



The new COVID-19 way to practice!
(Bloomington-OLM 2021-22 Fall/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. Here are BAC's COVID-19 Practice Protocols.

- Before you come to practice you should have your temperature taken by an adult. If your temperature is above 100.3 DO NOT COME TO PRACTICE.
- Do not come to practice if you or anyone you live with are sick or have any symptoms of Covid-19
- Put your swim cap on at home if you cannot put it on by yourself. We do 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)
- Before you come to practice wash your hands with soap and water (20 Seconds) or use a hand sanitizer.
- All parents, swimmers and coaches MUST wear a mask when inside Olson Middle School. Exceptions to this are: when swimmers are in the pool and when coaches who are fully vaccinated can maintain 6 feet of physical distance in the practice setting. They may then remove their mask. It is also recommended to bring a baggie for your mask to store on deck while in the water.
- You will enter the building through the main pool hallway doors every night. When entering the main doors try to keep 6' between you and any other swimmers entering the building.
- Spectators will be allowed to watch practice from the gallery.
- Try to keep your clothes and swim bags 6 feet apart from your teammates' in the locker room or on the pool deck/gallery.
- 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.
- 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.
- Sanitizer will be provided at the entrance to the pool. Swimmers should use sanitizer upon entering and exiting the pool area.
- Exiting the pool area will be the main pool gallery doors or through the locker room.
- Dryland will be held outside, weather permitting or bleachers or pool hallway. Go to a marked area keeping social distancing and wait for instruction.