



Swimming

- Find a facility that will accommodate your group while ensuring physical distancing guidelines are met as well as a designated space to isolate ill participants including tape, cones or chairs indicating where to sit
 - Please note that some swimming pools may not be willing to accommodate large groups. In this case, you may have to stagger athletes hour by hour for practice.
 - Please note that some swimming facilities have different business hours during COVID. Some are required to reserve lanes in advance. This could make it difficult to find enough lanes due community participation/reservations. Check with your facility on their current procedures and restrictions.
 - **Please call your swimming facility for their COVID regulations and ask what they suggest about your swim teams hosting practice at their facility. Get as much info you can in order to be prepared going into the season.**
- Maintain a roster with contact information for all athletes and coaches, and be prepared to support local public health contact tracing efforts if exposures occur
- Print & have your team sign the “COVID-19 Waiver and Code of Conduct” and “Sign-In Sheets”
 - Send waivers to your Regional Manager, send sign-in sheets to Regional Manager **every** week
- Print & display physical distancing signage
- Athletes and volunteers must always be 6 feet apart, including while performing cleaning and setup, waiting for practice to begin, stretching, and celebrations (e.g., no high fives or hand-shakes)
- Spectators are discouraged but if present should be at least 6 feet from others
- Establish a plan for safe practices, which includes access to personal protective equipment (PPE) and physically distanced drills and activities
- Coaches should wear a mask at all times, athletes should arrive and depart wearing a mask and are encouraged to wear if using the locker rooms before or after practice.
 - Athletes should come to practice ready to swim and already in swimsuits to limit time and congregating in the locker rooms.
- Teams need to provide touchless thermometers (can be purchased using local program funds or SOCO will loan one for the season at no cost), hand Sanitizer, sanitizing wipes or spray during practices
- A maximum of one person per lane will be allowed (SOCO GUIDELINES)
 - Swimmers who live in the same household can share a lane
- Provide a buffer between scheduled swimming times to prevent congregating and allow for cleaning of common touched surfaces (bleachers, ladders, etc.)
- Players and volunteers must leave the premises immediately following play or volunteer shift
- Cancel events such as practices if unable to ensure appropriate physical distancing and equipment handling
- Swimmers should bring their own goggles, towels, water bottles, and kickboards or fins if needed. No sharing of this equipment is permitted. Ladders and locker rooms should be sanitized through the facility and guests will be provided with disinfecting wipes and/or spray, as needed.
- Always ensure that all facility, SOCO, and CDC guidelines are followed
- Communicate these guidelines to participants and families in advance

Events Offered: Please click [HERE](#) to view the Swimming entry form(s) and all the events that will be offered at the 2020 Virtual State Fall Classic.