



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 facility, sitting under the pavilion 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 facility prior to practice and upon exiting the facility after practice.
- Crawfish coaching staff will wear masks when on the 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

- Enter the facility through the gate with the ramp. If facing the office from the street this will be on the right-hand side.
- Exit the facility through the gates with steps. If facing the office from the pool side the exit will be on the right-hand side.
- Hand sanitizer will be provided at pool deck entry point, exit point and multiple places throughout the facility. Please use the hand sanitizer upon entering and leaving the facility.
- The locker rooms (both Men's and Women's) and restrooms will be open, but we want to minimize usage when possible. Men's Locker Room capacity maximum is 5 individuals at any time. Women's Locker Room capacity maximum is 3 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.
 - 5 athlete limit (Men's) and 3 athlete limit (Women's) 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 locker room).
 - Showers will still be off limits
 - Athletes that have dryland 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. We hope to get kickboards out as things progress.
- The pavilion will be available for seating during practices Mon-Thurs for those remaining on site that cannot wait in their vehicles. Please keep benches spaced as we have them set. They will only be sanitized at the end of each day. The metal bleachers will continue to be off limits for seating.



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. Crawfish coaching staff will wear masks when on the pool deck and at the facility, however coaches who get in the water to teach will not wear masks while in the water.

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?
 - a. Gastrointestinal symptoms?

Practice Arrival and Departure

Arrival

- Bring a full water bottle- Facility Water Fountains are for Water Bottles Only.
- Swimmers will enter the pool from the gate on the ramp side of the pool office. From the street side of the office this will be on the right hand side.
- 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

- Although finishing practices with a group "CA" or other cheer is a strong tradition, this will be suspended until we are safely able to do so.
- Following practice swimmers will depart through the gate on the step side of the office.
- When possible, please leave the facility in your swimsuit in order to minimize the number of people using the office rest 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.

Dryland Training Groups

- For groups that will do dryland, masks will be worn when at their swim bags and transitioning to dryland. 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 enforced.
 - 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:**
 - Anyone not participating in a swim practice should not be in the facility or 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. *This limited occupancy allowance is subject to change as we learn how well social distancing is achieved on the pool deck and in the seating areas.*
 - Siblings must remain with their responsible adult when in the common areas and restroom areas. Anyone under 12 must remain with their accompanying parent/guardian at all times.



Inclement Weather

- Please [*sign up for SMS Notifications in your Team Unify account*](#) for last minute notifications!
- If there is the potential of inclement weather, parents are asked to remain on site in their car. If we stop practice early, students will be walked to under the pool pavilion, spaced out and wait to be picked up by parents.
- Please check your email prior to coming to practice each day in case of other important updates or modifications. This includes if there is inclement weather prior to the start of practice. We will attempt to notify you via email if practice will be cancelled prior to its start due to inclement weather. *We will practice in light rain when there is no lightning or thunder provided we have appropriate visibility above and below the water.*