

Deer Brook Swim Team Practice Prep Guide

Entering The Club

- Swimmers are to arrive no more than 10 minutes prior to the start of practice. Please be on time.
- Swimmers must arrive in their suits, ready to swim. No changing permitted.
- All swimmers must remain 6' apart as they enter and use social distancing as they go

Swimmer Bag Area

- Swimmer bag locations will be marked by hula hoops, placed & labeled by coaches before arrival, and removed by coaches after practices are finished for the day.
- Practice groups #1, 3, 5 will be directed to the hula hoop marking their lane location in the back field
- Practice groups #2, 4 the same, but by the grills.
- Swimmers are to remain socially distanced at their assigned spot until they are called to the pool deck.

Start/Finish of Practice in Pool

- Coaches will call for swimmers and dismiss swimmer groups to & from pool location.
- Swimmers line up 6' apart
- First group will be dismissed, will arrive at bag area, and then second group will be called to pool deck, etc.

Exiting The Club

- Once a group is dismissed from the pool & arrives at their bag area, they will have 5 minutes to pack up before they are dismissed by the coaches (swimmers must change at home)
- Swimmers are expected to promptly leave the Club using social distancing procedures at this dismissal time.

General Protocols

- Attendance will be taken every session & the lane the swimmer swam in will be noted
- Coaches will wear face coverings, when appropriate. Swimmers must wear face masks until they are called to the pool and must also wear them after they collect their items to leave the pool.
- Swimmers will bring ALL equipment with them. No shared equipment.
- Swimmers will be allowed to the bathroom 1 at a time, with permission. Footwear required.
- Two swimmers per lane. One at each end. 12 swimmers per practice.
- Swimmers will be assigned practices based upon who signs up, how many families sign up, etc.
- Based upon registration, there may be up to 6 practice sessions per day, with the possibility of 2 rotations of practices throughout the week (M,W,F practice rotation & T,Th,Sa rotation)
- The coaches will act as COVID-19 ambassadors during swim team practices to ensure proper social distance is maintained.
- Parents will not be allowed to attend swim team practices. (Should 8&U swimmers need to attend with a parent, 1 parent may remain in the swimmer's designated bag location during practice).
- Deb Shuff is the COVID-19 contact person for the swim team (609.969.0822 mobile).
- The practice protocols are subject to change, if necessary.
- Coaches will ensure that all swimmers maintain social distance at all times during practice.

