



COVID-19 Safety Protocols & Procedures

Preparing to Swim

- Per CDC Guidelines for re-opening – A daily screening questionnaire for employees, coaches, aquatics staff will be conducted before being allowed on campus. If athletes have any of the symptoms below they should NOT attend practice.
 - *Have you or anyone in your household come into close contact (within 6 feet) with someone who has a laboratory confirmed COVID-19 diagnosis in the past 14 days?*
 - *Have you or anyone in your household experienced any of the following during the last 48 hours: fever/chills, shortness of breath/difficulty breathing, cough, new loss of taste or smell, body aches, or diarrhea?*
 - *Have you or anyone in your household traveled in the past 14 days to/from regions that currently have stay-in-place orders?*
- Temperatures of all athletes will be taken as they enter the natatorium. Anyone with a fever of 100.4°F, or higher, will not be able to enter campus until cleared by the health center. It is advised that you take your temperature before heading to campus.
- Drop off for practice will take place in the parking lot behind the pool.
- Parents dropping off swimmers will remain in their vehicles and will NOT enter the facility. Parents who normally enter the facility must remain in their vehicles until practice is completed.
- Athletes should arrive 10 min. before their scheduled practice. Upon arriving, they should line up on their proper assigned lanes and start position marker.
- Athletes will enter through either the SunTrust Pool or Chattem Pool entrance. This is based on their assigned start position. A coach will be monitoring athletes entering the building.
- There will be a scheduled 15 min. window between practices for athletes to exit the pool before the start of the next practice. This also gives the staff time to clean the deck prior to the next practice.
- Athletes should come to practice in their suit and then exit the pool / facility in their suit. Items to bring should include: personal face mask, towel, cap, goggles, water bottle and mesh bag. No other items should



come in the facility. Personal face masks are required when entering and exiting the natatorium.

- Once athletes are inside the pool they will report to their assigned lane.

During Practice

- All practices will occur with 2 swimmers per lane (lanes are all at least 7ft wide).
- Bathrooms are to be used for emergencies ONLY. Locker rooms are NOT available for changing before or after practices.
- If a locker room was used a thorough cleaning will take place between practices.
- All coaches, athletes, and lifeguard staff should bring a filled water bottle to the pool.
- The athletes may NOT share any equipment. All athletes should have their own equipment. "Public" kick boards and other items at the facility will be off limits to all during practices.
- Swimmers will not be allowed to congregate in groups of any size before, during, and after practice.
- Coaches will NOT huddle with their swimmers before, during, or after practices.
- Coaches & aquatics staff will be in masks during their time at the pool.
- CDC guidelines requiring all people to remain at least 6 ft. away from each other will be enforced.
- Swim bags and equipment bags will be limited and taken home after every practice. Athletes will not store equipment bags at the pool.



After Swimming

- Once practice is over athletes will gather their belongings and immediately exit through the back hallway door one at a time. Both doors will be propped open and monitored.
- Parents should wait in their vehicles for athletes to come to them. If parents have left the pool please be on time to pick them up. Wash your hands thoroughly or use hand sanitizer after leaving the pool.
- Shower at home; wear your suit to and from practice. Athletes should arrive to swim practice with suits and swim caps on.
- No extra-curricular or social activity should take place before, during practice, and no congregation after swimming.
- The rules we are putting into place are very strict. If we have swimmers or families that continue to disregard the protocol after being warned you will not be allowed back at practice until we return to a normal practice schedule.