



## **EAST COAST AQUATIC CLUB**

### **POST CORONA VIRUS PRACTICE PROTOCOL**

- Individuals must comply with all applicable federal, state, local and facility restrictions on public gatherings and social distancing requirements.
- Do not come to practice if you have a fever, discomfort or symptoms of COVID-19 as defined by the Center for Disease Control.
- All swimmers must practice social distancing on deck (no congregating for any reason, no physical contact, no handshakes, or high fives).
- Water bottles must be clearly labeled. Sharing water bottles is strictly prohibited.
- Swimmers will not be permitted to use ice machine, water spigots, or water fountains.
- Swimmers will not be allowed to leave equipment or mesh bags on the pool deck post practice. Equipment must be brought to and from practice each day.
- If you do not personally own the required equipment for your group, it is strongly suggested that you purchase it so that you can participate.
- Sharing of equipment such as goggles, caps, swimsuits, snorkels, etc. is strictly prohibited.
- Tie-back suits are not to be worn for practice.
- In accordance with the County guidelines, swimmers will not be allowed to use the locker rooms to change or shower before or after practices.
- The bathroom facilities should only be used in the case of an emergency. In the event the bathroom is needed, only one individual will be permitted in the bathroom at a time.
- Athletes will not be allowed in the weight room or ECAC office.
- Athletes will not be allowed to use any dryland equipment i.e. the weight equipment, medicine balls, soccer balls etc. Practices will not include dryland but swimmers are encouraged to continue dryland work outs from home.
- In the event of inclement weather (lightning), parents must stay in the parking lot due to the County's rules for congregating no swimmers will be allowed to wait on deck during lightning delays. Swimmers will be directed to return to their cars until the pool reopens.

## **SPECIFIC GROUP/LANE PROCEDURES**

- **Parents/Guardians are NOT ALLOWED on the pool deck for any reason.**
- Arrival to practice should be 5 minutes prior to practice start time, **NO EARLIER.**
- Swimmers who arrive more than 10 minutes late will not be allowed to participate in their group's practice.
- Swimmers should arrive with their swimsuits and swim caps on and goggles adjusted. DO NOT ask teammates or coaches to put caps on or adjust goggles.
- Swimmers will enter through the front entrance, quickly drop off bag/equipment and will be directed to their designated starting side (North or South side).
- Swimmers entering through the front (North) entrance **MUST WEAR A FACE COVERING.**
- Parents standing in the front (North) entrance for swimmer drop-off or pick-up **MUST WEAR A FACE COVERING.**
- During practice, the pool deck will be closed to parents, friends, and family members.
  
- **Specific Group/Lane Procedures:** Goal: Individuals maintain 6' social distancing per lane as well as across the pool spacing.
- Individual Lanes are 7.5' wide, this complies with suggested guidelines.
- Limit individuals to only 1 per side with both sides of lanes used (double ended starts) which will be starting from opposite sides of the pool (North and South side) to create sufficient physical distance between swimmers as possible.
- Coaches will maintain social distancing guidelines. Coaches will not be permitted to conduct group meetings or talk with swimmers without 6' guidelines in place. In the event a Coach needs to speak directly with a swimmer, the meeting shall be limited - not to exceed five (5) minutes and the Coach and swimmer shall maintain 6' apart.
- Coaches will not provide any in-water instruction for any group.
- Coaches will not execute any 'hands on' stroke corrections - only demonstrative corrections shall be permitted.
- No coach-parent meetings at the facility. Virtual communication is allowed via email, text, phone call, or other forms of electronic communication.
- Parents will need to pick up swimmers **IMMEDIATELY** following practice.

Thank you for your assistance during these unprecedented times. As further guidance is provided by Federal, State, and Local Government, the proposal will be amended to comply with same.