

**2020 Sharks Start Up Plan**

Assuming the go ahead to start back in the water comes in early June, we will plan a six-week season for Sharks instead of the usual eight. We will run the schedule as listed below, with one practice for each color of each age group. This schedule assumes 200 Sharks registered. If we register few than 200, then we will not need as many practice sessions for each age group and the schedule can be adjusted.

**Sharks (Based on Registration as many as 4 groups of each age)**

13 & Over 3x per week for 45 minutes each

11-12 3x per week for 45 minutes each

9-10 3x per week for 30 minutes each

7-8 3x per week for 30 minutes each

5-6 2x per week for 30 minutes each

***Total practice hours: 34 per week***

For competition, we will be holding one “Meet Day” each of the last four weeks of the season. On the last practice day of the week for each group, they will race one stroke. We will start with Freestyle, then Backstroke, Breaststroke and Butterfly. For the 5-6-year-old swimmers, we will do 25s Freestyle, then Backstroke and then 50s Freestyle then Backstroke if they don’t have the other strokes. We will compile all the times into a meet and publish a result for each week. After the races, coaches will have a treat for the swimmers since there will be no ribbons. The Sharks Committee can decide if they want to do 1-8 place ribbons based on the meet results.

We will use the same protocols for Sharks that we use for SPA practices. No more than 20 swimmers in the pool at a time. Swimmers will use hand sanitizer any time they go to the bath room before they return to the pool. No parents will be allowed on deck or standing outside the gate, and must drop their swimmer off within 5 minutes of their practice start time and pick them up within 10 minutes of their practice end time. We will use the main gate for entering the pool and the gate by the pump house for exiting the pool. No equipment other than goggles, cap, fins and kick board will be allowed in the pool area. Coach will be wearing masks and gloves at all times while on deck.

Finally, we will have to be more stringent on swimmers being safe in the water than in past years, because we won’t be able to have coaches in the water offering assistance during this season.