SPA Practice Procedures Long Course 2020-21

amended 5/10/2021

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. All swimmers will be screened for symptoms as they enter the pool. Social distancing is required while swimmers are on deck, both within each swimmer’s practice group and with other groups on deck. **Masks are recommended but optional when not in the water. Masks will be optional for swimmers during dry land activities. Masks will continue to be required on deck at all SPA hosted meets (including Sharks meets) due to larger numbers on deck making social distancing more difficult.** *The changes to the mask policy will go into effect on Monday, May 17, 2021.*

3. Only coaches and athletes will be allowed on the pool deck. Parents are to drop off swimmers no more than 5 minutes prior to the start of their practice and pick up swimmers no more than 10 minutes after the conclusion of their practice.

4. Swimmer drop off and pick up will be done at the main parking lot gate of Club Sienna and Brushy Lake.

5. Swimmers may bring a mesh 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. No swimmer may touch the equipment/belongings of another swimmer.

6. Swimmers will be assigned/or choose a lane and end of the pool (or center of the pool) position. This start/stop position will allow swimmers to rest at least 6 feet from anyone else in their lane and at least 7 feet from anyone in an adjoining lane.

7.Bathrooms are not open for changing before or after practice.

8. Drinking fountains have been shut off during the pandemic, so swimmers must bring a sufficient amount of water to stay hydrated throughout their practice.

General Rules

Wash your hands with soap and water for at least 20 seconds right before you come to practice and right after you get home from practice.

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.

Anyone who is living with someone showing symptoms of Covid-19 should not come to practice.

Anyone who has been in contact with someone who has tested positive for Covid-19 within the last 14 days should not come to practice.

SPA should be notified immediately if a swimmer or household member begins to show symptoms of, or tests positive for, Covid-19.