

San Diego Aquatic Club Safe Reopening Plan

**Rancho Bernardo High School Pool
13010 Paseo Lucido
San Diego, ca 92128**

Safe Reopening Liaison: Tim Oelgoetz, Head Coach

Swimmers and families will be given pool rules and guidelines for their swim group prior to their first practice on August 3rd. Coach will arrive with a mask on and wear it while taking temperatures and until swimmers are in the water. Once they are in the water the mask may be removed. Prior to swimmers exiting pool, coach will replace their mask and wear it until they exit pool deck.

See information below that is sent to swim families.

All rules must be adhered to at all times:

If you are not feeling well, have a fever, or anyone in your house is sick or has been sick in the past 14 days do not attend practice.

*Please do not arrive more than 5 minutes early to practice. If you arrive early you are to wait in the parking lot or at the pool entrance gate until your group starts lining up for temperature checks.

*Arrive with suit, cap, goggles & mask on.

*Swimmers are to line up on the ground markers that are placed 6ft apart at pool gate.

*Upon entry to the pool you will be directed to staging area markers on ground that are 6 ft apart. Masks remain in place until coach directs you to enter pool.

*Maintain 6 ft social distancing at all times.

*If you are late to practice you will not be allowed to swim.

*After practice swimmers return to staging area where they may dry off, replace masks, collect all belongs and leave pool deck.

*There will be no changing, no showers & bathrooms for emergencies only.

***Pick up immediately after practice.** No loitering in parking lot.

Preparing to swim

1. Wash hands or use hand sanitizer
2. Bring own equipment, you will not be able to use pool equipment
3. Do not come to practice if you have a cough, fever or symptoms of illness
4. Bring full water bottle in order not to use drinking fountain
5. If you need to sneeze or cough, do so in your towel or tissue
6. Do not come to the pool early.
7. Come ready to swim in your suit, no use of locker rooms for changing
8. Avoid touching gates, fences, benches etc. if you can
9. Do not attend practice if anyone in your house including you do not feel well
10. Place swim bags 6 feet apart
11. Do not congregate in groups before practice
12. Do not bring a backpack to the pool. Bring your equipment bag and a towel.
13. No use of showers before or after practice

When swimming

1. Follow directions for spacing and stay at least six feet apart in the pool. Coaches will assign spots
2. Do not make physical contact with others such as hugging, giving high fives or shaking hands.
3. Avoid touching your face
4. When taking a break, stay six feet apart down the lane line
5. Wear your suit to and from practice-NO CHANGING
6. Get permission from your coach if you have to use the restroom
7. Only 1 person in the restroom at a time
8. Put swim bags 6 feet apart on the deck by your lane
9. Swimmers not following the safety rules will be removed from the group
10. No borrowed equipment allowed. You must have your own equipment

Parents

1. No parents can be on deck watching practice
2. If for some reason you need to get on deck, Wear masks as you enter the pool
3. Do not come to practice if you are not feeling well
4. Wash hands at home after practice
5. Parents must pick swimmers up on time
6. Parents take temperatures of your swimmers before you leave
7. You can walk your swimmer to the pool, but do not enter the pool gate
8. Parents may not use the pool restrooms