Swim Team COVID-19 Procedures
New Aquatic Center

1. Swim team participants should arrive at the pool ready to swim, wearing a swimsuit and facemask.
2. Swim team participants should wear a facemask while in the aquatics facility but remove the facemask prior to entering the water.
3. Coaches should wear a facemask when in the aquatics facility.
4. Stagger arrival times. Separate practice times by 10 minutes.
5. No spectators for practices or meets.
6. Parents/non-swim team family members and friends will not be permitted into facility and should be directed to wait outside of the aquatics facility.
7. Coaches must ensure that swimmers remain 6 feet away from other swimmers and coaches at all times, both on the pool deck and in the water.
8. Lanes will be limited to up to two swim team members per lane, starting on opposite sides of the lane.
9. Shared kickboards and pool buoys will not be available. Swimmers will utilize their own equipment.
10. Restrooms and outdoor showers will be available.
11. Lockers, changerooms, and indoor showers will not be available due to COVID-19 precautions.
12. Swimmers should observe posted signage.
13. A temperature check and symptom screening will be performed for all swimmers and coaches prior to entering the aquatics facility.
14. Swim team member will enter through entrance gate and approach their lane.
15. Swim team member will place belongings in designated area in front of lane. Remove facemask before entering the water.
16. When swimming practice has ended, swimmer will proceed to outdoor shower area to rinse/dry off and then exit the facility.
17. Hand Sanitizer is available at entrance/exit.
18. Swimmer will exit from designated exit door near the restrooms.

Note: A cashier will be scheduled to perform temperature checks and screenings of all swimmers and coaches prior to entering the aquatics facility. This will be an additional charge to the swim team contract.

From USA SWIMMING Recommendations:
PREPARING TO SWIM - Protect against infections:
• Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
• Do not share equipment.
• If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
• Avoid touching gates, fences, benches, etc. if you can.
• Do not attend practice if you, or a member of your household does not feel well.

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 food, drinks, or towels.
• Maintain appropriate social distancing from other athletes when taking a break.
• Wear your suit to and from practice.

AFTER SWIMMING
• Leave the facility as soon as reasonably possible after practice.
• Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
• Do not use the locker room or changing area.
-Shower at home, wear your suit to and from practice
• No extra-curricular or social activity should take place.
-No congregation after swimming.

Recommendations:
•Social distancing will need to be accounted for in practice planning.
• Limit group sizes and staggered sessions.