

Guidelines for returning to CAC for H2okies Practice:

We are excited that CAC is beginning to reopen since Virginia is moving into Phase 2 and that we will be able to start returning to the pool for practice. Please review this information to be prepared to come to practice.

CAC doesn't open to the public until June 15 but we are going to be able to start June 8. Each week the CAC is going to schedule our times. It is going to be important to check email and our website to confirm your practice times each week. Currently the plan is that the CAC will open from 8-5 starting June 15th.

Age Group 1 and 2: June 8-12- 8:30 am-9:30 am Monday-Friday.

Age Group 3: June 9th and 11th (Tuesday & Thursday)

We will be entering and exiting the building using the back door (by diving boards).

Please wait in your car until you see a coach signal that we have permission to enter the building. While coming into the pool, please maintain social distancing. Parents should not come to the door.

Coach Contact info (use if arrive late or issue with pick up):

Amy Brehl 540-230-1815

Nancy Anderson 540-818-9274

Ela Zeff 540-641-2626

Kelly Frizzell 540-230-7595

General Guidelines:

-The expectation is that everyone will be self screening. Answer these questions prior to each practice. If you answer yes to either of them, you are not allowed to come to practice.

- Are you exhibiting any of the following symptoms?

Cough, fever, difficulty breathing, headache, or sore throat

- Have you been in contact with anyone testing positive for Covid19 in the last two weeks?

-Locker rooms are closed. Everyone needs to come to practice in their bathing suit and will need to go home in your bathing suit.

-Swimmers will enter and exit through the back door (by the diving board). Follow directions posted (use the right door entering and leaving)

-Parents are not allowed in the building.

-Specific locations will be marked for them to set their bags down to help maintain space while on the pool deck. Swimmers need to remain in that spot with their bag until a coach directs them to a lane. Coaches will direct swimmers to the correct location.

-It is important that families are ready to pick up their swimmers promptly at the end of practice. You will need to wait in your car until your swimmers exit the building. Coaches will monitor swimmers exiting the building.

-We are attaching information provided by the CAC. Please review in addition to the info in this email.

What will practice look like?

-We are allowed 3 swimmers per lane but for age group 1 and 2 we will start with 2 in a lane and work towards 3 per lane. Swimmers will be starting from the opposite ends of the pool. When we add a 3rd swimmer, that swimmer will start in the middle.

-The expectation is that we are staying 10 feet apart with the exception of passing a swimmer while swimming. It is very important to do this. On the wall each person should be on the far right of the lane. No physical contact or spitting water. Anyone who is not able to meet that expectation will not be allowed to attend practice. Swimmers will be given a warning and parents will be contacted. We don't want anyone not able to swim with us but these expectations must be met. Please discuss with your swimmers at home.

-Hand sanitizer will be available.

-Bathroom for emergencies only- please use it prior to coming to the pool.

-Water bottles are allowed at practice but as always should not be shared. Only the water bottle filling station is available so if they want water bring a water bottle (no water fountains available).

We know that for some families this time will not fit into your schedule. As we take steps to get swimmers back in the water, we are looking at additional locations that might allow us to have an evening practice. As we have additional times, we will announce them.

We look forward to seeing everyone back in the water. Please check email and website on a regular basis to see practice times as they may change from week to week. If you have questions or concerns, please let us know.

If you are not able to start back with us this week, please let us know when you plan to return. As the CAC opens up, we will have swimmers scheduled for practice so that we don't go over our number of swimmers allowed.

Thanks!

H2okie Coaches