



## **Practice Policy**

### **COVid-19 ADDENDUM**

In an effort to confirm the health and safety of the our athletes in regards to COVid-19, Findlay Area Swim Team (FAST) has adopted the following policy:

#### **General:**

- ★ Athletes must conduct daily symptom assessments; if you experience symptoms, stay home.
- ★ Athletes are required to use their own equipment.
- ★ Athletes are required to wash their hands prior to practice.
- ★ No touch rule is in effect, all individuals must avoid physical contact with others.
- ★ Athletes are required to social distance and to wear a mask when possible.
- ★ No congregation should occur before or after the training or practice session.
- ★ Coaches and parents are required to social distance and to wear a mask per the current Director of Health's Order for Facial Coverings Throughout the State of Ohio.

#### **Pre-Water:**

- ★ Athletes are required to wait in their cars until just before practice begins, remembering to wear a mask into the practice area.
- ★ Athletes must come to practice in their swim attire.
- ★ Masks and/or social distancing are required until the athletes begin their in water practice.

#### **In-Water:**

- ★ Athletes will be instructed to continue social distancing while idling in water.
- ★ Athletes must keep their water bottles and personal belongings separate from their teammates.

#### **Post-Water:**

- ★ Athletes must continue social distancing and/or wearing a face mask once in water is complete.
- ★ Athletes are asked to remove themselves from the practice area upon practice's completion.

#### **Dry Land:**

- ★ Athletes are required to social distance while dry land practicing.
- ★ Masks should be worn going to and coming from the dry land practice area.

Coaches will oversee this policy and athletes are encouraged to respectfully adhere to them. These procedures are in compliance with Governor DeWine's Responsible Restart Ohio Guidelines called Contact Sport Practices and Non-Contact Sport Competitions that were laid out on July 7th, 2020.