

Return to Pool  
Kent Swim and Tennis  
Club

# VALLEY AQUATICS

# BEFORE ARRIVING AT THE POOL...

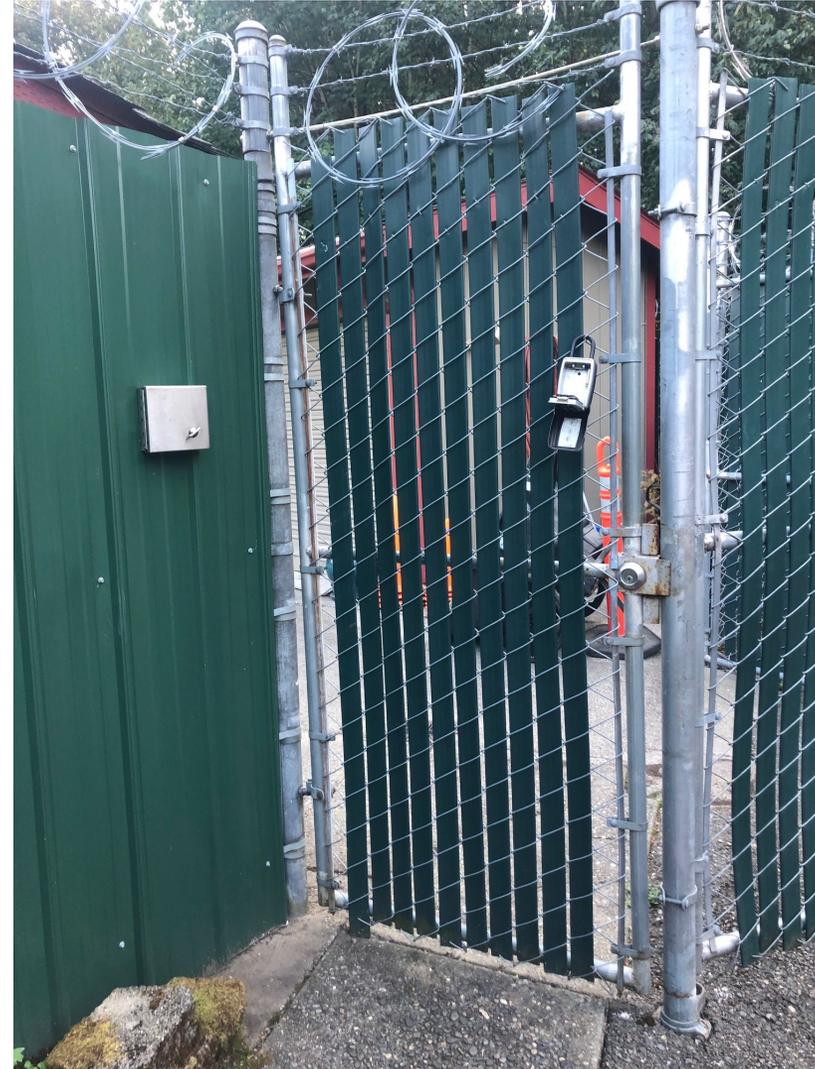
- Turn in Covid-19 team waiver... no waiver no swimming! **There is a separate waiver for KSTC that must be completed!**
- Health assessment: Health assessment is done at home prior to coming to the pool. **DO NOT ATTEND PRACTICE IF YOU OR A MEMBER OF YOUR HOUSEHOLD ARE NOT FEELING WELL.**
- Temperature check...do not come to the pool if Temp is above 99 degrees.
- Put your suit on at home. Locker Rooms will be off limits except for emergencies.
- Fill your water bottle at home.
- Bring your own kickboard/pull buoy. There will be absolutely no sharing.
- Bring a towel sweats/parka for after practice. You will be leaving in your swim suit.
- Sign up for your practice time. Do not show up unless you have already signed up.

# UPON ARRIVING AT THE POOL...

- Swimmers will arrive no earlier than 5 minutes before the scheduled start of practice. If practical, coaches/volunteer covid liaison will wave swimmers that it is time to come in the facility. Swimmers will enter using the gate. Please make sure you are standing 6 feet apart with mask on while waiting.
- Swimmers will wear masks from exiting vehicle and will keep mask on until they are given the go ahead to enter the pool.
- Athletes will use hand sanitizer at the front gate upon entry
- Athletes will place equipment in designated station and stay at station until called to your lane.
- Athletes will always stay 6 feet apart from all other participants.
- Parents/drivers will need to stay in their cars if driving swimmers. No spectators on deck.
- No locker room use except for cases of emergency.

# ENTRY

- Upon exiting car, swimmers will wear masks.
- Swimmers will enter through the gate to the right of the building. The gate will be open.
- Swimmers should enter the facility one swimmer at a time staying 6 feet apart.



This gate will be open. It is to the right of the building

# UPON ENTRY

- Once swimmers enter the gate, they will use hand sanitizer at the table by the gate.
- A Coach will be at table checking swimmers in and confirming they are signed up for that practice time and letting them know their station number for the day.
- Continue to stay 6 feet apart
- Swimmers will head straight ahead to find their station on the pool deck or the row above the pool deck.

# FIND YOUR STATION

- Swimmers will have their station number from their coach.
- Numbers 1-12 are on the benches on the pool deck spaced 6 feet apart.
- Numbers 13-24 are in the chairs in the row above the pool deck spaced 6 feet apart.
- Wait at your station until you are called to the deck.
- Take your kickboard and pull buoy out of your bag and leave your mesh bag at your station.



Swimmers 1-2 will go to the left to stay on the pool deck, swimmers 13-24 will go up stairs for their stations

# SWIMMER STATIONS

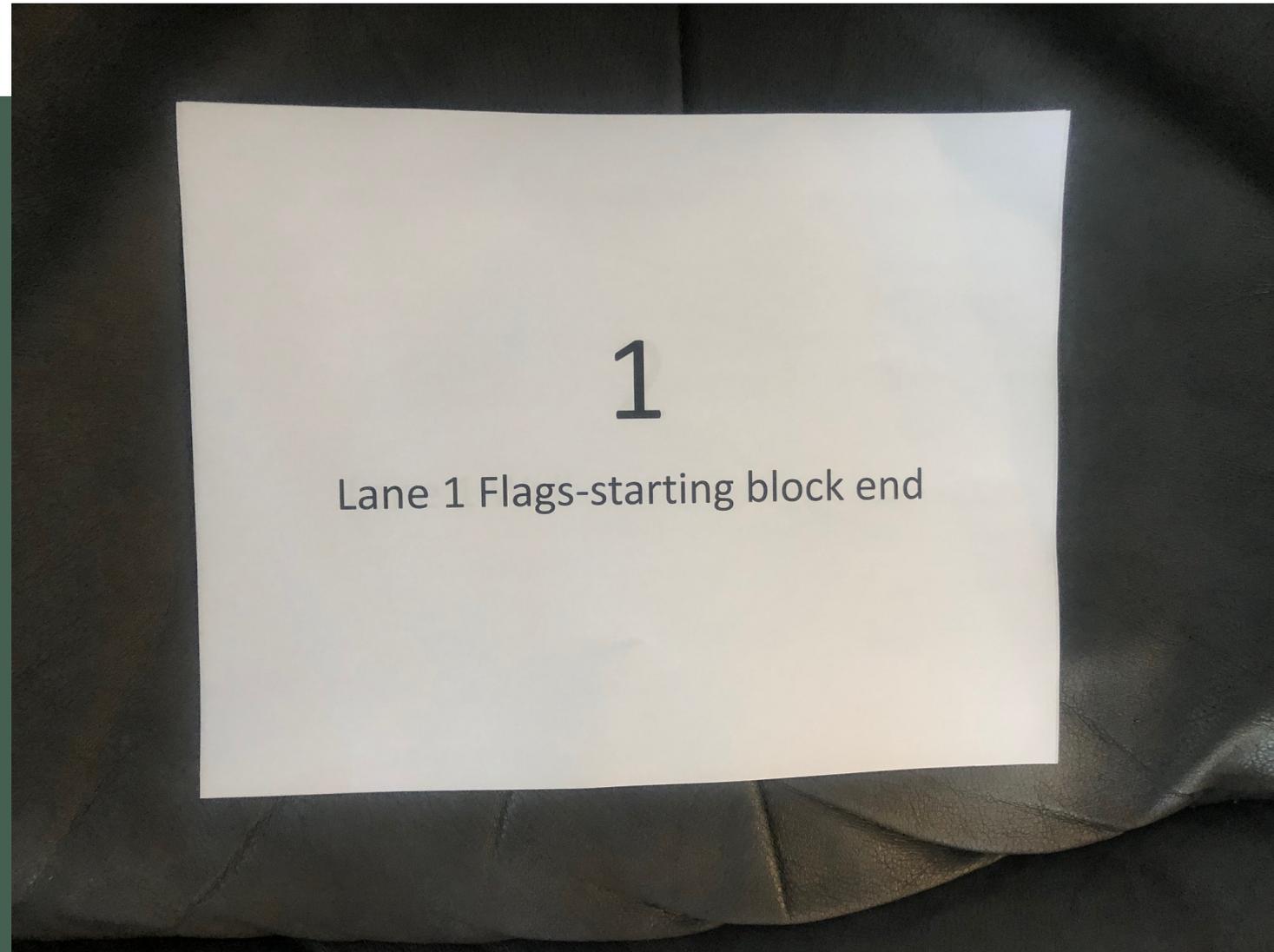
Swimmers in stations 1-12 will be on the pool deck. They will place their belongings on their number on the benches.



Swimmers in stations 13-14 will be in the row above the pool deck. They will place their belongings on their numbered chair.



# NUMBERS



# FIND YOUR PLACE NEXT TO POOL



- Coaches will call athletes down to the pool deck when it is time to begin.
- Athletes will continue walking one at a time to their spot on the pool deck.
- Athletes 1-12 will be on start block end of the pool.
- Athletes in 13-24 will be at the building end of the pools.
- Odd numbers will stand to the right of the blocks, even numbers will stand 6 feet behind them.

# DURING PRACTICE

Capacity will be 2-4 swimmers per lane depending on age/ability.

Swimmers will be stationed in the pool with one swimmer at each end when two swimmers are in each lane.

If 3-4 swimmers are in a lane, swimmers will be stationed in the pool with one on each end and one person at the flags (15 feet apart)

All swimmers must bring and use their own personal training equipment. No use of community equipment will be allowed.

Restrooms are limited use for emergency situations only

Swimmers must stay in their assigned lane at all times, unless directed by a coach to change.

Listen to all directions from coaches.

There is a zero tolerance policy for all members violating facility and/or team guidelines.

# END OF PRACTICE

- Swimmers will be dismissed one at a time from pool by coaches to get their equipment to quickly leave the pool. (from closest to stands to farthest away to minimize interaction)
- Swimmers will put their masks back on to leave the facility
- Swimmers will leave the pool one at a time directly after practice.
- Swimmers will leave facility in their swimsuits.
- Swimmers are not allowed to stay in the parking lot to chat.
- Swimmers need to maintain 6 feet distancing when waiting for their ride.

# POOL COVERS

- AT KSTC, swimmers may need to help take the pool covers off the pool or put them on in the evening.
- When assisting, swimmers need to keep their masks on throughout the process and maintain 6 feet of distancing whenever possible from teammates.
- If parents are going to assist with pool covers, they always need to be masked and exit the building once the task is complete.

# HEALTH ASSESSMENT CONDUCTED BEFORE EVERY PRACTICE AT HOME!

- Parents are expected to provide daily health assessments at home and prior to leaving to go to the Aquatic Center. By sending a swimmer to practice, parents are confirming that they have provided the necessary health assessments and have cleared their child to swim. Coaches will monitor swimmers throughout their time at practice and may provide additional assessments by asking swimmers some or all of the following questions:
  - 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 will be sent home.
  - If a swimmer complains or shows signs of COVID-like symptoms during practice, they will be sent home.

# RETURN AFTER SUSPECTED SIGNS

**A swimmer who had signs of suspected or confirmed COVID-19 can return to practice when:**

- At least three days (72 hours) have passed since recovery – defined as no fever without the use of medications and improvement in respiratory signs like cough and shortness of breath; **AND**
- At least 10 days have passed since signs first showed up. **OR**
- It has been at least three days (72 hours) since recovery **AND** a health care provider has certified that the swimmer does not have suspected or confirmed COVID-19.

# IN THE EVENT OF A CONFIRMED CASE BY A TEAM MEMBER

## **In the event there is a confirmed COVID-19 case by a Team Member**

- In the event a VAST member that has attended a recent practice tests positive for COVID-19, coaches will review to determine if any lapses in social distancing may have taken place involving the contracted swimmer. For all potential lapses, coaches will notify parents of swimmers who have high potential exposure risk. Parents contacted are encouraged to closely monitor and have their at-risk swimmer checked by a health care provider, and to self-quarantine if concern is warranted and as advised.