



## The new COVID-19 way to practice! (Bloomington 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 COVID19 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 #5 doors as normal. Follow the X's and 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, 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. 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 your Locker Room directly to the pool entrance. You may not change or stop in the Locker Room. Once you enter the pool deck you will be given instructions on where to place your swim bag and sit to wait for the beginning of practice.
- 11) Proceed to the 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 that has the same swimmers in every practice.
- 12) 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.
- 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 spitting or splashing once in water, stay in your lane.
- 14) Sanitizer will be provided at the entrance to the locker room. Swimmers should use sanitizer upon entering and exiting the pool area.
- 15) Exiting the pool area will be at the mud room door at the end of practice, parents this door is on the north side of the building by the baseball diamonds. The mud room door will be also be used when exiting for Dry-land. We will always enter through Door #5
- 16) Dry-land will be held outside, weather permitting or bleachers in case of rain.
- 17) 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.