



## WST Return to Practice Procedures – Covid 19

During Phase 2 of returning to practice our WST family are required to follow these procedures:

1. Athletes will not be permitted to change at the facility; therefore, swimmers should arrive to practice splash ready. This includes suits, caps, and goggles. Locker rooms will only be available for emergency use.
2. Swimmers may be required to shower using a temporary outdoor shower before entering the water.
3. Swimmers should bring 2 bottles of water. Use of water fountains is prohibited.
4. Swimmers will not be permitted to store equipment at the pool. All equipment bags must be brought to practice and taken home each day. No other bags will be permitted.
5. If you arrive early for practice swimmers should remain in their car until it's time to enter the pool.
6. Once it is practice time, swimmers should wait outside the fence until a coach brings them into the facility. Swimmers will enter through the front entrance hallway one swimmer at a time. Swimmers will need to maintain the social distance requirement of a minimum of 6 feet between each other when entering and exiting the facility.
7. Swimmers will be swimming three swimmers per lane.
8. Parents/spectators are not permitted to enter the facility/pool during phase 2.
9. Once practice ends, swimmers will need to exit right away through the side gate/fence exit by the concession stand.
10. **If you feel sick or are running a temperature, please do not come to practice.**

Thank you for your attentiveness and flexibility. These procedures may change in order to best fit the needs and safety of our swimmers. We will continue to follow the requirements of the state of Virginia, local authorities, Winchester Parks and Rec, and USA Swimming.

### **Meet Updates:**

1. No USA Swimming meets through at least June 30.
2. All traditional SVSL swim meets are cancelled. There may be an option for some kind of meet in the future.
3. WST Annual Long Course Invitational meet is tentatively rescheduled for August 28 – 30, 2020 waiting on approvals from Virginia Swimming.