DARTS Re-Opening Message and Planning

We believe swimming, like walking, hiking, running, and cycling, is a critical healthy activity within our communities. Swimming does not require direct contact between teammates or coaches and social distancing can be maintained throughout practice. As with all exercise and activity at this time, swimming must comply with standards for social distancing and safety within aquatic facilities. We know with collaboration between DARTS coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities compliant with public health directives. The CDC has indicated that there is no evidence the disease spreads through treated water. Proper operation and maintenance (including disinfection with chlorine and bromine) of these facilities should inactivate the virus in the water.

Wesleyan Woods Pool (76 Somerset Road) has agreed to rent pool time to DART Stingrays Inc for the 2020 summer. It is a 5 lane pool without starting blocks, has no lines on the bottom or T markings at each end of the pool. The length of the pool is greater than 25 yards but less than 25 meters. The six-week conditioning program will be limited to swimmers ages 9-18 due to social distancing requirements. Diving will not be offered in this program.

Review page 2 regarding considerations for use of pool, preparing to swim, when swimming and training expectations.

Registration facts:

Limited to first 115 swimmers registered.

Fee is $150 per child. For each additional child the fee is $125.

Online registration

Monday June 15- Tuesday June 16 **only** **for families who were registered for 2019 season.**

Wednesday June 17 – Thursday June 18 is open registration for any interested family

Registration closes Thursday June 18 at 11:59 p.m. or when maximum number of 115 swimmers is reached.

Session Dates:

Monday - Friday starting Monday June 22 and concluding Friday July 31

\*Practice times with number of swimmers are below:

NOTE: Practice times for ages listed below are subject to change based on

swimmers registered as of June 12.

Parent will be notified via email prior to first practice the assigned practice time

for their swimmer(s)

Group Arrive Practice time # of swimmers Ages

A 6:20 a.m. 6:30 – 7:45 a.m. 22-25 14 -18

B 7:45 a.m. 7:55 – 9:10 a.m. 25-30 11-13

C 9:10 a.m. 9:20 – 10:20 a.m. 25-30 10-12

D 10:20 a.m. 10:30 – 11:30 a.m. 25-30 9-10

Considerations in place at Wesleyan Woods Pool to safely offer training for our swimmers.

1. Practice capacity is limited in order to keep the swimmers physically distanced.

2. Swimmers would enter and exit using gate monitored by a coach just north of

building. The front door would remain closed to avoid touching door and counter.

3. Group A and C will use deck area on east of building space to leave towel.

4. Group B and D will use grass area north of the pool to leave towel.

5. Group arrival times will limit contact between practice groups.

6. Our staff resources are limited. Once practices begin the gates will close and

no additional swimmers will be admitted.

7. Coaches will be encouraged to wear face coverings during practice.

8. Restrooms will be available. No showers will be permitted.

9. Come in your suit, leave in your suit. There will be no changing area available.

10. No social gathering permitted inside pool area.

11. Parents will not be permitted inside pool area.

PREPARING TO SWIM – Protect against infections:

* Do not attend practice if you, or a member of your household does not feel good.
* Do not share equipment.
* Bring a full water bottle to each practice. Please put initials or name on bottle.
* Athletes/coaches who begin to cough/sneeze for any reason, must move away from others until coughing / sneezing dissipates.
* Arrive as close as possible to assigned group arrival time.
* Avoid touching gates, fences, benches, etc. if you can.
* Athletes should change clothes and shower at home.

WHEN SWIMMING

* Follow directions for spacing and stay at least six feet apart from others.
* Do not make physical contact with others, such as shaking hands or giving a high five.
* Avoid touching your face.
* Avoid sharing drinks, food, or towels.
* Wear your suit to and from practice.

EXPECTATIONS FOR TRAINING

* Children should still be active for at least 60 minutes per day, even though they can’t gather.
* As we return to action, we must consider injury and progressive return.
* At-home workouts must be simple, low impact and low risk. Return to the pool should build off of the at home dryland workouts.
* Must emphasize movement quality, not the quantity of exercise, proper movement is key.
* Social distancing will need to be accounted for in practice planning.
* Most injuries occur early in the season, so do not rush deconditioned athletes back to full practice.
* Increase activities by 10% each week when we return
* Focus should be on a healthy environment, quality experience, progressive training, and safety.
* No expectations for competition.

PRACTICE LAYOUT for 5 Lane pool 22 Swimmers

Key O is a swimmer.

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