**Pre-comp & Swim Clinic Attendance Checklist – GTHS**

**Pre-pre-Practice – review guidelines before attending**

* Arrive at pool at least 10 minutes before practice.
* There will be no sharing of equipment but there will be community equipment available for use. It will be disinfected before and after swim.
* Wear your suit under your clothes to practice.
* Carpooling not suggested, only drive with household members.
* Minimize surface touches – use open doors, avoid handles.
* Arrive in mask and wear until assigned lane is clear.
* Use the restroom at home before coming to practice.
* DO NOT COME TO PRACTICE IF…
  + YOU ARE FEELING ILL OR ANYONE IN YOUR HOUSEHOLD IS FEELING ILL.
  + ANYONE IN YOUR HOUSEHOLD HAS HAD COVID-19 SYMPTOMS IN THE LAST 14 DAYS
  + YOU OR A FAMILY MEMBER HAS COME INTO CONTACT WITH ANYONE WHO HAS TESTED POSITIVE FOR OR SUSPECTED TO HAVE COVID-19 IN THE PAST 14 DAYS
  + Coaches will administer contact free temperature checks
* If a swimmer does not comply with all guidelines they will be asked to leave practice and will not be allowed to return to practice until a meeting with the swimmer/parent/coach occurs.

**Pre- Practice – at the pool**

* Swimmers can be dropped off outside the pool to wait for entry. Entry is on the west side of the building north of the football field. If parents are entering with their swimmer please limit the number of parents and family members as best as possible. If coming in to watch practice, please wait with swimmer outside the building doors until you are greeted by a coach.
* When arriving, social distance near the entry in masks and wait until a coach conducts the entry interview, once everyone responds swimmers/parents will be allowed to enter the building.
* Before the start of practice, swimmers will be asked the following questions. The coach will thank and excuse anyone who answers yes to any question.
  + ARE YOU FEELING ILL OR IS ANYONE IN YOUR HOUSEHOLD FEELING ILL?
  + HAS ANYONE IN YOUR HOUSEHOLD HAD COVID-19 SYMPTOMS IN THE LAST 14 DAYS?
  + HAVE YOU OR A FAMILY MEMBER COME INTO CONTACT WITH ANYONE WHO HAS TESTED POSITIVE FOR OR SUSPECTED TO HAVE COVID-19 IN THE PAST 14 DAYS?
* Coach will record attendance for contact tracing purposes if required.
* When entering the pool, maintain 6-foot between yourself and other swimmers and report to an unoccupied mark on the side of the pool as directed by the coach. Parents, the bleachers are marked with blue tape. There are 16 spots please only sit on marked spots.
* Locker rooms are NOT available for changing, dressing, or showering.
* There is a bathroom available, use the family locker room. One swimmer at a time and they will be required to wipe any touched surfaces and throw the disinfecting wipe in the pool trash can.

**In-water**

* We are targeting at most 6 swimmers per instructor per lane. Pre-comp will be a maximum of 4. Swimmers will be instructed to sit on marked locations when they aren’t in the water. Pre-comp swimmers bring a **few extra towels** in case your swimmer gets cold while waiting on their turn to swim.
* Coaches will ensure that swimmers maintain a minimum of 6 feet between each other during practice. There will be visible markers on deck to assist the swimmers.

**On deck**

* Parents or other spectators will be allowed in the pool area during practice. They should remain on marked spots in the spectator stands and must wear masks. Sit only on blue taped marked spots.
* Athletes always maintain 6 foot spacing
* One at a time to the bathroom if necessary, wash hands after, wipe touched surfaces and bring wipe to deck trash can for disposal

**Post-Practice**

* At the end of the practice swimmers will go to their parents, dress and exit
* Limit your contact with others and practice social distancing and good hygiene daily to help protect your teammates.
* Swimmers/Parents must leave the facility and facility grounds in masks immediately at the conclusion of practice.

**Coaching Guidelines**

* Instructors are not required to wear face coverings, but they will all have one available to use in the event they are required to come within 6 feet of a swimmer. They will do their best to not contact the swimmers but may need to assist body position and flotation. Instructors will submerge in water if contact occurs.
* Instructors will be monitoring their own health and will not attend practice if they cannot pass the entry interview.