

Lake Ridge Lancers

COVID PROTOCOLS-Summer 2021

Practices:

- Families will submit a covid-health form at the start of the season and will self-monitor for symptoms of illness. Swimmers who display signs of illness will stay home from practice.
- Swim groups are separated by age groups with little to no overlap between groups.
- When possible, swimmers are assigned a lane and swim with that same lane daily.
- When possible, coaches will be assigned lanes and will not rotate between groups.
- If the number of swimmers in a lane exceeds 8 swimmers the group will be split to start on opposite ends of the pool.
- Mask wearing for swimmers will be at the discretion of their parents. Swimmers who choose to wear masks are responsible for their own masks.

Meets

- Spacing between swimmers during clerk of course : heats will be clerked and swimmers will be lined up along the deck. One heat will advance at a time. Swimmers need to arrive at clerk capped and with goggles and ready to swim. If they choose to wear a mask we will provide a designated area to store masks while swimming.
- One heat up on deck at a time. The next heat approaches the start once the last heat exits the area. Additional heats will be staged on the deck at the deep end of the pool.
- Per CDC Guidance no masks are required for vaccinated individuals. Timers and recorders will distance from swimmers at the start and will move back from the pool edge after time is recorded to maintain distance. Masking requirement is based on the honor system.
- Per VA State guidance masks are not required for swimmers. Masks on the pool deck are at the discretion of parents and swimmers will be responsible to hang their mask in a designated area while they swim and retrieve it when they are done swimming.
- For each lane there will be 2 timers. One of those timers will also serve as the recorder for their lane. This will reduce the number of individuals at the start end of the pool.
- Spectators will be allowed to watch from the bath house side of the pool. Standing room will be made available for spectators to distance themselves. Spectators will be asked to move back to their tents once they have watched their swimmer.
- Cheering swimmers will be asked to stay back from the edge of the pool while supporting their teammates.

