

# RENEGADE AQUATICS REOPEN PLAN—PART TWO

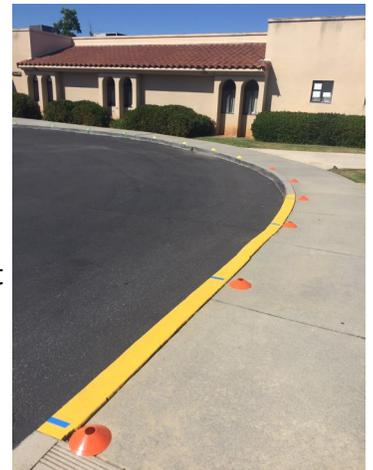
## PRACTICE PREPARATION

Before leaving home, please make sure the following tasks have been completed:

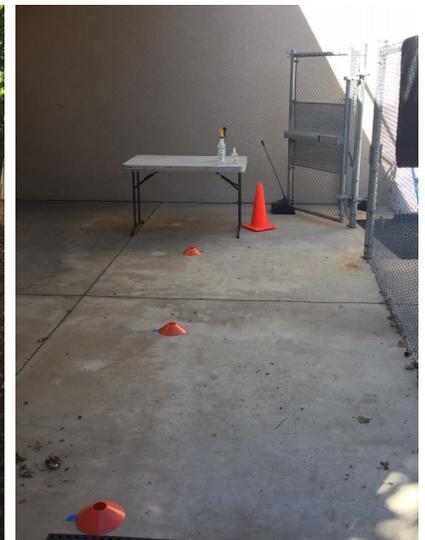
- ◆ ***Please notify your parent if you do not feel well.*** Anyone experiencing any illness or symptoms associated with the COVID virus should remain at home.
- ◆ Wear your suit to practice. Be sure to bring all necessary equipment with you. Also have: facial covering, sunscreen, water or sports drink, personal supply of hand sanitizer.

## ENTERING THE BAKER FACILITY

Upon arrival at Baker, please drop children off in the drop-off zone (designated by the ORANGE cones in cul-de-sac). They are required to have proper facial covering while not in the water. When you return to pick up your child, they can either walk to your car or they will be told to wait in the YELLOW zone. Please leave the ORANGE zone open for those families dropping off for the next practice. The goal is to have the arriving athletes moving in one direction (down the side of the building) and those departing exiting via the club doorway and waiting in the YELLOW pick-up zone. Following this process will ensure that we maintain safe social distancing.



Swimmers should then proceed down the side walkway, and maintain a 6 foot distance between each other. Orange cones will be placed in 2 lines, one along the building and another in the grass. Proceed to whichever cone is closest to the gate. Once inside the gate, follow the cone path to the health check table. If required by the health regulations, this is where we will check your temperature.



Once inside the gate, please proceed to an unoccupied red X, place your belongings there, finish any prep work (ie, sunscreen), and wait until instructed to move to your assigned lane - either at the start end or turn end.



## PROTOCOL DURING PRACTICE

The goal for everyone is to have ZERO contact with any surfaces other than your personal belongings and swim equipment, from the time you exit your car until you return to it after practice. Gates will remain open, bathroom doors will remain open or can be pushed by walking backwards instead of using hands.

In the pool, if you are not with siblings, you must maintain a minimum distance of six feet. If there are 2 swimmers at an end of the pool, one will be at the wall and the other at the flags (which is actually 15 ft). If there are 3 swimmers, we will split the distance between the wall and flag and place a cone in the pool for a 'station' (and it will be 7 1/2 feet from each of the other 2 teammates).

## EXIT PROCEDURES

When practice ends, gather all belongings and equipment and proceed to your X to dry off and pick up any items there. You will then leave the facility by walking through the club and exiting via the front door. *All areas of the club, other than the bathrooms, are off limits to RAQ families.* If your ride is not in the parking lot, wait at a designated YELLOW cone and maintain your distance from non family members.

## OTHER INFO

Parents, if they choose to observe, will use the same entry and exit procedures. They must bring their own chairs, have proper facial covering, and be mindful of social distancing. We will designate the patio area for their use, as the pool deck will be used by the swimmers.

Please review the COVID-19 information flyers listed below with your children, as well as these team specific guides. There will be copies of the flyers on the entry gate and in the bathrooms also.

The safety of your children is our primary objective. Some of these procedures exceed those recommended by health officials, but I would rather be too safe than not safe enough. Thank you for your understanding!

