

AAC SWIM PRACTICES (CLINICS) 2020

Ensuring the health of our swimmers, coaches and their families is of the utmost importance. The following protocols have been established to comply with the current Colorado Safer-At-Home Guidelines for outdoor pools and recreation.

Practice Times:

Monday, Wednesday and Thursday

Practice 1: 7:00 am – 7:45 am

Practice 2: 7:50 am – 8:35 am

Practice 3: 8:40 am – 9:25 am

Registration will be done on a week-to-week basis and will be organized by age groups. Each week we will be able to accommodate 18 total swimmers. In order to accommodate the current active membership of the Club there will be no swim team only memberships this season and no participation in swim practices by inactive member families will be allowed.

Practice Procedures:

Each swimmer must sign a Waiver of Liability Relating to Coronavirus/COVID-19 in order to participate in practice.

Each practice will be limited to 6 total swimmers (1 per lane). Practices will be limited to registered swimmers only for each practice time slot. Lanes 1, 3 and 5 will start and finish at one end of the pool and lanes 2, 4 and 6 will start and finish at the other end of the pool.

The 6 registered swimmers for each practice will enter and exit the pool area from the West (Back) Gate (by the grills). Swimmers will maintain social distancing when entering/exiting the pool, when they are on the pool deck, and when within the pool lane.

Each coach and swimmer must check their temperature each day they plan to attend practice (preferably as close in time to the scheduled practice as possible). If a coach or swimmer has a fever at or above 100°F or they are feeling any other signs of illness (e.g. cough, shortness of breath, etc.) they must not attend the scheduled practice. No Exceptions!

Swimmers will also have their temperatures checked upon arrival at their scheduled practice session. Any swimmer or coach exhibiting symptoms will not be allowed to attend or participate in the practice.

Each swimmer must bring whatever items may be required with them (e.g. kickboards, fins, etc.). No common use of kickboards, pull buoys or fins will be allowed. Swimmers must bring their own personal water bottle, if they desire.

Locker rooms will not be available for swimmer use. Swimmers must arrive wearing their swimsuit, goggles and cap (as well as a mask for both entry and exit from the facility). Towels and any clothing will be placed in designated areas on the basketball court (not on the tables). **NO** use of the pavilions or tables is allowed.

While the bathrooms will be open, swimmers are encouraged to use the restroom at home prior to attending practice. If a swimmer uses the bathroom during practice they must wash their hands after such use.

Swimmers must remain outside the pool gate until their scheduled practice time. The coaches will come and allow the swimmers access to the pool area and direct them to their respective lanes.

At the conclusion of practice one coach will assist the swimmers in exiting the pool area promptly, while another coach will come and allow the next scheduled practice swimmers access to the pool area and direct them to their respective lanes.

NO parents or siblings will be allowed to attend the practice within the pool area. Parents and siblings may wait in the parking lot for their swimmer to finish practice, but will not be allowed inside the gate.

At the conclusion of each practice day the bathrooms will be disinfected so that the pool may open as scheduled. During the course of each practice any commonly touched areas will be disinfected regularly.

By registering for practice, you are acknowledging the potential risks associated with participating in swim practice and agree to abide by all of the above protocols.

Any failure to comply with the above protocols will result in removal from practice. Any repeat offenders will be dismissed from the team for the season.