



## GPAC Practice Procedures for Return to UWF Aquatic Center

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 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 may take temperature and ask basic health questions daily before a swimmer can participate in practice**

1. Only swimmers, coaches and monitors will be allowed access to the facility. Parents should drop their swimmers off at the **bus circle below the aquatic center in Parking Lot E ONLY** at their designated time. If you do arrive early, please remain in your car. **Parents should park in LOT B (WATER TOWER) or LOT J (TENNIS COURTS) while they wait for their swimmer to practice.**
2. When invited into the facility by the coaching staff (no earlier than 5 minutes before scheduled practice time), 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.
3. **Swimmers, coaches and monitors MUST wear masks/face coverings when entering and exiting facility,** and any time social distancing is less than 6 feet.
4. Strict one-way entrance and one-way exits to the facility will be mandated and enforced. **Swimmers will enter practice through the SOUTH door (by the GPAC equipment lockers/closet) and will exit through the EAST doors in the courtyard.**
5. Swimmers shall arrive to the pool in their swim suits and will leave in their suits. Locker rooms will not be available for changing.
6. 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.
7. Swimmers will practice UP TO THREE PER LANE and will start at opposite ends of the pool and at the 15m marks. This means that swimmers will maintain at least 6 ft between each other and up to 25 yds between the other swimmer in the lane.
8. Swimmers MUST provide their own training gear and transport gear to and from practice each day.
9. Swimmers should bring personal water bottles THAT MUST NOT BE SHARED. Water fountains will be off limits.
10. Swimmers will be promptly ushered out of practice and the facility upon completion of their practice.
11. Each participant agrees to practice social distancing and recommended hygiene methods, including hand-washing. **TEAM MEMBERS MUST WEAR MASKS/FACE COVERINGS WHEN ENTERING AND EXITING FACILITY.**
12. Swimmers must not be dropped off EARLIER than **10 minutes** before their practice time, and should promptly be picked up no later than **5 minutes** after their scheduled end time.
13. Swimmers will be assigned a lane and a specific side from which to start, and will use this assignment each time they attend practices. Daily attendance will also be taken.