



Swim Team Guidelines and Protocols (effective August 10, 2021)

As an organization we have established protocols and policies to mitigate exposure and ask that our patrons be equally committed to upholding the facility and wellness guidelines.

Face Masks

Face Masks are required in indoor spaces for ages 5 & Older as currently mandated by local & state guidelines, regardless of vaccination status.

- Masks are required for anyone entering the indoor facility, sitting along glass doors side of the indoor pool deck through open doors while watching practices and any time social distancing in the common areas outside is not possible.
- Swimmers ages 5 & older require a mask while entering the indoor facility, locker rooms or any indoor spaces at the facility.
- Swimmers taking part in strength training will wear masks for the duration of the session.
- Crawfish coaching staff will wear masks when on the indoor pool deck and any time social distancing is not possible from athletes or other individuals, with the exception of coaches who get in the water to teach (they will not wear masks while in the water teaching).

Health & Wellness Responsibilities

Please stay home if you are sick or if you have had a known exposure to someone testing positive for Covid-19 and follow the current CDC guidelines for quarantine and symptom monitoring.

Facility Policies

- The locker rooms in the indoor pool area and the portable restrooms will be open but we want to minimize indoor facility usage when possible.
- Swimmers are asked to arrive and depart in their swimsuits when possible. Locker room usage is allowed for necessary restroom usage and changing when needed (no hanging out).
- The back hall and outdoor bleachers will be available for seating and conditioned space during practices Mon-Thurs for those remaining on site that cannot wait in their vehicles. Please keep chairs and benches spaced as we have them set. The backhallway is not open during any swim meet events with the exception of swimmers being directed through this area by meet staff unless deemed necessary by staff due to weather or at their discretion.

The CDC has indicated that there is no evidence Covid-19 can be transmitted in a properly maintained pool. We have an automated sanitization system that includes the use of chlorine and other products and staff with daily responsibilities to ensure the pool is properly balanced. Additionally, we have stringent monitoring, checks and balance procedures in place.

Spectators / Non-participants

- No spectators in the indoor pool area or on the outdoor pool deck.
- The outdoor common areas are open; please be mindful of social distancing from other members outside of your family unit and wear a mask when that is not possible.
- Siblings must remain with their responsible adult when in the common areas and locker room areas. Anyone under 12 must remain with their accompanying parent/guardian at all times.



Practices: Athlete Arrival and Departure

Arrival

- Bring a full water bottle- Facility Water Fountains are open for filling water bottles only and not for drinking directly from.
- Athletes will be permitted to enter the pool deck once the previous group in the water has exited the pool area and no earlier than 5 minutes prior to start of practice. Wait for a coach to indicate that the deck is open for swimmers to enter.
- Coaches will direct athletes on where to place their bags and personal items depending on the pool and lanes that specific group is swimming in.
- Swimmers will have designated lane and deck assignments to report to once on the pool deck and social distancing will be maintained.

During

- Follow directions for spacing and the lane assignments. Follow social distance guidelines when on the deck.
- Swimmers may not share drinks, equipment, etc.

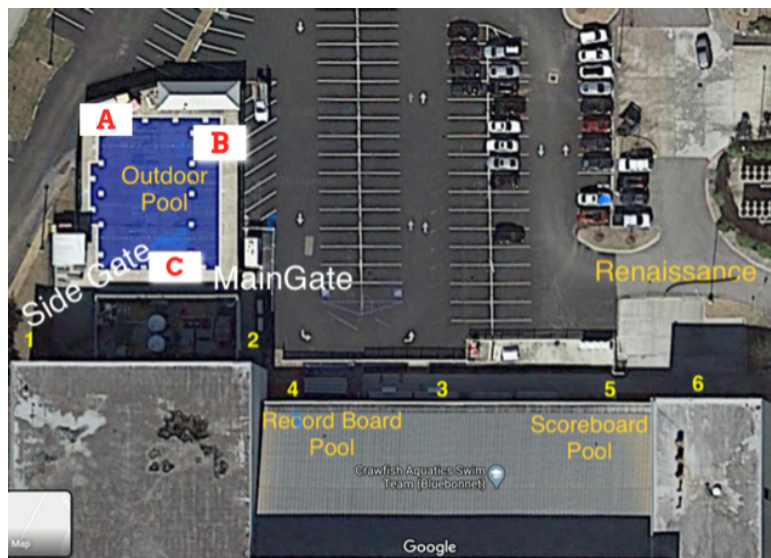
After

- Following practice swimmers will depart through the exit designated for the pool they train in for pick up (*see facility map/ pool layout*)
- Please leave the facility in your swimsuit in order to minimize the number of people using the locker rooms at a time.
- Swimmers must be promptly picked up at the end of practice.
- No congregation after the practice session ends. Senior athletes driving to practice may not hang out in the parking lot.

Facility/Pool Entry, and Pool Exit for Practices

Fall Schedule/Pool Assignments by group: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter>

Specific pool/lane assignments will be posted on the Fall Practice Schedule document the week of August 16 and will correspond with the assigned entry / exit flow for groups based on the pool they are swimming in each day.





Practice Groups in the Outdoor Pool, Monday-Thursday

-Drop off / Pick up from Main Gate (Zone 2 on map)

- Swimmers will enter and exit through the main outdoor pool ramp/gate from the main lot.
- Swimmers may begin entering the outdoor pool area starting 5 minutes prior to the practice time and meet their coaches in designated areas (based on coach assignment- spot A, B, C).
Wait for the coaches to indicate it is time to begin entering, once the previous practice group has exited.
- Following practice, they will be walked back to the ramp area for pick up.

Practice Groups in the Outdoor Pool - FRIDAY/SATURDAY- Age Group, starting September 11

-Drop off / Pick up from Side Gate (Zone 1 on map)

-Swimmers will enter the "side gate" that faces the main driveway entering from Anselmo (the Associated Grocers side of the pool- opposite of the main parking lot entrance).

-Coaches will meet swimmers starting 5 minutes prior to the practice time outside the gate.

-Following practice, they will be walked back to the same entrance for pick up.

Practice Groups in the Indoor- Scoreboard Pool

**Note, all Age Group groups will begin practice in the scoreboard pool, but some groups will move to the Record Board pool halfway through practice. See pool assignments by group/coach.*

-Enter at Zone 5 and exit at Zone 6 (see map)

- The Scoreboard pool is located on the Renaissance Hotel side of the indoor facility.
- Swimmers will enter through the first set of open garage doors at that end of the pool (zone 5) and following practice will exit through the back hallway for pick up.
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has exited.

Practice Groups in the Indoor- Record Board Pool

-Enter at Zone 3 and exit at Zone 4

- The Record Board pool is located on the end of the indoor facility closest to the outdoor pool.
- Swimmers will enter through the garage doors between the 2 pools (zone 3) and following practice will exit through the first set of open garage doors at that end of the pool, by the Info Booth (zone 4).
- Coaches will indicate to swimmers when they can begin entering the pool deck for practice, beginning 5 minutes ahead of start time, once the previous practice group has exited.