



## GPAC Practice Procedures for Return to Pensacola State College

In order to comply with all mandates and recommendations by the CDC as well as USA Swimming, GPAC is enacting the following rules for practices in order to minimize risks for our athletes:

Per CDC recommendations, if you or anyone in your household is experiencing symptoms of COVID-19 (fever, cough, shortness of breath, chills, muscle pain, headache, sore throat, new loss of taste or smell), you should stay home until the CDC's published isolation criteria are met.

If you have traveled outside of the USA or on a cruise in the last 30 days you may not attend practice.

If you or anyone with who you have frequent contact have been told to self-isolate you may not attend practice.

**\*\*\*\*GPAC/PSC WILL take temperature and ask basic health questions daily before a swimmer can participate in practice.\*\*\*\***

**\*\*SWIMMERS ARE REQUIRED TO WEAR MASK/FACE COVERINGS UPON ENTRY TO AND EXIT OF PRACTICES\*\***

1. **Only swimmers, coaches and monitors will be allowed access to the facility.** Parents should drop their swimmers off at the front entrance of the pool ONLY at their designated practice time. If you do arrive early, please remain in your car.
2. Strict one-way entrance and one-way exits to the facility will be mandated and enforced. Swimmers will queue up outside the side door of the pool (East door-facing track) no earlier than 5 minutes before scheduled practice time, enter practice through this door and exit through the lobby.
3. When invited into the facility by the coaching staff, swimmers will remain at 6 ft intervals and maintain social distancing at all times. No swimmers will congregate together at any time. Coaches will also not have the groups congregate before, during or after practice.
4. Swimmers shall arrive to the pool in their swim suits and will leave in their suits. Locker rooms will not be available for changing.
5. Restrooms will be available for emergency use only and will be a "One in, one out" policy. Please have your swimmers use the restroom before coming to the pool.
6. Swimmers will practice UP TO THREE PER LANE and will start at opposite ends of the pool. This means that swimmers will maintain at least 6 ft between each other and 25 yds between the other swimmer in the lane.
7. Swimmers will be required to have their own personal training gear if gear is utilized.
8. Swimmers should bring personal water bottles THAT MUST NOT BE SHARED. Water fountains will be off limits.
9. Swimmers will be promptly ushered out of practice and the facility upon completion of their practice.
10. Each participant agrees to practice social distancing and recommended hygiene methods.
11. Swimmers must not be dropped off EARLIER than 5 minutes before their practice time, and should promptly be picked up no later than 5 minutes after their scheduled end time.