

ABERDEEN SWIM CLUB RULES AND GUIDELINES
FOR THE GROTON SWIMMING POOL

- Wash your hands with 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 attend practice if you or a member of your household does not feel well.
- Parents will not enter the pool area. Only athletes are allowed entry into the pool.
- Athletes arrive at the pool prepared to swim. No locker-rooms, showering or deck changing. Athletes are to wear their suit to the pool.
- Athletes are assigned their own swim equipment bag to bring to each practice.
- Athletes need to come to practice prepared with a full water bottle as there will be no water fountain available on site.
- Swimmers arrive no earlier than 10 minutes early for practice.
- Drop off will be at the main door.
- After leaving their respective cars, athletes walk in separately, 6 feet apart.
- Athletes will go to the left or east side of the building to enter the facility.
- At the entrance, prior to entry, athletes and coaches will be screened for COVID-19 symptoms according to the SD DOH and CDC guidelines and their temperature will be checked. If temperature at or above 100.4, the athlete will be asked to go immediately home.
- Athletes will immediately report to their assigned lanes and put their belongings at the end of the lane in a spot assigned to each swimmer.
- Positioning: Two swimmers per lane, one at each end or families will be grouped together in lanes. Swimmers must finish at the end of the pool on the black T so that they are consistently six feet apart. ASC will follow the USA Swimming social distancing practice layout in the pool.
- The bathroom at the front of the building will be open for athletes, if the athlete needs to use the bathroom, they will be given a bag with gloves cleaning supplies and hand sanitizer; the athletes will wipe clean the toilet when they are done.
- Athletes will exit out the west gate one at a time as the coach dismisses them, keeping with social distancing.
- Athletes cannot loiter after practice.
- Parents must be ready to pick athletes up as soon as practice finishes.
- Swimmers that do not follow these rules will be removed from the group.