

# BURLINGAME AQUATIC CLUB

## Return to Practice "Cheat Sheet"



### PRIOR TO ARRIVAL AT PRACTICE

- Athlete should change into his/her suit before arriving to the pool.
  - Athlete should apply sunscreen before arriving to the pool.
  - Equipment checklist:
    - Gear bag with all required group equipment
    - Goggles
    - Cap
    - Remember - **there will be no sharing of equipment.**
  - Athlete should have his/her protective mask/PPE. Athlete must enter and exit the facility with a mask on.
  - Symptom check:
    - Fever
    - Sore throat
    - Cough
    - Shortness of breath
    - Chills
    - Loss of smell or taste
    - **If you are sick, stay home!**
  - Athlete should use the restroom at home before practice!
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### UPON ARRIVAL TO PRACTICE

- Athlete should not line up more than 5 minutes prior to scheduled practice time.
  - Athlete should maintain a minimum of 6' distance when at the facility, parking lot included.
  - Families cannot congregate in the parking lot.
  - 5 minutes before practice, athletes will line up on designated markings outside of pool facility wearing face mask.
  - If family members wish to observe practice, there will be designated areas outside of the facility along the east side fence which will be available on a first-come, first-serve basis. Only one household per designated area. No seating will be provided; if you would like to sit, please bring your own folding chair.
  - After entering facility, athletes must set personal bags down in their designated personal area directly behind their lane.
  - Athletes must adhere to coaches' directions in order to enter the pool.
  - If athletes are late and the front entrance is closed, he/she will not be able to enter the practice.
  - Locker room bathrooms will remain locked during all hours of operation. In the case of an emergency, swimmers can notify their coach or a lifeguard, and swimmers will be permitted to use the bathroom one at a time. Immediately following the use of the restroom, the area will be disinfected by a staff member.
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### DEPARTING PRACTICE

- Upon the coaches' signal, athletes will be dismissed from the pool.
- Athletes will put masks on, wrap up in a towel, slip on shoes, and exit the facility in a single file line.
- Rides are encouraged to maintain social distancing by remaining in cars in designated parking spaces.
- Family members who choose to pick up their athlete at the exit gate must maintain social distancing from other members and should wear a face mask.