



POTOMAC VALLEY SWIMMING POLICY & PROCEDURES

PRACTICES PROCEDURES

PPE requirements:

- All coaches will wear masks when checking in athletes and checking out athletes
- Coaches are encouraged to wear mask even after all athletes enter the water
- Coaches should wear gloves when cleaning facilities
- All athletes will wear masks entering and exiting the facility, on deck and during dryland activities
- If space permits over 6 feet of separation between athletes, masks are not required during dryland workouts
- Exception will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation

Social Distancing

- Athletes and coaches must maintain 6 feet distance at all times
- There will be designated places on the pool deck for athletes to leave their personal belongings to ensure social distancing
- Athletes are to remain in their designated spot until the coaches give further instruction

Facility procedures

- Locker rooms are for “emergency” use only
- Masks must be worn in the locker rooms
- The facilities will be cleaned after each practice group leaves the facility
- Athletes will not be able to change or shower at the facility

Athlete Check in

- All Athletes temperature will be taken at the pool and an athlete with a temperature of 100.4 will not be permitted to practice
- Athletes must wear a mask entering and exiting the facility
- Athletes must arrive and depart in their swim suit
- Athletes should bring their own water bottle (already filled) and any other equipment required by their coach
- Once all swimmers have checked in and are ready at there designated cone, coaches will begin allowing swimmers to enter the designated lane at the designated location
- Once the swimmers who are starting away from the wall have entered the pool the next group of swimmers may enter the pool.



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Athlete Dismissal

- At the conclusion of the practice all swimmers will be excused one swimmer at a time at each end alternating lanes until the entire pool is empty
- All swimmers will put on an appropriate mask while drying off and dressing
- Swimmers will be excused out the exit door one at a time for parent pick up
- Athletes will not be able to change or shower at the facility
- No gathering before or after practice in the facility or parking lot

COVID-19 (see full details, doc. COVID-19 positive test)

- Any athlete or staff member that has a fever or symptoms of illnesses, may not attend practice until 14 days after the fever or symptoms has ceased or a confirmed negative COVID-19 test has been taken
- Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19
- If an athlete, a family member or staff person has tested positive for COVID-19, please see procedures for reporting an illness.

Travel Policy (see full details, doc. COVID-19 Travel Policy)

- Any athlete or immediate member of the household travels to a designated hot spot should immediately get a Covid-19 test and self-quarantine while awaiting test results.
 - if test comes back positive- see COVID-19 positive test policies
- All travels plans must be discussed in detail with coaches.