

Casper Swim Club (CASC)
Winter Season 2020-2021
September 8, 2020 - February 28, 2021

GENERAL INFORMATION

Welcome to the 2020-2021 Casper Swim Club winter swim season. We are excited and hopeful about returning to the pool after missing our summer season. This year has presented a series of unexpected and unique challenges and, if you have swum with the club before, you will notice some changes in how our 2020-2021 season is going to operate. These are briefly outlined below, followed by an outline of the club schedule, registration, and fees.

Pool Use

The YMCA Pool will be our main practice pool this season. It is a 5 lane, 25 yard, pool. We will use the KWHS competition pool on Wednesday evenings for practices, and potentially at other times as it is available. The schedule is shown in detail below. The sanitation requirements at the KWHS pool have pushed back the time it is available after both high school teams practice, thus making practice times too late on the other weeknights for us to use it this season. The Wyoming Athletic Club has also closed since last winter and is not available. We are thankful to the YMCA for providing us with use of their pool so we can continue to operate.

Capped Membership

The club membership will be restricted to 50 members this winter. The reason being that this is the number that we can safely practice at the pools with the time and space we have available. Membership will be opened first to existing and past club members. Thereafter, it will be opened to new members until there are 50 registrants. If there are more interested swimmers than places, the club will maintain a waiting list should any spots open up during the season.

High School swimmers: we are currently working on membership options for you. If you are interested in being a part of CASC but are also swimming in high school, please email vicepresident@casperswimclub.org for more information.

Practice Times

Practice times will be somewhat later for the Yellow and White (junior) groups than they were in previous years, but similar for the Blue and Black (senior) groups. We strive as a club to make practice times as suitable for our athletes and their families as possible, but our choices are very much directed by pool availability. We hope we have developed a workable option.

No Locker Room or Water Fountain Use

Swimmers should arrive at and leave practices in their swimsuits, avoiding use of the locker rooms for changing. This safeguards against swimmers being away from coach supervision in the facilities and lessens the sanitation/cleaning requirements at the end of practices for our club. Restrooms will be available if needed but we encourage swimmers to use the restroom before attending practice. Swimmers will not be allowed to utilize drinking fountains, so must bring their own water bottle to each practice.

Swim Meets

Swim meets remain very uncertain at the present time. We are following the USA Swimming guidelines that recommend a cautious and incremental approach when reopening clubs. For us the first priority is successfully returning to practices. The whole swim community is discussing and exploring ways to creatively hold swim competitions safely and we are open to what might be possible for our club as the season progresses.

COVID-19 Precautions

The CASC will follow Wyoming State and Natrona County Health Orders, as well as any particular requirements for the swimming pool facilities that we use. This will include social distancing and mask wearing when these are required by these regulations. At present (8/20/20) the current health order does not require athletes to wear masks when participating in sport but otherwise requires that people stay 6 feet apart or wear a mask when this is not possible. We ask for the cooperation of all club members in adhering to these regulations.

This season it is more important than ever that parents/guardians are watchful to swimmer health and that swimmers are kept home from swim practice if they are showing any symptoms of illness, especially any symptoms suggestive of COVID-19. We ask that parents monitor their swimmers' health at home, including temperature and symptom checks (please see the attached checklist).

The CASC requires that any swimmer with suspected or known exposure to COVID-19, suspected or diagnosed COVID-19, or who is displaying any symptoms of potential COVID-19, not attend practices until they are cleared from their physician or the Natrona County Health Department. Parents/guardians are expected to inform the Head Coach at the earliest opportunity if you suspect or know your swimmer has been exposed to COVID-19, or if you suspect or know your swimmer has COVID-19. For example, you should contact the Head Coach if your swimmer was in "close contact" with someone with COVID-19, is waiting to be tested or get a test result for COVID-19, or if your swimmer has a positive diagnosis. The CASC will follow Natrona County Health Department protocols and guidance in the instance that any swimmer has been potentially infectious while attending practice.

REGULAR PRACTICE SCHEDULE*

Winter season will begin **Tuesday, September 8, 2020.**

Groups will practice as follows:

Monday	Tuesday	Wednesday	Thursday	Friday
Yellow/White 7:15-8:45 pm YMCA Pool**	Blue/Black 7:15-8:45 pm YMCA Pool	All Groups 6:30-8:00 pm KWHS Pool***	Blue/Black 7:15-8:45 pm YMCA Pool	Yellow/White 7:15-8:45 pm YMCA Pool

*Some variation in the regular schedule may occur during the season due to pool availability (such as KWHS being available as an alternative practice venue), holidays, and coaching commitments. We will provide members as much notification of these alterations as possible.

**The YMCA pool is located in the old YMCA building (which is below the new YMCA building) on the corner of S. Durbin St and E. 15th St.

***The KWHS pool is located on the north side of Kelly Walsh High School across the Walsh St parking lot.

PLEASE NOTE: (i) The YMCA pool entry door will be locked once practices are underway to prevent the possibility of unrelated people entering the building while practices are in session. Please have your swimmers at practice on time, or if arriving late please make a prior arrangement with your coach. (ii) There is a very limited deck area at the YMCA pool and no bleachers, such that we cannot regularly accommodate parents sitting in the pool area during practices. For this reason we encourage parents to leave their swimmers at practices and return to pick them up at the end of the session. (iii) We are required to follow KWHS guidelines about spectators in the pool area and this does not include parents staying in the building during practices at this time.

NEW SWIMMER EVALUATIONS:

New swimmers to the club are asked to attend to be evaluated to determine a group placement at the YMCA pool on Thursday, September 3 from 7:15-8:00 pm. If you are unsure if you need an evaluation, or want to clarify group placement, please contact the Head Coach coachnick@casperswimclub.org.

REGISTRATION:

To register please go online to Casper Swim Club, www.casperswimclub.org, and follow the online link. The club will accept up to 50 members this season, after which a waitlist will be kept. Registrations for existing and past members will open first, and then membership will be opened up to new members as well. The registration dates are:

EXISTING/PAST MEMBERS: registration opens Friday, August 21, 2020

NEW MEMBERS: registration opens Thursday, August 27, 2020

Swimmers' attendance will be taken as they enter the facility. If a swimmer is not registered, they will be turned away and asked to contact a ride home.

WINTER SEASON FEES 2020-21

Fees will be charged on a monthly basis. The fee is all inclusive, covering all coaching, pool usage, and other club costs. In an effort to avoid the possibility of having to refund families if the swim season is interrupted, we are only offering a monthly payment option and no payment in full options. Monthly fees will be drawn/paid on the 1st of each month. No refunds for partial months will be provided if a swimmer withdraws or is unable to practice during a month for any reason. In the event that you withdraw from the club during the season and you wish to cease remaining payments, you will need to contact the Vice President, vicepresident@casperswimclub.org, by or before the 25th of the month to avoid being charged on the 1st for the following month.

Club & Pool Fee, all groups: \$75 per month (September-February)

Annual USA Swim Card: \$68 once yearly fee (USA Swimming requirement, paid at registration, valid for 2020-2021 winter & summer seasons).

Payment Due at Registration: You will pay your first month club/pool fee and your USA Swim Card fee (\$75 + \$68 = pay \$143).

Payment Due Monthly (Oct/Nov/Dec/Jan/Feb): You will pay your monthly club/pool fee of \$75 (plus any applicable swim meet entry fees).

PARENT MEETING

We are holding a Parent Meeting on **Wednesday, September 9, from 6:45-7:45 pm**, during regular swim practice outside the KWHS pool. We encourage at least one adult from all families to attend.

CASC COVID-19 PRACTICE ATTENDANCE HEALTH CHECKLIST

Please screen your athlete to ensure they are well and suitable for attending practice every session:

1. Does your child feel ill in any way?
2. Is your child having any of these symptoms today, at all:
 - a. Fever or chills?
 - b. Shortness of breath or difficulty breathing?
 - c. Cough?
 - d. Headache or muscle pain?
 - e. New loss of taste or smell?
3. Has your child been around anyone in the last 2 weeks that is suspected or known to have COVID-19?

Parents/Guardians:

- If your athlete shows any of these symptoms, please keep your athlete home from practice and consult a physician as necessary.
- If anyone in your house is sick, please keep your athlete home from practice.
- If your athlete has been around anyone suspected or confirmed to have COVID-19 in the last 14 days, they **MAY NOT ATTEND PRACTICE**. Please inform the CASC Head Coach at the earliest opportunity. Your athlete will require clearance from a physician before returning to practice.
- If your athlete has suspected or confirmed COVID-19, they **MAY NOT ATTEND PRACTICE**. Please inform the CASC Head Coach at the earliest opportunity. Your athlete will require clearance from a physician before returning to practice.
- Please follow the American Academy of Pediatrics and the Centers for Disease Control and Prevention guidelines on COVID-19 to limit your athlete and other club members' potential exposure to COVID-19.

We appreciate everyone's effort keeping our rates of exposure and illness as low as possible so our children can enjoy returning to sports.

Casper Swim Club