



The new COVID-19 way to practice!
(Shakopee Winter Version- WMS)

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 for now. We hope to have use of locker rooms soon. 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 main pool hallway doors every night. When entering the main doors 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) After entering 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 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 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 (team level) 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). 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 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.
- 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. Swimmers should use sanitizer upon entering and exiting the pool area.
- 17) Exiting the pool area will be at the door by the diving boards.
- 18) Dry-land will be held outside, weather permitting or bleachers or pool hallway. Go to a marked area keeping social distancing and wait for instruction. **Masks WILL be worn during ALL dryland activities.**
- 19) 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.