



Return to pool guidelines

Arrival and before entering water:

Swimmers will arrive no earlier than 10 minutes before the scheduled start of practice. Swimmer who are 5 minutes late will not be allowed to swim and sent home.

Swimmers should arrange to be dropped off and picked up outside the facility. If a swimmer drives themselves, there will be no congregating outside in the parking lot before or after practice.

Use of locker rooms are prohibited. All swimmers must arrive at the pool in their swimsuits.

Once you are in the pool, you are not to get out till your practice time is over. Please use the restroom prior to practice starting.

Family restrooms are located in the lobby. These restrooms will be used for athletes to relieve themselves in an emergency, not for any changing.

Parents are encouraged to wait in their cars during practice. If they feel they need to walk their swimmer into the pool lobby the parent will then be asked to wait in their car until practice time is over.

No parents or other children will be allowed on deck.

The water fountains will be closed. Swimmers are encouraged to bring their own water or use the water bottle filler located in the pool lobby.

All swimmers need to arrive with a mask on and not remove the mask until told to do so by their coach.

Swimmers will need to maintain social distancing on deck both before and after practice and go directly to their assigned lane.

Coaches will be required to wear masks while coaching.

Pool practice:

Upon entering the deck there will be a designated area to place backpacks. All backpacks or bags must be placed in this area and not in random spots on the deck.

Lanes will be limited to a max of 4 swimmers per lane. 2 on each end stationed 6 feet apart. One swimmer on the wall one swimmer at the flags. This may vary for some of the groups depending on the age and ability of the swimmers.

Swimmers will be assigned lanes and unless told by a coach to move the swimmer will not be allowed to change lanes. Do not move close to other swimmers during practice so that you can talk. Keep the 6-foot social distance.

Specific time/lane assignments will be sent out to the groups. Due to the limitation of number of swimmers at practice some of the groups will be broken into more than one training time. Swimmers may not attend a practice they are not assigned to.

All swimmers will be required to have a snorkel. Adult size for 13 and over swimmers' Junior size for 12 and under swimmers.

Swimmers will be responsible for all other equipment (kick boards, pull buoys, paddles and fins) there will be no equipment provided from the pool. Coaches will alert swimmers to what equipment will be needed prior to the practices.

OCA will have a no tolerance policy for behavior that is outside the guidelines or jeopardizes another swimmer's ability to be safe at practice. Example would be spitting water or pouring water from a water bottle on another swimmer, coughing directly on another swimmer etc.

Swimmers who do violate the rules will be asked to leave practice.

After Practice:

Swimmers will be asked to leave through designated exit doors when practice over. Parents may meet their swimmers by the exit door and take them directly to their vehicles.

There will be no congregating or social activity allowed after practice. This includes the parking area.

Swimmer will not be allowed to shower or change after practice is over.

Home Health Assessment:

Parents are expected to do a daily health assessment prior to leaving home for the pool. By sending a swimmer to practice parents are confirming that they have done the necessary health assessment.

- Have you been in close contact with a confirmed case of COVID-19?
- Are you experiencing a cough, shortness of breath, or sore throat?
- Have you had a fever in the last 48 hours?
- Have you had a loss of taste or smell?
- Have you had vomiting or diarrhea in the last 48 hours?

If a swimmer answers yes to any of these questions they should not be sent to practice.

Any swimmer who complains or shows signs of COVID like symptoms before or during practice will be sent home.

Swimmers who have had signs or symptoms of confirmed COVID-19 may only return to practice after:

At least 3 days (72 hours) have passed since recovery and swimmer has a release by a health care provider. Swimmer has received a negative COVID-19 test result.

In the event of a confirmed COVID-19 case by a team member:

If the swimmer attend practice the facility will be notified, and the coaches will review if there were any lapses in social distancing. Depending on the exposure to other swimmers those swimmers will be notified and asked to self-quarantine until they are able to receive a COVID-19 test.

