

Pool Return Order of Events

1. 100% Commitment. Commit to being on time, to attending 90-100% of workouts, to giving 110% effort, and setting a good example for SRVA. Remember, we are here to swim, not hang out and be social.
2. Masks are always required unless swimmers are in the water.
3. Please sign and bring the attached waiver to the pool. It is required to swim and enter the facility.
4. Swimmers must arrive ONTIME for all workouts, dressed and ready to swim. If arriving late, swimmers will be sent home.
5. There will be no locker room use. Come to the pool prepared to enter without needing to change in the locker rooms. Bathrooms will be allowed only if necessary.
6. Swimmers will be divided and assigned among (3) coaches. The assignment is final. Each group will consist of 12 swimmers only and practice will be held Monday through Saturday from 7-9am.
7. Each coach is permitted to oversee only (12) swimmers and will remain with the same (12) swimmers for the entire 2 weeks, as current county health order does not permit the coaches to run more than one group.
8. There will be no spectators allowed on the pool deck.
9. Athletes must wait in cars until their coach is visible and waiting to form a line. Jake's group will line up on the west side of the lobby. Audra's to the east of the lobby. Erik's group will wait in cars until Jake's group has fully entered the facility, taking the westside. Groups will wait in line for temperature checks upon entry. Maintain 6 foot apart in all lines.
10. Jake's group will enter for temperature checks at 6:45am, Audra's at 6:50am, and Erik's at 6:55am.
11. After checks, each group will follow their coach and only their coach down the ramp to the pool deck. The last six in each group will line up at their designated lanes on the east side, the first six will continue to follow their coach around to their lanes on the west. Each swimmer will have a box at

the end of the lane to store their gear. Swimmers will be assigned a lane to share with one person for the entire two-week timeframe.

12. When exiting the pool, we will use the gate on the west side of the building. Swimmers will exit the pool starting with the west side. Those swimmers will exit in a line with their gear and follow their coach out of the pool. After exiting, the opposite side will follow around the pool to the exit.
13. Swimmers must be promptly picked up at 9am. Please park in a parking spot and wait for your swimmer. There is NO waiting in the loading zone.
14. Swimmers must follow the above guidelines to maintain safety for the swimmers and coaching staff.
15. Enjoy the water. We all have missed it greatly and following the above outline will sure that we have a fun and safe experience. Be the example for the rest of the team to follow.