



LAC COVID-19 Safety and Expectations

Practice Facilities, Swim Practice, Meets/Competition

Entering and Exiting LAC Practice Facilities

A. Coaches and LAC staff will:

1. Wear a mask that covers their nose and mouth during:
 - The first and last 5 minutes of practice
 - The transition between each practice group
2. Maintain social distancing of 6 feet or more from any individual or group; except during medical emergencies
3. Prop doors open to minimize touch contact when entering or exiting the facility
4. Disinfect and wipe down doors for safe entrance and exit for swimmers and other coaches

B. Swimmers must:

1. Wear a mask that covers their nose and mouth when entering and exiting the facility
2. Enter and exit the facility based on facility guidelines
3. Enter and exit the facility with at least 10 feet between them and others. Swimmers must not enter as a group unless they are living in the same household.
4. Not enter the facility more than 5 minutes prior to the start of their scheduled practice time.
5. Not congregate in the parking lot before or after practice.
6. Make efforts to ensure a safe distance of 6 feet or more from their teammates and coaches
7. Be at least 6 feet apart from one another unless standing with someone from the same household when waiting to be picked up.

C. Parents must:

1. Not enter LAC practice facilities unless it is permissible by facility management or in the event of a medical emergency. Be sure that you understand before you enter and keep in mind that we are guests in our practice facilities.
2. Follow parking lot procedures for their LAC practice facility.

LAC Swim Practice

A. Coaches and LAC staff will:

1. Use hand sanitizer upon entry to deck
2. Maintain social distancing of at least 6 feet from any swimmer, coach, staff member, or parent
3. Sanitize water bottles, notebooks, etc. before being brought onto the pool deck.
4. Attendance and lane assignments must be recorded for every practice. This aids in the event of contact
5. Coaches will only have physical contact with swimmers in the event of administering first aid or a medical emergency

B. Swimmers must:

1. Arrive prepared to swim and dressed in appropriate suit, goggles, cap, towel, etc.
2. Bring only essential practice equipment required by their group coach
3. Not share water bottles or practice equipment with others
4. Only use the locker room in the case of an emergency
5. Must not use the water fountain at facilities
6. Not use the bathroom when it is occupied; only 1 person at a time will be allowed in the bathroom

C. Parents must:

1. Parents are not allowed in practice facilities unless it is permissible by facility management or there is a medical emergency
2. Communication with coaching should be via phone, computer, or video conference
3. Drop off swimmers no more than 5 minutes prior to the start of practice
4. Pick up swimmers no more than 5 minutes after the conclusion of practice

LAC Meets and Competition

A. Coaches and LAC staff will:

1. Use hand sanitizer upon entry to deck
2. Maintain social distancing of at least 6 feet from any swimmer, coach, staff member, or parent
3. Monitor warm up/warm down pool(s) to ensure LAC swimmers are not congregating in these areas
4. Monitor LAC swimmer seating areas to ensure that swimmers are:
 - Always wearing masks that cover nose and mouth except when eating or drinking
 - Maintaining safe social distancing when seated with teammates
5. Coaches will only have physical contact with swimmers in the event of administering first aid or a medical emergency

B. Swimmers must:

1. Follow all meet and facility instructions communicated by coaching staff related to entering and exiting the meet facility
2. Maintain social distancing:
 - During warm up and warm down
 - When talking to coaches before or after races
 - When in the LAC swimmer section
 - At all times when going into public areas such as changing rooms and bathrooms
3. Wear their mask when moving within the meet facility, to and from lane assignment for event, relays, and ready rooms
4. Refrain from using public water fountains.
5. Not share food or drink with their teammates or others

C. Parents must:

1. Not enter the meet facility unless:
 - The Meet Information states that spectators are allowed during competition. All rules and requirements made by the Meet Host must be followed.
 - They are volunteering at the meet
 - There is a medical emergency
2. Communicate with LAC coaching staff via phone or email and only if necessary
3. Follow all drop off and pick up procedures set for the meet facility or by the meet host