



## SPA Practice Procedures Short Course 2020-21

amended 9/7/2020

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. The plan assumes a limit of 25 people on deck/in the water at any one time, but can be adapted for lower limits if necessary.

1. A practice schedule will be distributed that allow practice groups in the water in a safe manner with one group 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 must be worn when not in the water. Swimmers will not be allowed to enter the pool deck without a mask.
3. Only coaches and athletes will be allowed on the pool deck. Parents are required to drop their swimmer off and pick them up without leaving their vehicles. 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. Coaches will be wearing masks at all times while on deck, and will remain on deck (not in the water) at all times.
4. Swimmer drop off will be done at the main parking lot gate of Club Sienna and Brushy Lake. Pick up will be done at the gate by the Pump Building at Club Sienna and at the Pavilion at Brushy Lake. At Brushy Lake, swimmers will exit the pool deck via the gate by the Pump Building and walk around the pool to the Pavilion area for pick up. Entry gates will be opened by coaches for each swimmer so swimmers can enter the pool deck with no touch.
5. Swimmers may bring a mesh equipment bag and all required equipment except snorkels on deck. No backpacks will be allowed. 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. Swimmers who need assistance putting on their swim cap need to wear the cap to the



pool, as coaches will not be able to help. No swimmer may touch the equipment/belongings of another swimmer.

6. Swimmers will be assigned a lane and end of the pool (or center of the pool) position by the coaches. This start/stop position will allow swimmers to rest at least 12.5 feet from anyone else in their lane and at least 7 feet from anyone in an adjoining lane. When 16 or fewer swimmers are at Club Sienna, and 12 or fewer at Brushy Lake, there will only one swimmer at each end of the pool at a time.

7. Any swimmer that must use the bathroom in an emergency may do so, but they must use hand sanitizer before reentering the water. Bathroom doors will be propped open by coaches. 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.