



Lakeside Aquatic Club

Flower Mound • Lewisville • Keller • The Colony

www.swimlac.org

Covid-19 WAC procedures:

- Upon being dropped off, swimmers will enter the WAC from the middle entrance by back hall bathrooms.
- Coaches, swimmers, volunteers, and officials will line up outside 6ft apart, with masks on, and have their temperatures checked.
- Upon entry into facility, swimmers will receive a Ziploc bag, with their name on it, for their mask.
- They will head into pool area through back hall and classroom.
- Once swimmers are inside, they should proceed to their assigned sitting area and get ready to warm up in their assigned lane.
- Swimmers will be seated 6 ft apart and need to stay that way through out the meet.
- All coaches, volunteers, and officials will need to remain 6 ft. apart and wear their mask at all times.
- Warm up lanes will be assigned with no more than 4 swimmers per lane.
- This meet will be capped at 80 swimmers per session.
- Swimmers will not have access to locker rooms. All swimmers should arrive with suits already on.
- There will be one bathroom available for each gender, with only one individual allowed inside at a time. Proper cleaning procedures will need to be followed, after each use.
- Coaches will remain 6 ft. distance from one another and when speaking to swimmers. Both must wear face masks.
- For race heats - Swimmers will be staged 6 ft apart on designated spots, with masks on. There will be a designated space for the swimmer to put their mask during their race.
- Upon completion of heat, swimmer exits the water and puts on mask (taking their Ziploc bag as well).
- This will be a paperless meet. (aside from the heat sheet).
- Hospitality will have only 'grab and go' items. No more than 3 people allowed in hospitality room at any time, all 6 ft apart and with masks.