



Shorewood Swim Club
Return to Practice Protocol

General Guidelines

- Athletes/coaches/staff with COVID-19 symptoms, or those with family members with COVID-19 symptoms, should not attend practice
- Locker rooms will not be available for changing
- No equipment will be available for sharing
- Water fountains will not be available
- Swimmers will be encouraged to go to the bathroom prior to arriving at the pool
- Athletes will be encouraged to wash hands prior to attending practice
- Athletes/coaches/staff will be encouraged to cough/sneeze into elbow or tissue if needed
- Bathrooms will be allowed for **emergency situations only** – one swimmer at a time
- Athletes will wipe down bathroom/touches after each use with provided disinfectant

Before Practice starts

- Athletes will wear their suit to practice, and wear sweats, shorts, t-shirts or other weather appropriate clothing that they can easily wear over suits
- Athletes will bring a full water bottle to practice
- Athletes will bring their own equipment to each practice
- Athletes, coaches, and staff will arrive at practice with a mask

- Parents/athletes will arrive at SHS 10 minutes prior to practice, and will stay in their cars/near their bikes/etc
- Coach/staff will direct athletes to an outside area with designated markers for physical distancing (about 5 minutes prior to start of practice)
- Coach or staff will do a "safety screening" each day, asking about the health and wellness of swimmer and immediate family
- Parents should stay until athlete(s) enter facility
- Coaches/staff will open doors to pools and lead athletes into the facility
- Athletes will enter pool through open doors, and go to designated spots, marked on floor at least 6 feet apart. We must enter together as a group.
- Athletes will have assigned lanes
- Athletes will get ready to swim and take bag/clothes behind lane
- In a two per lane set up, athletes will leave cloths at shallow end behind lanes, and on the south side bench for deep end
- Athletes will take off mask and safely enter the pool for practice

During Practice

- Coaches will wear masks during practices
- Athletes and coaches will limit "touches" during practices; i.e. ladders, backstroke flags, doors, etc.
- In a two per lane situation, athletes will start at opposite ends of the pool, and "rest" in the middle of the lane to remain 6 feet away from other athletes
- Athletes/coaches will eliminate physical contact – physical instruction, high 5's, etc.

After Practice

- Athletes will exit the pool, put on their masks, and move to designated changing area
- Changing area on pool deck will be marked with regards to physical distancing
- Athletes will quickly change into clothes
- Coach/staff will lead athletes out of the pool through opened doors to eliminate touching
- Parents should arrive at least 5 minutes before the scheduled end to practice so swimmers will not need to wait
- Athletes/coaches will be encouraged to wash hands at home after leaving practice
- Athletes/coaches/staff will not congregate at the pool after swimming

Other

- There is no penalty for missing practice due to COVID-19 concerns for the athlete or athlete's family
- Athletes/coaches/staff who are diagnosed or suspected to have COVID-19 must be cleared by a physician to return to practice
- Athletes/coaches/staff must stay away from pool if a family member is diagnosed/suspected to have COVID-19 until cleared by a physician
- If necessary, we will have a buffer between practices to allow for safe entry/exit from facility, as well as disinfecting common "touch" points