

AUGUST 2020 MINI-SESSION

We will be offering a mini-session from 8/9/20-9/3/20 in the mornings at Tranquility Valley Retreat Center in Andover. The goal is getting our swimmers reacclimated to the water with an emphasis on reviewing proper technique and incremental conditioning. There will be no competitions. Due to COVID-19 mitigations, time and space are limited during this session. Please review our mitigation plan (pages 2-4) thoroughly as our first priority is safety.

Group	Sun	Mon	Tues	Wed	Thurs
Pre-Team 1&2		9:00-10:00		9:00-10:00	
Junior 1		10:00-11:00		10:00-11:00	
Junior 2		11:00-12:00		11:00-12:00	
Intermediate	11:00-12:00		11:00-12:00		11:00-12:00
Senior (Group A)*	9-9:50 (P) 10-10:50 (DL)		9-9:50 (P) 10-10:50 (DL)		9-9:50 (P) 10-10:50 (DL)
Senior (Group B)*	9-9:50 (DL) 10-10:50 (P)		9-9:50 (DL) 10-10:50 (P)		9-9:50 (DL) 10-10:50 (P)

Disclaimer: Practice Schedule subject to change to best meet the needs of team membership, and are subject to weather closings, and other facility conflicts. There are no refunds for schedule changes.

**Senior swimmers will be assigned to one of these groups prior to the first practice and may attend their assigned time only.*

Practice Group Fees

Covers facility rental and staffing for the session. Full fee due at registration. We plan to offer lessons again in the Fall.

*****Register on our website beginning 8/6/20*****

Pre-Team	\$136.00
Junior	\$136.00
Intermediate	\$204.00
Senior	\$264.00

Returning Swimmers

Please register for the same group you were registered in when the previous season ended. We will review prior to the first practice and recommend moves as we see fit.

New Swimmers

Please email us your swimmers' times in lieu of a tryout, and we will get your swimmer placed in an appropriate group.



We plan to have information for our upcoming Fall/Winter season out soon!

Please note, due to the current pandemic we are fortunate to be able to offer this abbreviated 'mini-session'. While we've gone to great lengths to plan for everything to affect a safe and worthwhile experience for our participants, we ask everyone for their patience should issues arise as we navigate this crisis together.

RETURN TO SWIM: COVID-19 MITIGATION PLAN

(COVID-19 Liaison: George Soutter)

General Notes:

- Everyone must wear a face covering when entering/exiting the facility.
- All swimmers must be registered through our online registration portal. Important waivers are contained therein that must be acknowledged.
- We will attempt to place swimmers in “pods” or the same small group of swimmers for the duration of the 4-week training session and minimize moving swimmers between lanes.
- No parents nor guests in the building.
- We will limit 3-4 kids per lane (see diagrams).
- Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing/sneezing dissipates.
- Parents are required to review these rules point-by-point with their swimmers for their safety and the safety of others.
- Coaches will release group in water 10 minutes early to prevent congregating.
- Pool disinfectant to be maintained by the facility per CDC guidelines.
- Dryland (for seniors) will be conducted outside and socially distanced.

Lockerrooms:

- Swimmers will arrive and leave with their suits on. No lockerroom use. Swimmers should keep their belongings in their swim bags on deck. A designated space will be established and spaced appropriately.
- Only 1 person at a time to use the bathroom if necessary.

- Extra cleaning will be done by the facility.

Swimmers:

- Any swimmers feeling symptomatic (mild to severe respiratory illness with fever, cough and difficulty breathing, or other [symptoms identified by the CDC](#)), or have an immediate family member who is exhibiting these signs, should not come to practice.
- Swimmers must arrive at their designated time to be checked-in, assessed for any visible symptoms, have their temperatures recorded. Late swimmers will not be allowed in. Any swimmer who appears symptomatic will be required to leave and get evaluated by a physician. A doctor’s note is required to return to swim.
- Enter through outside pool doors and report to pod on deck.
- Swimmers will exit the building through hallway doors. Footwear is required.

Before Swimming

- Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not share equipment.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.

- Do not attend practice if you, or a member of your household does not feel well.

When Swimming

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.

After Swimming

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- Do not use the locker room or changing area (shower at home, wear your suit to and from practice)
- No extra-curricular or social activity should take place (no congregating after swimming).

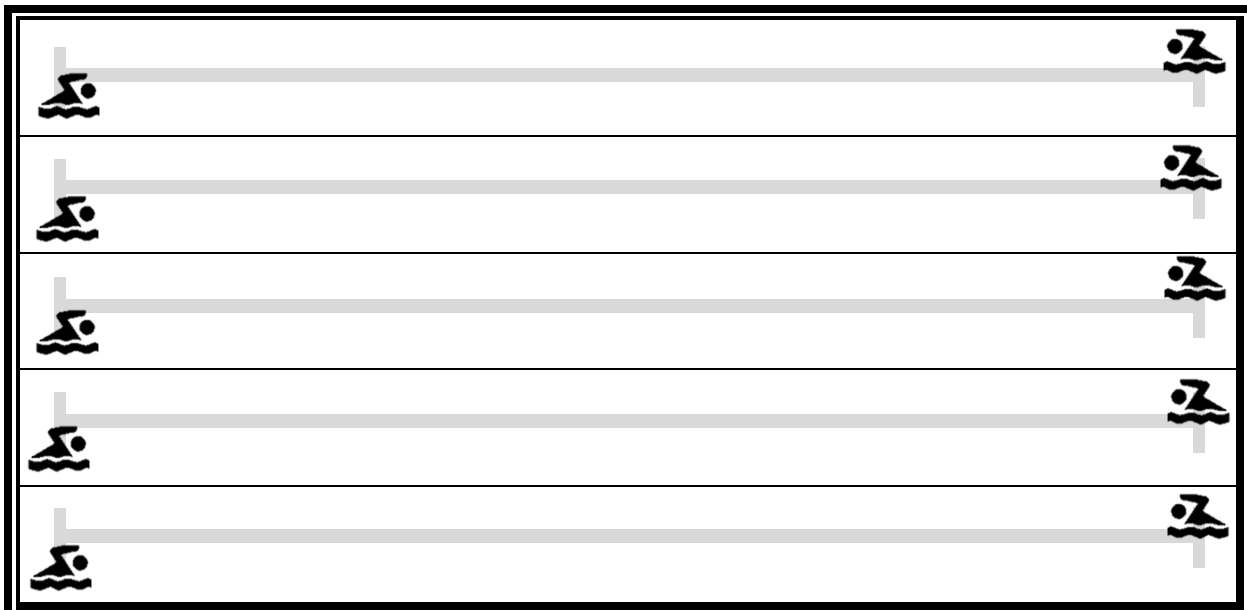
Coaches

- Staff must have their temperatures recorded upon arriving.
- Coaches should wear face covering and maintain social distancing with other coaches, staff, and swimmers.

PRACTICE PLAN DIAGRAMS

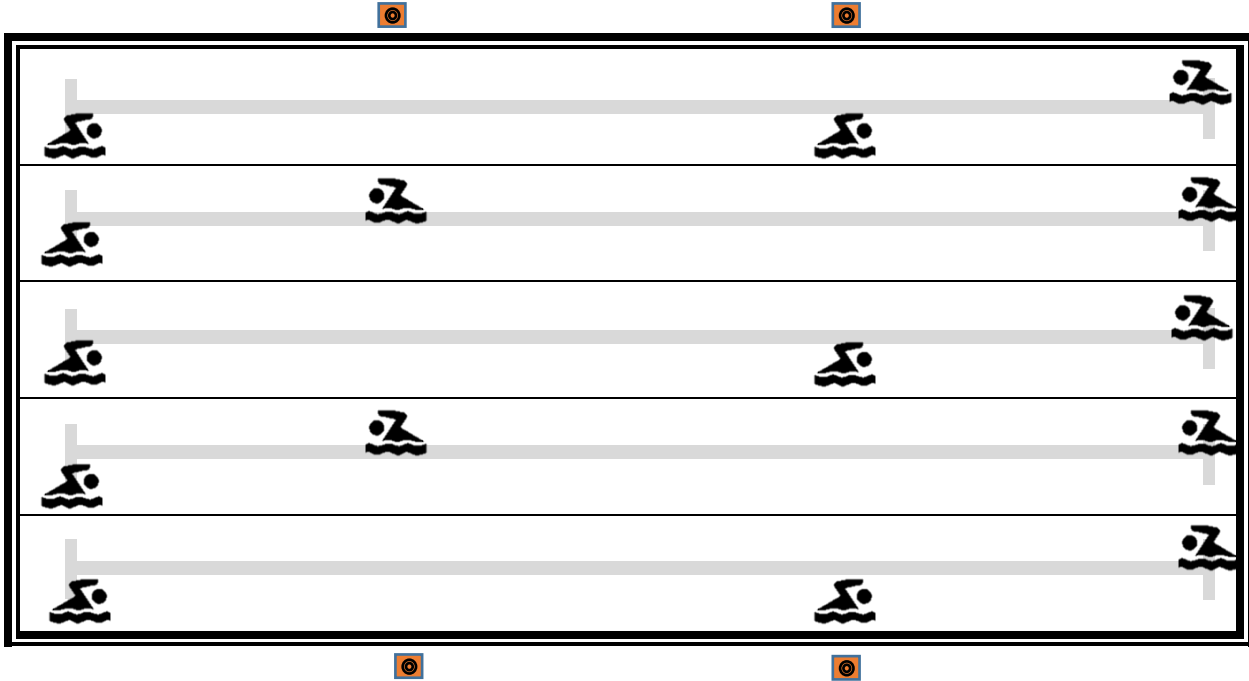
Practice Plan #1 (August 2020)

5 lanes, 7 ft wide lanes. 2 swimmers per lane, one at either end. Max swimmers 10 per pool slot.



Practice Plan #2 (August 2020)

5 lanes, 7 ft wide lanes. 3 swimmers per lane, one at either end and at the 15 meter mark (alternating lanes). Max swimmers 15 per pool slot.



Practice Plan #3 (Fall/Winter 2020)

5 lanes, 7 ft wide lanes. 4 swimmers per lane, one at either end and at each of the 15 meter marks (alternating lanes). Max swimmers 20 per pool slot.

