



Swim Team Guidelines and Protocols (effective August 10, 2020)

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

Masks or Facial Coverings Required as mandated by local & state guidelines

- Masks are required for anyone entering the indoor facility, sitting along glass doors side of the indoor pool deck while watching practices and any time social distancing in the common areas outside is not possible.
- Swimmers ages 8 & older should wear masks while entering the indoor facility prior to practice and upon exiting the facility after practice.
- Crawfish coaching staff will wear masks when on the indoor pool deck and any time social distancing is not possible from athletes, with the exception of coaches who get in the water to teach (they will not wear masks while in the water teaching).

Facility Policies

- Hand sanitizer will be provided at pool deck entry points and multiple places throughout the facility. Please use the hand sanitizer upon entering and leaving the facility.
- The locker rooms in the indoor pool area and the portable restrooms will be open but we want to minimize usage when possible. Lockerroom capacity maximum is 8 individuals at any time.
- Swimmers are asked to arrive and depart in their swimsuits when feasible. Locker room usage is allowed for necessary restroom usage though we request swimmers arrive & depart in swimming attire. Deck changing (i.e., changing into or out of swimsuits on the pool deck) is not permitted.
 - **Allowances:** Athletes reporting directly from school will be permitted in the locker room to change quickly into practice attire when needed. This should be done upon arrival.
 - 8 athlete limit in order to be socially distant- must remain a minimum of 6 feet apart
 - 3 minute limit
 - Lockers are still not to be utilized. Bring bags/personal belongings back on the pool deck (do not leave in the locker room).
 - Showers will still be off limits
 - Athletes that have strength training can use locker room to change in similar manner (Senior Black, Senior White and Senior Red Groups)
- Staff will be monitoring the number of individuals that enter the locker rooms.
- Locker rooms will be periodically sanitized during practices or lessons.
- Equipment from the equipment bin will not be available; swimmers must bring their own equipment bags daily to practices. Swimmers may not share equipment. All groups that have gear will be using their gear.
- The back hall and outdoor bleachers will be available for seating 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. They will only be sanitized at the end of each day. Additionally, the back hallway bus is off limits for play. The backhallway is not open during any swim meet events with the exception of swimmers being directed through this area by meet staff..

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.

Health Responsibilities & Wellness Checklist: Staff, Parent/Guardian, Swimmers

No staff or swimmers should attend practice if they do not feel well.

- **Staff:**

Staff member temperatures will be taken before every shift. Any staff member with a temperature over 100 degrees will be sent home and not allowed back to work until cleared by a doctor. Additionally, they will be asked 2 wellness questions that require “No” response to be permitted to work each shift.

- **Swimmers/Participants:**

Each day swimmers will need to be able to confirm a “No” to each of the wellness questions in order to participate in the practice session. By bringing your child to swim practice, you are acknowledging a “NO” response to these questions.

- **Wellness Questions:**

Staff and swim team participants must be able to answer **NO** to the following questions:

1. Have you been in contact (Less than 6 feet for more than fifteen minutes or living in the same household) with a person who has tested positive for COVID-19 in the last 14 days?
2. Do you or anyone you live with have any of the following symptoms:
 - a. Temperature over 100.3°F?
 - b. Loss of smell or taste?
 - c. Muscle/Body aches?
 - d. Cough/Sore throat?
 - e. Shortness of breath?
 - f. Chills?
 - g. Headache?
 - h. Gastrointestinal symptoms?

Practice Arrival and Departure

Arrival

- Bring a full water bottle- Facility Water Fountains are closed at this time.
- There are assigned entry points depending on the pool your group is training in (*see facility map/ pool layout*).
- 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.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Swimmers may not share drinks, towels, equipment, etc. There will be no shared equipment available for athletes until determined they can be shared safely.

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.
- 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.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.

Strength Training Groups

- For groups that use the strength or core room, masks will be worn when moving within the indoor facility and during core training. During other land training athletes will be socially distanced and will be allowed to remove facial coverings. Separate and more detailed guidelines and procedures will be distributed to athletes and reviewed by coaches.

Limited Occupancy, Social Distancing

- **Overview of Practice Layouts and Swimmer Assignments**
 - Group start / finish times have been staggered to allow for entry and exit of the pool areas with limited contact between members.
 - Social Distancing guidelines will be maintained on deck and in the water.
 - Crawfish Aquatics is operating well under the required capacity limitations for our pool and facility and will make every effort to maintain proper spacing between swimmers in each lane.
 - Each swimmer will have an assigned “zone” in a specified lane where they will start from and finish to during practice sets.
- **Non-participants:**
 - No spectators on the indoor or outdoor pool deck.
 - Anyone not participating in a swim practice should not be in the facility or on the pool deck area outside of dropping off or picking up a swimmer. When possible and appropriate, please wait in your car during the practice.
 - Families waiting in the common outdoor areas must be mindful of their own social distancing from other members outside of your family unit and where a mask when that is not possible. *This limited occupancy allowance is subject to change as we learn how well social distancing is achieved in the common areas outside.*
 - 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.

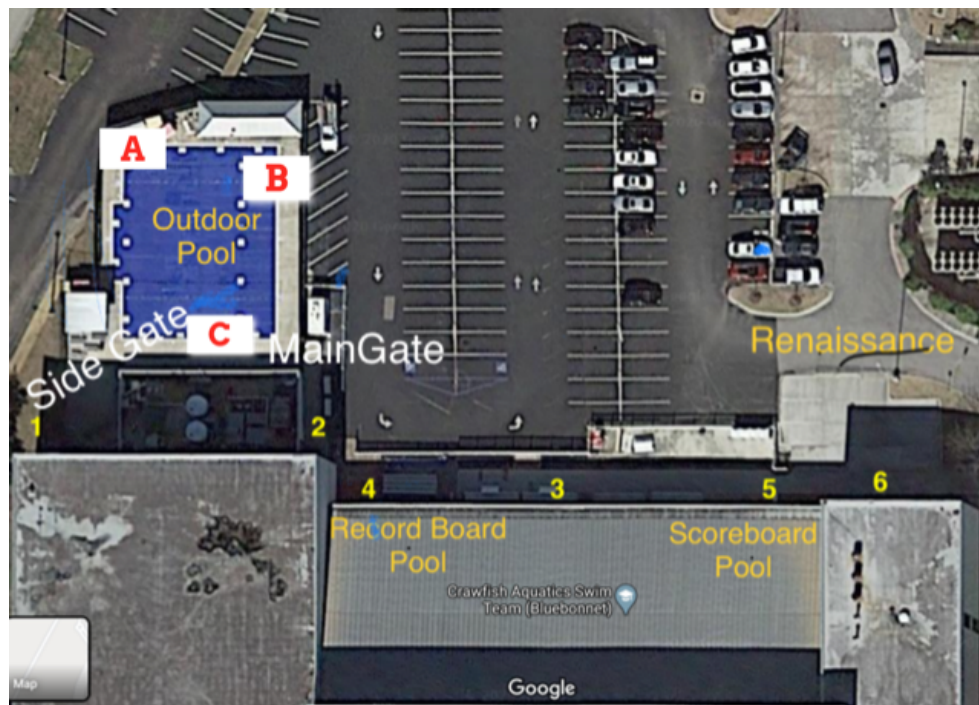
Inclement Weather & the Outdoor Pool

- Please [sign up for SMS Notifications in your Team Unify account](#) for last minute notifications!
- We will continue practice in the outdoor pool in light rain when there is no lightning or thunder provided we have appropriate visibility above and below the water. Practices will not be cancelled ahead of the start time unless the situation at that time requires it; practice start may be delayed to allow time for weather to pass or to monitor for recurring lightning.
- In the event of inclement weather preventing the use of the outdoor pool:
 - On rainy days, a designated adult should remain on site (in cars preferred- social distancing / masks required in common areas) so that in the event of an outdoor pool closure, swimmers can be dismissed to their cars.
 - Swimmers practicing in the outdoor pool will either be dismissed from practice early or be rotated to the indoor pool for the remainder of practice- depending on the day and practice time slot. See weekly Enews emails for more details on Rainy Day Plans.
 - In order to maintain appropriate numbers in the indoor facility, only swimmers and coaches will be allowed in the indoor pool area during the practice.

Facility/Pool Entry, and Pool Exit for Practices

Fall Schedule/Pool Assignments by group are here:

<http://www.crawfishaquatics.com/swim-team/weekly-newsletter>





Practice Groups in the Outdoor Pool, Monday-Thursday

-Drop off / Pick up 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

-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.