SPA Practice Procedures

amended 1/10/2022

This plan has been developed using available information from local, state and national health authorities and experts, and is designed to allow SPA practice groups to function in a safe environment while limiting factors that could increase infection rates or sharing of Covid-19.

1. A practice schedule will be distributed that allow practice groups in the water in a safe manner with one to two groups in the pool at a time.

2. Social distancing is required while swimmers are on deck, both within each swimmer’s practice group and with other groups on deck.

3. Only coaches and athletes will be allowed on the pool deck during practices.

5. Swimmers may bring their swim bag, equipment bag and all required equipment on deck. Swimmers will be instructed on where to put their equipment and clothes/towels by the coaches to maintain proper social distancing while on the deck.

6. Swimmers will be assigned/or choose a lane and end of the pool.

General Rules

Anyone showing any symptoms of Covid-19 should not come to practice. These include fever, cough, shortness of breath, head or muscle ache and new loss of taste or smell.

SPA should be notified immediately if a swimmer tests positive for Covid-19.

A swimmer who tests positive for Covid-19 may return to practice after five calendar days if the swimmer is fever free and has no other symptoms, or only mild symptoms that are improving.