

## Southgate Penguins Swim Team



### 2021 Season

#### **Practice Procedures:**

##### **1. Facility:**

- There will be separate gates for entry and exit of the pool. Gates will be monitored but left open so swimmers will not have to touch or open the gate. Swimmers, Parent Volunteers and 10 and under Parents MUST wear a mask into the pool facility and the entire time on pool property. The only exception is when the swimmers are in the pool.
- The bathrooms will be open but please encourage your swimmer to use at home prior to coming to practice.
- Picnic Tables will not be used during practice.
- Towels and personal items will be placed in the designated spaces on the pool deck.
- Parents of 11 and up swimmers are not allowed in the pool area during practice. They may stay in the parking lot in their parked car.
- One parent of 10 and under swimmers may be allowed to watch your child from their designated area on the grass area. You are allowed to bring your own chair, but required to adhere to all social distancing guidelines and please no siblings allowed.

##### **2. Preparing to Swim at Practice:**

- Be sure to use hand sanitizer before entering the facility. There will be designated stations at check in and inside the pool facility.
- When you arrive to practice, please come prepared to swim by wearing your competition style suit with your goggles ready. The bathroom changing area is not available.
- You can have a water bottle, but please leave your water bottle at the end of your designated lane on the deck.
- Do Not Attend practice if you have a cough, fever, not feeling well, or if a member of your household is sick.
- You may enter the pool area once the coach has cleared the pool area and you have been checked in and given an assigned hula-hoop number on the deck. When inside the pool area, maintain social distancing rules (6 feet).

##### **3. While Swimming:**

- Listen and follow the coach's directions explicitly for safe distance spacing within the lanes.

- One swimmer will be on each end of the lane and will circle swim to avoid contact.

**4. After Swimming:**

- Once practice is complete you will exit the pool quickly and go to your designated hula-hoop to grab your belongings and the coach will dismiss you as a group.
- Follow the designated exit path on the pool deck and exit through the open side gate area.
- No congregating in the parking lot after practice, please leave the property immediately to make room for the next group coming in.

**5. Expectation of Coaches for Each Practice:**

- Practice will be simple at first, gradually building based upon the swimmer's abilities with the age groups.
- Coaches will be instructing stroke fundamentals and skills to improve the swimmer's ability.
- Social Distancing will be accounted for and demanded of all ages within the facility.
- Focus will be on a healthy environment, progressive training, safety, fun, and quality as it pertains to each age group.
- Coaches will follow the practice schedule exactly so parents know when to expect their swimmers to exit the facility.
- Coaches will disinfect hard surfaces where swimmers have come into contact between swim group practices maintaining a safe and healthy environment.
- Coaches will check pool chemicals each hour to ensure the safety of the pool water.
- There will never be more than 3 swimmers per lane (7 and up age groups); 2 swimmers per lane (6 and under age group).

We cannot let anyone jeopardize the health and safety of anyone else within our swim community. It is critical that all of these procedures are adhered to by both the swimmers and the parents/guardians. We need to be strict on our daily start and end times. If you are late to drop off your swimmer, they will not be allowed in to practice. Swimmers have to leave the pool area immediately and there is no supervision in the parking lot, so please be on time to pick them up.

**By signing below, you are agreeing to all new and necessary procedures.**

Thank you,

Southgate Penguins Board and Coaches

Family Last Name: \_\_\_\_\_

Swimmer Name(s): \_\_\_\_\_

\_\_\_\_\_

Parent or Legal Guardian Name Printed      Parent or Legal Guardian Signature      Date