

2020 GNBC Fall Swim Team COVID Protocols

What to Expect:

- When you arrive:
 - The pool side doors (on the left side of the building) will be used for entry and exit. The door closest to the pool (left) will be used for entry; the door that enters to the spectator area (right) will be used as the exit.
 - One person/family unit may be at the entrance being checked in. The next person should be on the sidewalk. Any others should remain at 6-ft intervals on the sidewalk (marked by duct tape). **Face coverings must be worn at all times (except when actually in the water).**
 - Prior to entering, swimmers will have their temperatures taken, sign a waiver, and complete a verbal questionnaire regarding any symptoms, exposure, etc. **Please do NOT come to practice if you are not feeling well.** Temperature needs to be 100.3 or below. If possible, please sign the attached waiver before coming to minimize prescreening time.
<https://drive.google.com/file/d/1qimNG0jgERFjsuC20Yb4jmSmA0-zP1fR/view?usp=sharing>
 - Only participants (who have been screened) will be permitted in the building (no spectators). Please arrive 10 to 15 minutes early to allow time for the prescreening. Strict & prompt practice start and end times are essential to maintain all required COVID-19 safety protocols. It is also essential that all swimmers begin swimming at exactly the same time to maintain 6-foot spacing.
 - Swimmers will be directed to put belongings at designated locations (at 6-foot distances), remove outer clothing, then hand sanitize (available at pool) or wash hands before entering the pool. **Please arrive in your swimsuits whenever possible.**
 - Locker rooms will be available on a very limited basis: 6 swimmers at a time. We will be using toy duckies to track (if there are no duckies, there are already 6 people in the locker room and you will have to wait for someone to come out). **Showering is not yet permitted in the locker rooms.**
- Lap Swimming:
 - Each lap lane will be two lanes wide (i.e. lanes 1 & 2 will make up one lane; lanes 2 & 3 will make up another lane; and lanes 5 & 6 will make up the final lane). Swimmers will swim in a large circle, swimming towards the deep end when in the "odd" lane and towards the shallow end when in the "even" lane (i.e. up lane 1, back lane 2). See diagram:

https://docs.google.com/drawings/d/1h5YYKkYFp_6p8T1TAuddsmBU1VWh3ciWcEGGI8ifxHA/edit?usp=sharing

- Each swimmer will have his/her own place in the large circle to start and end each set. There will be 10 to 12 starting spots (depicted in diagram):
 - 2 to 4 spots will be at the ends of the lanes (shallow and deep end of lane 1, shallow and deep end of lane 2). Swimmers must stay by the center of the black "T"s on the wall to maintain 6-foot distancing.
 - 4 spots will be at the backstroke flags (2 along the walls in lane 1, and 2 along the lane rope between lane 2 and lane 3).
 - The last 4 spots will be at the blue cones (2 along the walls in lane 1, and 2 along the lane rope between lane 2 and lane 3).
- For each set, everyone will start simultaneously from his or her respective starting spot (the second person at each end will follow the first person, but wait to push off until 5 seconds after the first person). Each swimmer must stay in their respective "spots" while swimming. **There will be no passing or stopping**; this would compromise the 6-foot distancing. If for whatever reason, there are already two people on the wall, the next swimmer needs to stop at the flags. This may happen if someone miscounts.
- We will keep the sets as simple as possible, but each swimmer will need to know what he/she is doing and what numbers he/she needs to leave on. We will send out the workout ahead of time to assist with this whenever possible. We will also have a copy of the workout next to each start/stop position whenever possible.
- **PLEASE NOTE: stopping is NOT an option. In the case of an emergency, climb out of the pool. We must maintain 6-foot distancing at all times.**
- When you are done:
 - Climb out, wash your hands and/or hand sanitize.
 - Go to your where you put your belongings and get dried off.
 - Use the side door exit (by the spectator seating) to exit.