**NESSIE SWIM TEAM SUMMER 2020 RULES AND OPERATING PROCEDURES**

Last Updated: June 18, 2020

1. **Swimmer Eligibility**
   1. Swimmers must be 18 years old or under as of June 1, 2020.
   2. Swimmers must be able to swim the length of the pool unassisted. This rule is required, per county regulation, as only one person is allowed in a swim lane at a time. Thus, coaches will not be able to be in the water to assist swimmers (except during emergencies).
2. **Registration Fee and Season Duration**
   1. The season will begin on June 25th and end on Aug. 21st, subject to state and county guidelines. In the sole discretion of the IRC Pool Board and Nessie Swim Team we may terminate the season at any time.
   2. The registration fee is $100. This fee is not refundable for any reason after the practices begin.
   3. Swim team members must also be registered as IRC pool members.
3. **Practice Schedule**
   1. Swim team practices will occur from 8AM-11AM, Monday through Friday, according to the following swim practice sessions.
      1. 8:00 – 8:45: 12+ Year Old Swimmers
      2. 8:50 – 9:35: 10+ Year Old Swimmers
      3. 9:40 – 10:25: 9-11 Year Old Swimmers
      4. 10:30 – 11:00: 8 & Under Year Old Swimmers

Note there is a 5-minute gap between each practice session to afford time for entry and exit of swimmers between sessions. This schedule is subject to change depending on number of swimmers registered and pool usage during other times of the day.

* 1. Practices will include an in-water and dryland portion. There will be a maximum of 12 swimmers per practice session, per county guidelines. 6 swimmers will be in the water and 6 swimmers will be doing dryland exercises or resting.
  2. Swimmers must stay in their assigned lane – there can be only one person per lane.
  3. Coaches are not permitted in the water, except in emergency situations and to demonstrate a stroke technique. If a coach is in the water, no other swimmer can be in the same lane.

1. **Coaches**
   1. Coach Brian Kilner will be the head coach. He will be assisted by junior coaches Julie Fan, Stephanie Zoltick, Elisa Zoltick and Max Meisel. Additionally, Brian will be assisted by Coaches-in-Training Justin Huebl, Jerry Ji, Charlie Denney, Sammie Lemar and Alexia Sandonas. Coaches-in-Training Justin Huebl and Jerry Ji are in the process of rescheduling lifeguarding certification class to replace a class that was cancelled due to COVID-19. Upon securing certification they will be promoted to Junior Coach status.
   2. There will be four coaches at each practice session. Two coaches will oversee the in-water practice, one coach will oversee the dryland practice portion and one coach will manage the arrival and exit procedures.
2. **Reservation System**
   1. Swimmers must register for a swim practice session in advance.
   2. Swimmers may not register for more than one swim practice session per day. Depending on the number of registered swimmers, we may need to impose restrictions such that a swimmer may not be able to participate in a swim practice session every day.
   3. We will use the Team Unify platform that we have used in the past for parents to volunteer as our tool for reserving swim practice time. The ability to reserve a practice slot will be opened on Fridays at 5pm for the upcoming week.
   4. Because we have limited time slots, if you reserve a time slot, your swimmer is expected to be at practice. The exception being, if your swimmer is sick or exhibiting any COVID-19 symptoms, do not send your swimmer to practice. In this case, please notify Coach Brian that your swimmer will not be attending practice as soon as possible. We may implement a penalty system for no shows to include, for example, a $10 no show fee or limiting the ability to reserve a practice slot for a swimmer. We are hopeful we will not need to do this.
3. **Practice Arrival**
   1. Swimmers are required to arrive at least 5 minutes prior to their practice start time.
   2. Swimmers are required to wait outside of the pool fenced-in area prior to practice. There will be signs that are at least six feet apart on the sidewalk identifying where swimmers should stand while waiting for their practice to start. Swimmers and any parents or guardians waiting should wear a mask while waiting in line. Swimmers should continue to wear their masks until they reach their pod.
   3. Swimmers will not be permitted to enter the pool fenced-in area until all swimmers from the previous practice session have exited the pool fenced-in area. This is to ensure social distancing through the entry/exit process and abide by county regulations.
   4. Swimmers may arrive at the pool without a parent or guardian. If a parent or guardian does bring a swimmer to practice, the parents or guardians may either wait with their swimmer in line or simply drop off their swimmer.
   5. A coach will manage the arrival process. Parents and guardians must follow the instruction of the coach. The coach will instruct the swimmers when they should enter the pool fenced-in area. Swimmer pods will be located around the pool deck to ensure social distancing. The coach will direct swimmers to their pods and swim practice will begin as soon as possible.
   6. We seek to get practice sessions started as close as possible to the designated start time.
   7. To ensure efficient and safe entry and exit to the pool area, we ask that swimmers minimize the use of the locker rooms. As such, please plan to change and shower at home, not at the pool.
4. **Practice Departure**
   1. At the end of a practice session, coaches will direct swimmers to their pods to obtain their belongings and put on their masks. Once all swimmers have their belongings, the coaches will then lead swimmers out of the fenced-in area, while maintaining social distancing.
   2. A coach will sanitize hard surfaces (e.g., ladder handles) after a group of swimmers has left the pool area. Additionally, we will have sufficient pods set-up, such that a pod is not used during successive swim practice sessions.
5. **Parents & Guardians**
   1. Parents and guardians are not required to stay during practice. Unlike the general open swim policy that children under 13 must be accompanied by a parent or adult guardian, there is no such policy for swim team practice. If a parent or guardian desires to stay during the swim practice, they must stay on the upper deck area of the clubhouse, as per county regulations they are not currently permitted within the pool fenced-in area. There will not be furniture available, so if you plan to stay please bring your own chair. Parents should maintain social distance, while observing swim practice.
   2. Parents and guardians should not interrupt the coaching staff during practices. If parents or guardians have any issues with practice, coaching, etc, they should contact Coach Brian, Mike Specht or Crannough Jones.
6. **Masks**
   1. Masks are required by swimmers as they enter and exit the pool area. This includes waiting in line for entry into a swim practice session.
   2. Coaches will wear masks at all times.
   3. Parents and guardians that stay to observe practice must at all times where masks.
7. **Pool Layout and Social Distancing**
   1. Foot traffic around the pool must always move in a clockwise direction around the pool.
   2. As indicated above, we will have identified swimmer pods located around the pool deck. These will be at least 8x8 feet in dimension to promote social distancing.
8. **Illness and Contracting COVID-19**
   1. If your swimmer is feeling ill or experiencing any symptoms that may be related to COVID-19, do not have your swimmer attend practice.
   2. You must advise Coach Brian or Mike Specht immediately if your swimmer or any family member of the swimmer contracts COVID-19 or comes in contact with anyone known to be infected.
   3. If we are informed of anyone that has been infected or comes in contact with a COVID-19 infected person, we will notify all swim team participants and take the appropriate action (e.g., suspending practices) as provided by the most current CDC and county guidelines.
   4. The name of the infected swimmer will remain confidential.
9. **Misc.**
   1. Failure to follow these rules and procedures, may result in a swimmer not being permitted to practice.
   2. Bathrooms are available for use during practice. We seek to minimize bathroom usage, so please plan accordingly.
   3. There is no lost and found, per county regulations. If your swimmer leaves something behind, it will be discarded immediately following each swim practice session.
   4. Swimmers are permitted to bring water and sports drinks to practice. The public water fountain will not be available.
   5. We are considering holding virtual meets and other events during the season, subject to county guidelines. Any and all suggestions are appreciated.
   6. The rules will be updated periodically to reflect expected changes and clarifications in country pool guidelines.
   7. If you have questions regarding these rules, please contact the A-Reps – Mike Specht and Crannough Jones via email at [arep@nessies.org](mailto:arep@nessies.org)