**Pre-comp Covid Procedurs – MFHS**

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

* Arrive at the pool lobby at least 5-10 minutes prior to your groups designated start time.
* Wear your suit under your clothes to practice, the locker rooms will be accessible only for showers and going to the bathroom. It is ideal that your swimmer use the bathroom right before leaving for practice to reduce traffic in the locker rooms.
* Carpooling not suggested, only drive with household members.
* Minimize surface touches – use open doors, avoid handles.
* Arrive in mask and wear until coaches give permission to remove.
* 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
	+ 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 10 DAYS
	+ IF A SWIMMER OR FAMILY MEMBER TESTS POSITIVE FOR COVID THEY MUST NOTIFY THEIR COACH AND QUARANTINE FOR 10 DAYS. THEY MAY RETURN TO SWIM AFTER 10 DAYS AND ARE SYMPTOM FREE FOR 48 HOURS(\*unmedicated). IF A SWIMMER HAS SYMPTOMS, THEY CAN EITHER RETURN TO PRACTICE AFTER BEING QUARANTINED FOR 10 DAYS AND SYMPTOM FREE FOR 48 HOURS\* OR MUST GET TESTED FOR COVID, IF NEGATIVE CAN RETURN TO PRACTICE 48 HOURS\* AFTER THEY ARE SYMPTOM FREE.
	+ SWIMMERS THAT SWIM NEAR A SWIMMER THAT TESTS POSITIVE OR HAS BEEN EXPOSED TO SOMEONE THAT HAS TESTED POSITIVE WILL BE NOTIFIED VIA EMAIL (If this happens parents much watch their swimmers closely for symptoms).
* 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**

1. Swimmers/Parents will meet in the pool lobby and wait for a coach \*\*Masks are a must upon arrival. If parents are entering with their swimmer (Pre-comp ONLY) please limit to one adult as much as possible. You must arrive 5-10 minutes before practice starts. If you are late, doors will be locked, and you will not be able to practice.
2. When arriving, social distance in the lobby in masks and wait until a coach conducts the entry interview.
3. Before allowed entry in the building, 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?
4. Coaches will take contact free temperatures of everyone that is entering the pool. If anyone’s temperature is over 100, they will not be allowed to enter the pool. If a swimmer has a temperature over 100, they will be sent home for the day and not allowed to return to practice until they have either: Tested negative for Covid or Quarantined for 10 days and are symptom free for 48 hours\*
5. Coach will record attendance for contact tracing purposes if required.
6. Parents/Swimmers will maintain 6-feet distancing from other Parent/Swimmers and sit in the silver bleachers near the scoreboard. Coaches will let swimmers know when they are ready to start practice.
7. Locker rooms are ONLY available for showering before entering the pool and for bathroom use. Locker rooms may be available for changing as the weather gets colder.

**In-water**

* Pre-comp will be a maximum of 4 swimmers per instructor, with a total maximum of 12 swimmers per 30min class. Pre-comp 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.

**On deck**

* Parents or other spectators must remain in their spot on the bleachers 6ft from other parents in masks.
* 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**

* Pre-comp swimmers will be dismissed to their parent, dress quickly, and leave when ready, ensuring that social distancing is followed. \*NOTE: Swimmers are NOT ALLOWED to undress completely on the pool deck. Clothes must be put on over suits to be in-line with USA Swimming guidelines.
* 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 while in the water, but they will all have one available to use in the event they are required to come within 6 feet of a swimmer. Pre-comp instructors will do their best to not contact the swimmers but may need to assist body position and flotation.
* Instructors will be monitoring their own health and will not attend practice if they cannot pass the entry interview.