

## LENAH RUN FROGGERS – 2021 Season Guidelines

- **ODSL Guidelines** – overall for all teams
  - For 6-lane pool, practices will be capped at 30 swimmers per practice session, 5 swimmers per lane
  - Parents, child-care providers, siblings or spectators of any kind will not be allowed in the facility / on deck at any time during practices OR meets (unless volunteers) – teams are encouraged to use FB live for meets – and are expected to practice social distancing while waiting for their athlete
  - All coaches will wear masks on deck during practices and meets, while not in the water
  - All athletes will wear masks entering & exiting facilities, during any dryland activities, and while ‘on deck’ and not in water
  - Athletes and coaches must do their best to always maintain 6 feet distance
  - COVID attestation form completed by all coaches, athletes and volunteers prior to entering on deck \*\*\*
- Lenah Run **Practice Guidelines**
  - Temperatures will be taken before entering the facility (100.4 and higher cannot enter)
  - Athletes will arrive and leave in their swimsuits
  - Locker rooms for bathroom use only, no changing – accessible only from pool deck, not parking lot
  - There will be markings along the entrance for athletes to line up 6 feet apart for check-in
  - Athletes will only be permitted to line up for entrance **5 minutes before** their assigned practice time – if athletes arrive early they must remain in their cars, with their bicycles, or if on foot in the parking lot – and are expected to practice social distancing while waiting and must be wearing masks until they have left the pool parking lot
  - There will be a one-way entrance and one-way exit followed when entering the pool deck / facility
  - Only athletes and what is needed for practice will be on deck – athletes are expected to practice social distancing while collecting belongings and must be wearing masks until they have left the pool parking lot
  - Athletes and coaches will not be permitted to store their equipment at the facility
  - There will be at least a 5-minute window between practice sessions
  - Athletes from practice session must all exit before next session enters
  - There will be areas identified by lanes with bins for masks and very few belongings – masks will remain ON until athletes enter the water, and will be placed back on IMMEDIATELY after getting out of the water

\*\*\*For us all to stay healthy and be able to keep swimming, we ask our athletes and coaches please practice responsible social distancing when they are away from the pool

- Criteria that **MUST** be met by athletes or anyone residing in their household to be eligible to **attend practice**
  - Cannot have had contact with anyone who has tested positive for COVID-19 in the last 10 days
  - Cannot have had a temperature of 100.4 degrees, a cough, or difficulty breathing in the last 10 days
  - Any athlete or coach experiencing any symptoms of a fever, recent cough, unusual fatigue, headache, or has had exposure to someone who has any symptoms should remain at home and seek medical treatment
  - If any athlete or staff member has a fever or symptoms of illnesses, they may not attend practice until 10 days after the fever or symptoms have ceased
  - Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19

***Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in team's activities may be suspended***

- **Positive test procedure** – should someone test positive for COVID-19, the following measures will take place:
  - The individual should let the Head Coach and Parent Liaison know immediately, all Board members and coaching staff will be notified
  - Froggers Board will notify their HOA and ODSL immediately
  - Froggers Board will notify guardians of swimmers that share the same lane\*\*\*

- Lenah Run **Meet Guidelines**
  - COVID attestation forms must be completed by all coaches, athletes and volunteers prior to entering the team areas or entering on deck \*\*\*
  - Temperatures will be taken before entering the facility (100.4 and higher cannot enter) – a volunteer will be in place to check temperatures of all meet participants upon arrival
  - Athletes will arrive and leave in their swimsuits
  - Locker rooms for bathroom use only, no changing – accessible only from pool deck, not parking lot – a volunteer will in place for use
  - Parents, child-care providers, siblings or spectators of any kind will not be allowed in the facility / on deck at any time during practices OR meets (unless volunteers) – teams are encouraged to use FB live for meets – and are expected to practice social distancing while waiting for their athlete
  - There will be a one-way entrance and one-way exit followed when entering the pool deck / facility
  - Athletes will only be permitted to enter the team area **15 minutes** before the start of warmups – if athletes arrive early they must remain in their cars, with their bicycles, or if on foot in the parking lot – and are expected to practice social distancing while waiting
  - The team area is for athletes and volunteers only, and the number of volunteers will be limited
  - Athletes will remain in the defined team area at all times – all athletes are expected to practice social distancing while waiting, a volunteer will be in place for monitoring
  - Athletes will not be on the playground at all while waiting for the meet or during the meet – again, athletes will remain in the defined team area
  - All coaches will wear masks at all times while on deck during meets
  - All athletes will wear masks entering & exiting facilities, while in the team area, during any dryland activities
  - Athletes and coaches must do their best to always maintain 6 feet distance
  - Clerk of course -- there will be markings along the entrance for athletes to line up 6 feet apart
  - Athletes will only be permitted on deck for one event at a time, and the previous event athletes must exit before the next event athletes enter
  - There will be a table located behind the swim lanes with bins assigned by lane for masks – masks will remain ON until athletes enter the water, and will be placed back on IMMEDIATELY after getting out of the water
  
- Lenah Run **Volunteer Requirements → HOME meets**
  - 1 Certified Referee, 1 shadow will also be permitted (opposite side of deck from Starter)
  - 1 Certified Starter, 1 shadow will also be permitted (opposite side of deck from Referee)
  - 4 Certified Stroke & Turn Judges, 2 shadows will also be permitted (2 per team)
  - 1 Head Timer
  - 3 Timers
    - 6 total – 3 from visiting team
    - 1 Timer per lane)
  - 1 Runner / Heat Winner
  - 2 Computer Operator
    - 1 from HOME team – 1 from AWAY team, seated at different tables
  - 1 Ribbon Writer (separate table from Comp Op)
  - 1 Team Rep – on deck or in team area, available as needed (or other board member)
  - 1 Entry / Exit Monitor
  - 2 Marshalls
  - 2 Clerk of Course
  - 2 Team Area Monitors
  - 1 Photographer / Facebook Livestream
  - 3 Setup – before meet
  - 3 Clean-up – after meet

- Lenah Run **Volunteer Requirements** → **AWAY meets**
  - 2 Stroke & Turn Judges
  - 3 Timers
  - 1 Computer Operator
  - 1 Ribbon Writer
  - 1 Team Rep – on deck or in team area, available as needed (or other board member)
  - 2 Clerk of Course
  - 2 Team Area Monitors
  - 1 Photographer / Facebook Livestream (if permitted)
  - 1 Setup – before meet
  - 1 Clean-up – after meet
  - Officials, if requested from HOME team