



## **The new COVID-19 way to practice! (Bloomington-OLM Winter Version)**

For the time being we have a new way to enter and exit the building, new way to practice and lots of new rules! We want this to go as smoothly as possible so we will lay out the new process and what we expect from all of you to move forward. See you at practice with your masks! Here are BAC's COVID-19 Practice Protocols.

- 1) Before you come to practice you should have your temperature taken by an adult. You will need to know what your temperature is before entering the pool gallery. You will slow the process of entering a great deal if you do not know your temperature. If your temperature is above 100.3 DO NOT COME TO PRACTICE.
- 2) Do not come to practice if you or anyone you live with are sick or have any symptoms of Covid-19
- 3) Wear your suit to practice and put your cap on at home if you cannot put it on by yourself. We do have use of the locker rooms, but only for the end of practice to change and for bathroom breaks one at a time. Coaches and your teammates cannot help you with your caps or tying your suit in the back. (Jolyn suits)
- 4) Before you come to practice wash your hands with soap and water (20 Seconds) or use a hand sanitizer.
- 5) Wear a mask is a MUST AT ALL TIMES when out of the water to protect others around you like your coaches and fellow swimmers. **It is recommended to bring a baggie for your mask to store on deck while in the water.**
- 6) You will enter the building through the #27 doors (pool entrance doors) as normal. Keep a distance of 6' between you and any other swimmer entering the building.
- 7) You will need to proceed to the check-in area located just outside the pool gallery door, where you will stop and answer a few health screening questions and given approval to swim.
- 8) Once all swimmers have been approved to swim the doors will be closed. You will not be allowed to swim if you are late. Come 15 min. early, so you can be checked in, those coming late WILL NOT BE ALLOWED TO SWIM.
- 9) Only swimmers will be allowed at practice, parents are not invited to watch practice at this time.
- 10) If you have been approved to swim you will enter through the pool gallery door. You may not change or stop in the Locker Room. Once you enter the pool gallery you will be given instructions on where to place your swim bag in the pool gallery and sit to wait for the beginning of practice.
- 11) Proceed to your bag drop off area and get ready for practice, once told by your coach you will proceed to your assigned POD swim or dry-land area with all your equipment (mesh bag) and your water bottle. You will be assigned a POD (team level) that has the same swimmers in every practice.
- 12) **Each POD (team level) will need to be 12 feet apart during practice. In other words, when in the water, we will have an open lane between PODs.**
- 13) You need to have your OWN Equipment! All swimmers need - Kick Board, Pull Buoy & Fins. Junior's should have Paddles. Have extra goggles and cap if you wear one, hair ties. You should have your own water bottle and not be sharing any equipment with other swimmers.
- 14) You need to keep a distance of 6' from any other swimmer when moving to your assigned areas. NO HUGGING, high 5's, fist or chest bumps! No water spitting or splashing once in water, stay in your lane.
- 15) We have been given the green light on a maximum of 4 swimmers in a lane. That will be used only if necessary. If our numbers dictate that we can do less in a lane we will. 3-4 swimmers in a lane will mean one swimmer on the wall and one will line up at the flags on both or either end of the pool.
- 16) Sanitizer will be provided at the entrance to the pool gallery. Swimmers should use sanitizer upon entering and exiting the pool area.
- 17) Exiting the pool area will be through the pool gallery doors or through the locker rooms at the end of practice. We will always enter the building through Door #27.
- 18) Dry-land will be held outside, weather permitting, or on deck or in the hallway just outside of the pool gallery. **Masks WILL be worn during ALL dryland activities.**
- 19) Bathrooms in the Locker room can be used IN EMERGENCIES ONLY by swimmers, Swimmer must follow hand washing and sanitizer protocols before returning to their POD.