

COVID-19

SAFETY PROCEDURES:

Thank you for taking the time to become familiar with these procedures prior to the meet to help insure everything goes smoothly!

- Swimmers, volunteers, officials, coaches and spectators in the meet agree to abide by PACK's COVID-19 Safety Procedures and Protocols.
- This meet will be conducted in compliance with local, state, and USA Swimming COVID-19 restrictions.
- The Meet Referee has final authority over conduct of this event and will be working with the Meet Director, Facility Management, and PACK Covid-19 Task Force to enforce Covid-19 safety guidelines and resolve any issues.
- Prior to coming to the pool, everyone should self-screen by answering the following questions. If you answer yes to ANY question below, you should not come to the pool.
 - *Do I feel sick in any way, dizzy, have a cough, have shortness of breath or difficulty breathing?*
 - *Do I have a fever, sore throat, chills, headache, loss of taste or smell or diarrhea?*
 - *Have I been in contact with anyone known to have tested positive for COVID-19?*
- Everyone entering the pool building must have a temperature screening prior to entering. No person will be allowed to enter with a temperature over 100.4 F in accordance with CDC and local health department recommendations.
- **Everyone that enters the building must wear a face covering at all times, except for swimmers when they are in the water.** Failure to adhere to this rule may result in a removal from the facility. This includes swimmers of all ages, officials, volunteers, coaches and spectators.
- Swimmers should bring a small Ziploc bag with their name on it to the meet each day. They will place their face covering in the bag when they approach the block area to swim and the bag will be placed in a basket behind their lane. After they swim, they will retrieve their bag from the basket and put their mask on before exiting block area. Swimmers should plan on bringing an extra face covering if possible, in case theirs gets wet.
- **Spectators will be limited to 1 spectator per family swimming in that current meet session.** PACK volunteers signed up for a job in that session are in addition to spectators.
- There will be limited bleachers on the pool deck by the warm down pool for older swimmers to sit. No spectators are allowed in those bleachers by the warm down pool, only swimmers. Swimmers that are not in the same family should maintain social distance from other swimmers in the bleachers.
- Swimmers that have a spectator with them will be able to sit with their spectator in the spectator stands. Families should maintain social distance from other families in the stands. Seating will be allowed on every other row (Do not sit in rows marked off with yellow caution tape.)
- Only coaches, officials, swimmers, lane timers and volunteers required to be on-deck are allowed on the pool deck, and will maintain current social distancing guidelines throughout the meet.

- Everyone will exit the building through the exit doors past the restrooms. This is a separate set of doors than the entrance doors.
- Previous session will be required to completely exit the building before next session will be allowed to enter. We do have a 15-20 minute period to make sure everyone has exited, and wipe down any high touch surfaces prior to next session entering. We will be publishing a timeline with the planned times doors will open for each session. Please plan your arrival time to allow for temperature screening.
- Each session will have 2 – 20-minute warmup periods, with a 5 minute break in between warmup up periods to clear block area before next group enters that area. Warmup times for each session will be divided by group and times posted prior to meet. Swimmers will wear their mask to the block area, and remove it and put in their Ziploc bag, which will be placed in basket by their lane, just prior to entering water.
- We will only have 1 timer per lane at the meet to maintain social distancing from others. Timers will be seated at least 6 feet from the nearest timer. They will move forward only to obtain the ending time of the swimmer in their lane and will immediately move back prior to swimmer exiting the water.
- We will allow adequate time between each heat to allow heat of swimmers to retrieve their mask from basket and exit block area before next heat approaches. Swimmers will exit block area towards the side where coaches are (opposite spectator stands) and walk around to get back to their seat.
- We will allow adequate time between each event to provide rest for the swimmers by inserting short breaks in the timeline in between events as needed, but each meet session will move quickly, as no session should be longer than 2 hours. An estimated timeline will be published for each session and will be posted on the PACK website.
- When a swimmer's heat is 2 heats after the heat in the water, the swimmer will move to a Ready Area on the side of the pool on the spectator side. There will be dots on ground, numbered 1-8 and they will stand on their dot that matches their lane #. Please do not gather in that area early, as we do have plenty of time in between heats, so nobody has to rush. The volunteer at that ready station will let them know when it is time to go to next ready area. Then, once the starting block area is clear for their heat, the volunteer in that area will direct the swimmers to approach the block area. This is when they will remove their face covering, place it in their Ziploc bag with their name on it and place it in the basket behind their block. At the conclusion of each heat, the swimmers will reapply their face covering. Once the whole heat has re-masked, they will then be directed to exit the block area towards the side where coaches are (opposite spectator stands), and then walk around pool to either go to warm down pool, or return to their seat.
- Bring a filled water bottle for your session. No concessions will be provided.
- Swimmers must enter and leave the facility in their swimsuits. Locker rooms and restrooms will be for restroom use only, no changing allowed. Restrooms in locker rooms are for swimmer use only, and only 1 swimmer allowed in at a time. Spectator restrooms are limited to 2 at a time in the restroom.