number on your account is verified).

#### 7. Practice Attendance

Swimmers/ coaches are not permitted to attend practice if they are exhibiting any signs and/ or symptoms of Covid-19. Symptoms of Covid-19 include, but are not limited to, fever, cough, fatigue, and shortness of breath. We do encourage all parents to keep a record of their child's temperatures so that you notice changes. If a swimmer tests positive for Covid-19 or are exhibiting symptoms of Covid-19, stay home, monitor your symptoms, and contact your medical provider. If members come in close contact with someone who tests positive for Covid-19, they are encouraged to isolate at home and monitor for symptoms.

We encourage all members to abide by the recommendations from the CDC and the State of Massachusetts. This includes wearing masks, frequent hand washing and washing hands thoroughly before coming to practice, discouraging the kids from touching their faces, and using a tissue or their elbow to cover sneezes.

It is important that all our members are diligent in making sure they are practicing safe guidelines outside of practice so that the safety of their teammates and the viability of the team is not threatened. We ask that all members be respectful of the team and extra cautious when returning from traveling/ vacation. While we have opted to take mandatory quarantines on a case-to-case basis for swimmers returning from vacation, we need members to be diligent, respectful, and extra cautious in the choices they make regarding vacation activities and locations, everyday social interactions, and in deciding when to return to practice.

Please direct all questions to [phxswimming@gmail.com](mailto:phxswimming@gmail.com).

Cedarland Entrance/ Exit/ Parking Map:

[https://www.teamunify.com/neps/UserFiles/Image/QuickUpload/cedarland-parking-and-entrance\\_024407.pdf](https://www.teamunify.com/neps/UserFiles/Image/QuickUpload/cedarland-parking-and-entrance_024407.pdf)

Cedarland Practice Social Distance Placement:

[https://www.teamunify.com/neps/UserFiles/Image/QuickUpload/cedarland-swimmer-placement\\_035432.pdf](https://www.teamunify.com/neps/UserFiles/Image/QuickUpload/cedarland-swimmer-placement_035432.pdf)