



# BARC Swim/Dive Team 2021

Health Guidelines and Swim/Dive Team Programming

Swim Team Commissioner: Matt Phelps

Program Starts: 6/1/21

## Objective:

To conduct a swim/dive season for the Ballston Area community that follows safety and health guidelines and is as close to a regular season as possible. Practices will take place Monday-Thursday with 2-3 internal BARC Swim/Dive team only swim meets.

## Health and Safety Guidelines at the BARC fields:

### Arrival:

- Face coverings must be always worn at the high school and in pool area with a few exceptions listed below.
- At the check in table, upon arrival, all participants must sign in and complete a health & safety questionnaire before entering school/pool area.
- Maintain 6 feet from other participants and wear face coverings when arriving and during checking in.
- If you or your child do not feel well or are sick, do not come.

### During Swimming or Diving:

- Coaches will always wear protective face coverings, unless physically in the pool demonstrating a swim stroke or dive.
- Swimmers will be limited to 3 per lane with proper 6 feet of space between participants.
- Face coverings/masks will be required everywhere on the high school property and in pool area. Swimmers will wear a face covering (mask) at all times, until they enter the pool. If there is a medical reason not to wear one, please inform the Swim Commissioner and your coach and provide documentation so that we can make a record of it.
- Swimmers will be strongly encouraged to bring their own goggles and water bottle for practices.
- **No food allowed.**
- Swimmers and divers will practice/train and swim meets will be determined. There will be an opportunity to do 2-3 internal meets with only the BARC team.
- There will be no sharing of equipment (kickboards, fins) between swimmers and equipment will be sanitized after each practice.
- Swimmer/Diver social distancing: Participant groups on pool deck will be kept at 6 feet apart with masks if dry land activities occur on pool deck. This will allow us to space out swimmers/divers in the pool and keep everyone active during practice.
- There will be no travel to other pools to participate in swim meets.

### Spectators:

- **There will be NO parents/spectators allowed in pool area. All parents dropping off children must wear masks & must maintain social distancing.**
- Stay home if you have tested positive or are showing any signs of COVID-19 (symptoms listed below).

**Facilities & Fields:**

- Restrooms/Locker rooms will be available, but we encourage all participants to be dressed and ready to swim. There will be a 2-person limit at one time in the locker rooms and all personal gear will be stored 6 feet apart on the bleachers.
- Hand Sanitizer will be available at the pool and at the check in table.
- When not in the pool, participants will sit a minimum of six feet apart on the bleachers or pool deck benches.

**Health and Safety Guidelines at Home:**

- Report any illness to the Swim Commissioner, Matt Phelps or Head Coaches.
- Wash your hands and your personal equipment before you come and after you leave.
- If you do not feel well, please do not come.
- If you have any concerns, please email (soxfaninny@hotmail.com – Matt Phelps)

**Health Screening Guidelines and Expectations for Safe Activities:**

Before arrival at the pool, parents/guardians must ensure a thorough self-health screen is completed for your player(s). If any of the following symptoms are present, do not bring your swimmer or diver to the pool:

- Elevated temperature, defined as a temperature 100 or greater.
- Symptoms such as upper respiratory distress (cough, shortness of breath, difficulty breathing), headaches, body aches, nausea, diarrhea, or a new loss of taste or smell.
- If you become aware that a participant has been exposed to someone that has tested positive for COVID-19.
- If your participant(s) or family member is presently waiting the results of a COVID-19 test due to related symptoms or contact with a COVID-19 positive person.
- Your participant(s) or family member is presently positive for COVID-19 and on a formal quarantine.
- Your participant(s) or immediate family has been subject to a required quarantine due to a local, state, or federal issued guideline or order.

Thank you for your understanding and cooperation in helping us execute a successful program!