



ELK GROVE AQUATICS CLUB

SOCIAL DISTANCE PRACTICES



ENTRY INTO FACILITY

- Swimmers will enter through main entry gate, 10 feet apart
- No locker room use allowed, swimmers must show up in their suits
- All groups will arrive 10 minutes apart, to allow time for disinfection of shared areas
- No parents will be allowed into facility; all swimmers will be dropped off at curb
- Temp checks will be conducted before entering; if someone has a temperature above 100.3, they will wait 10 minutes and then get retested. No one with an elevated temperature will be allowed into facility
- Only one swimmer in the storage area at a time
- All swimmers and coaches wear mask and gloves into facility
- There will be a designated and taped off area to place bags (6 feet apart)
- No late swimmers will be allowed into facility after 5 minute window
- Each swim group will have a Covid Rep, who is aware of all guidelines and will enforces them along with the coaches

PRACTICE GUIDELINES

- Swimmers will have assigned lanes daily, and will be put in those same lanes to avoid unnecessary contact. Name/lane will be recorded daily. This will allow for tracing back to potential contacts if someone tests positive for Covid
- All coaches will wear a face shield or mask during workout
- Coaches will coach from opposite sides of the pool if more than one group is in at a time
- If sets are given to swimmers outside of the pool in a designated area; markings on the ground will be placed 6 feet apart so swimmers know where to stand
- Short Course: swimmers will be 2-3 in a lane depending on guidelines (see charts)
- Long Course: swimmers will be 5-6 in a lane depending on guidelines (see charts)
- Only 1 swimmer at a time will be allowed to use the restroom.
- Swimmers will always breathe in one direction for freestyle

EXITING FACILITY

- Swimmers will have 3 minutes to gather items and dry off in designated area, opposite from entry gate
- Swimmers will exit out different gate than entry
- Swimmers will exit 10 feet apart
- Gear bags will be blocked off in storage to avoid cross contamination
- Swimmers must be picked up within 5 minutes of practice time ending, there is no waiting around or socializing
- Parents picking up should be at the facility 10 minutes before end of practice.
- At the end of each workout, all shared surfaces will be wiped down and disinfected



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PROTOCOL FOR A POSITIVE COVID TEST OR HIGH TEMP

- No swimmer/coach with an elevated temperature (above 99.5) or symptoms of an illness will be allowed into the facility
- If a swimmer has any symptoms of an illness, they must stay home until all symptoms are gone, and temperature has returned to normal, plus an additional day
- If a swimmer tests positive for Covid or has symptoms of Covid, they must quarantine for 14 days
- All swimmers in surrounding lanes, or that may have come within 6 feet of the infected swimmer will be notified
- Swimmers that potentially came in contact with the infected swimmer will quarantine for 3 days to be observed for Covid symptoms, and seek testing if it's available
- Facility staff and all team members will be notified so they can take precautions if they see fit



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CLEANING & DISINFECTING PROCEDURES

- Cleaning and disinfecting will take place between each user group, and after the last group
- All frequently shared surfaces will be disinfected each time they are used which includes:
 - handrails, storage shelving, door handles, bag areas, and surfaces of restrooms, and handwashing stations
- The use of locker rooms, showers, diaper changing stations will be prohibited during this time
- All swimmers have their own equipment bags, and the sharing of equipment will be prohibited
- After each use of the bathroom, toilet, sink, and door handles will be disinfected and cleaned