

QSTS 8 & Under Intrasquad Covid-19 Guidelines and Procedures

1. ATHLETES

- a. We will email out a full heat sheet before the meet, as well as post one on the Quest Swimming website. We will also post a few heat sheets throughout the facility.
- b. The athlete area will be blocked off – this area is for athletes
- c. Since we have such a small number of 8 & Under athletes, all swimmers will stay inside the bubble at all times on their designated space (marked with an “x” on the pool deck). Athletes must wear their mask at all times when they aren’t swimming.
- d. We will have Senior athlete volunteers that will escort athletes to the blocks for their races.
- e. We will only be swimming in lanes 2, 4, and 6. Lanes 1, 3 and 5 will remain open.
- f. After they swim their race, athletes will exit the pool and gather their belongings. They will get feedback from their coaches and then return to their “x” on the pool deck (and put their mask on).
- g. Once the athletes are out of the pool and back near their “x” – we will call the next heat to the blocks and those athletes will compete.

2. PARENTS/SPECTATORS

- a. We will have a Senior athlete volunteer letting parents know which event and heat is preparing to swim.
- b. Once your son/daughter’s heat and lane has been called. Parents may enter the building via the revolving door and walk directly to the turn end of the facility. Each athlete is allowed two spectators to watch them swim.
- c. The spectator(s) for Lane 2 will stand by the turn end at Lane 1.
The spectator(s) for Lane 4 will stand by the turn end at Lane 3.
The spectator(s) for Lane 6 will stand by the turn end at Lane 5.
- d. Once your child has completed their race, you will exit the facility via the revolving door.
- e. Reminder – all parents and spectators must always wear a mask once they enter the SwimQuest Aquatic Center gates.

3. VOLUNTEERS

- a. We are very fortunate to have our Senior athletes volunteering their time to “run” this meet. They will be timers, clerk of course, and other administrative duties throughout the meet.
- b. All volunteers will be required to wear a mask at all times when they are inside the gates of the SwimQuest Aquatic Center.
- c. Athletes will always start off of the blocks. Timers will walk to the turn end to time 25’s.

We will have the following number of people on the pool deck at any one time:

26 – 8 & under athletes (this number may be less depending on how many athletes sign-up to swim)

4 – coaches

6 – spectators (this number may be less if each athlete doesn’t have two spectators)

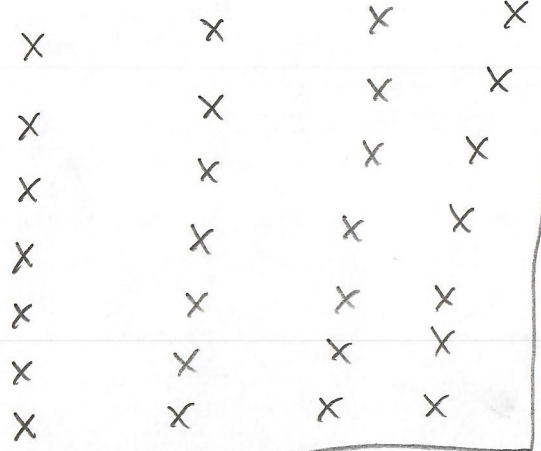
6 – officials/meet staff

16 – Senior athlete volunteers/timers

58 – total people

MEET ADMIN.

ATHLETES



REVOLVING DOOR

SPECTATORS

COACHES

X'S = 6 FT APART

ATHLETE AREA WILL BE BLOCKED OFF

STARTING BLOCKS

ATHLETES SWIM IN EVEN LANES

SPECTATORS IN ODD LANES

TURN END

STARTER

TIMERS

