



Superior Training Practice and Facility Procedures

We, the staff of Superior Training, are pleased to have the opportunity to host you at our aquatic facility. As it should be, our first and highest priority is the safety of our customers and staff.

In order to observe the guidelines provided by the state and maintain the highest safety standards for our membership, the following guidelines must be followed at Superior Training.

Athlete Preparedness

1. Put on your swimsuit at home before you depart. **Locker rooms will not be available.**
2. Use the bathroom before you leave home. We want to minimize the use of public spaces while you are here. Know that all will be sanitized after each use.
3. Arrive no earlier than ten minutes before practice.
4. For now, it's swimmers only in the building. We are limiting the number of people in the facility so no parents and no siblings at this time.
5. All athletes need face coverings when entering and exiting the building.
6. All athletes will enter through the east garage door in the fitness center. This is the front of the building, in the drop-off circle.
7. The first athlete, from each end, that enters the water will stage outside the nearest set of backstroke flags and then face the nearest wall. This will place athletes ~15 feet away from the next nearest athlete in the lane. Odd and even lanes will be staggered to maintain 10' distance from athletes staged off of the walls.
8. The athletes outside the backstroke flags will turn around and begin swimming towards the wall they entered from. The other athlete in the lane, stationed on the wall, will lead the lane.
9. Athletes will exit through the front door of the building and proceed to the south side of the building. There will be marked locations where athletes will wait for parents to pick them up. Staff will be outside to ensure the safety of all athletes until they are picked up.
10. Parents will be able to line up on three sides on the building for pickup, instead of just using the pick-up circle on Quincy Street. This will prevent a lineup of cars, slowing down the pickup process.
11. We ask that parents make every effort to provide on-time drop off and pick-up of their athlete(s). This will be key to our success. In order to provide the highest level of cleanliness and safety for all, we need to work together during this transitional period.

Athlete Notes:

1. Locker rooms, weight room, and office are off limits. So, remember, put your suit on before you arrive.
2. Bathrooms, of course, will be available when necessary. Disinfectant will be used after every use. Bathrooms in the weight room will be used. We hope to minimize the use of bathrooms as much as possible.
3. Please bring your own equipment and do not share equipment, water bottles, kickboards, goggles, towels, snorkels etc. Superior cannot provide any loaner goggles or equipment.
4. Bring your own water bottle filled with water. According to current guidelines, water fountain usage is prohibited.
5. There can be no social activities after practice. Please do not remain in the Superior or Target parking lot.

Coach Preparedness

1. Keep in mind 6' social distancing when coaching. Maintain spacing on deck.
2. Per IDPH, masks will be required when 6' of spacing is not possible. Can be worn around the neck when not needed.