

BARRAJUDA



AQUATICS CLUB

The new COVID-19 way to practice!

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 is 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. 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 not have use of the locker rooms. 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 to protect others around you like your coaches and fellow swimmers
- 6) You will enter the building through the doors that are propped open by the pool parking lot as normal. Stay to the right as you enter the building and keep 6' between you and any other swimmer entering the building. There will be X's on the floor that will be 6' apart in the hall and on the pool deck.
- 7) You will need to proceed to the end of the hall, where you will stop and answer a few 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.
- 9) Only swimmers will be allowed onto the pool deck or gallery, parents are not invited to watch practice at this time.
- 10) If you have been approved to swim you will follow the path to the pool entrance. You will be given instructions on where to place your swim bag and where to report to on the pool deck or dry-land. You will be assigned a POD (group) that has the same swimmers in every practice.
- 11) Proceed to the bag drop off area and get ready for practice, once ready proceed to your assigned POD practice/dry-land area with all your equipment (mesh bag)
- 12) You need to have your OWN Equipment! All swimmers should have - Kick Board, Pull Buoy & Fins. Junior & Seniors – add Paddles. Optional- snorkels 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.
- 13) 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 spiting or splashing once in water, stay in your lane.
- 14) Sanitizer will be provided at the entrance to the pool. Swimmers should use sanitizer upon entering and exiting the pool area.
- 15) Exiting the pool area will be at the door by the diving boards or shallow end for dry-land.
- 16) Dry-land will be held outside, weather permitting or bleachers in case of rain. Go to a marked area keeping social distancing and wait for instruction.
- 17) Only for emergencies the bathrooms in the hallway outside the pool area can be used by swimmers one at a time and using hand washing and sanitizer protocols.