



FRANKLIN GLEN GATORS SWIM TEAM 2020 PROTOCOLS

Pre-Practice Requirements and Arrival Procedures

A daily health screening will be required per Virginia guidelines (see Health Screening Procedures below). Individual forms for EACH swimmer is required (one form per swimmer, you cannot submit one form for all of your children). We will be using the same [Waiver Form¹](#) as required by the HOA for admittance to the pool. If this form is not completed, the swimmer will not be allowed to practice that day. Forms must be completed the day of the practice and not the night before.

Please arrive five (5) minutes before your scheduled practice time. Please be sure your swimmer uses the restroom before arriving at the pool. Bathrooms are for emergency use only.

All swimmers should arrive dressed in their bathing suits with sunscreen applied in advance. Swimmers will not be permitted in the bathrooms to change. Please be sure that your swimmer has the following in their bags prior to arrival: Goggles, Swim Cap, Towel, and Water Bottle. If your child has a kickboard, they can bring it to practice.

If your swimmer wears a swim cap, make sure they know how to put their cap on by themselves. If not, they must arrive with their cap already on. Coaches and other swimmers will NOT be capping each other.

Swimmers should line up at the side gate and along the sidewalk moving toward the playground allowing at least 6 feet distance between swimmers from different households. Cones will be placed 6 feet apart for swimmers. Swimmers should not line up in the pool parking lot for safety purposes. ***All swimmers must arrive and continue to wear their mask until the coaches instruct the swimmers to remove their mask.***

Coaches or a designated adult (wearing masks) will check-in swimmers at the gate. Only swimmers who have submitted a screening form with a clean health screening will be allowed to enter.

Coaches or designated adult (wearing masks) will take temperatures prior to swimmers entering the facility. Temperatures will not be recorded. Swimmers with a temperature of 100.4 degrees or more will be sent home and will not be allowed to return to practice for 14 days.

During Practice

SWIMMERS

Swimmers will be directed to place their belongings in designated spaces on deck or in the grass, socially distanced at least 6-feet apart. They will await instructions from their coach, including when they can take off their mask.

Swimmers must maintain 6 feet of social distancing in the grassy area and on the pool deck. We will remove swimmers from practice who cannot follow social distancing guidelines.

If your swimmer wears a swim cap, make sure they know how to put their cap on by themselves. If not, they must arrive with their cap already on. Coaches and other swimmers will NOT be capping each other.

There will be ***up to*** 3 swimmers per lane, with 1 starting on one side of the pool, a 2nd starting at the other side, and the 3rd swimmer in the middle of the lane. Swimmers will not be allowed to use the shallow end of the pool or diving well during practice.

Swimmers must wear a mask when using the restroom. The ***bathrooms will be available for emergencies only*** with social distancing.

Given the COVID restrictions, the team is unable to provide any equipment. Swimmers may not share equipment on deck. All swimmers' equipment should be labeled. Equipment left on deck will be thrown away.

The coaches may recommend additional equipment (ie; Kickboard) for some swimmers and they will contact parents as needed. There is no requirement to purchase a kickboard at this time. If your child has a kickboard, they can bring it to practice

COACHES

All coaches will wear masks when swimmers are entering and exiting the facility and will maintain social distancing throughout the entirety of the practice.

PARENTS

Parents will not be allowed on the deck during practice. We ask that you wait in your cars or line the outside fence of the pool maintaining proper distancing between households. If the need for a parent volunteer arises, we will ask for your assistance. Otherwise, practice is for swimmers and coaches only.

Practice Dismissal

At the end of practice, swimmers will need to leave the deck quickly (with all their gear). Swimmers will wear masks when exiting the pool.

Swimmers will exit the pool while maintaining at least 6 feet between other swimmers and coaches. They will return to their assigned spot for their belongings and pack up. A line of swimmers will be dismissed through the side gate and head toward Springhaven drive on the sidewalk to maintain distancing from swimmers entering the pool. (Note: Swimmers cannot enter or exit through the bathrooms.)

Health Screening Procedures

Prior to **each** practice parents must fill out the [HOA Pool Waiver Form¹](#) for each swimmer. Individual forms for EACH swimmer is required (one form per swimmer, you cannot submit one form for all of your children). We will be using the same waiver form as required by the HOA for admittance to the pool. If this form is not completed, the swimmer will not be allowed to practice that day. Forms must be completed the day of the practice and not the night before.

Coaches or designated adult will take temperatures prior to swimmers entering the pool.

- Temperatures will not be recorded.
- Swimmers with a temperature of 100.4 degrees or more will be sent home and will not be allowed to return to practice for 14 days.

Any swimmer or coach experiencing any [symptoms²](#) of a fever, recent cough, chills, muscle pain, shortness of breath or difficulty breathing, sore throat, or new loss of taste or smell, or has had any exposure to someone who has any symptoms, should remain at home and seek medical treatment.

Swimmers and coaches cannot have had a temperature over 100.4 degrees, a cough, or difficulty breathing in the last 14 days. If any swimmer or coach has a fever or symptoms of a respiratory illness of unknown cause, they may not attend practice until 14 days after the fever or symptoms have ceased.

Swimmers and coaches cannot have had close contact with anyone who has tested positive for COVID-19 in the last 14 days.

If a swimmer or coach has ever been diagnosed or suspected to have COVID-19, they must be deemed no longer contagious by a physician.

Positive COVID-19 Test Procedure

Once practice has begun, should a swimmer or coach test positive for COVID-19, the following measures will take place:

- The individual should let the swim team president (Mike Copeland president@fggators.org) know immediately.

- The individual will not be allowed back to practice until they test negative for COVID-19 and a physician has deemed the swimmer or coach is no longer contagious.

Links:

1. HOA Pool Waiver Form -
<https://dcmetro.fsrconnect.com/login.aspx?ReturnUrl=%2fcq07QdcO90iTbru%2fNTM3MDU%3d%2fmcug53fqf.1I5.aspx>
2. COVID-19 Symptoms - <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>