

HCHS Swim Team Plan 2020

Check in/out Procedures

- Every kid will need to get tested and will have a physical on file that is on the high school form and updated for this school year as well as filling out the risk acknowledgement form.
- No one with a fever or covid 19 symptoms such as cough, sore throat, lack of taste/smell, may enter the facility, if there is a temperature of 100.4 everyone in the car will be asked to leave. This is why it is important to ride mostly with family members.
- A mask is required for entry for the athlete
- Each player will need a phone with a QR reader at the start of practice to answer the covid screening questions and document it.
- If you have symptoms please stay away
- Adults should wear masks at all times
- Kids will be expected to wear the mask while at entry, water breaks, or any time not working out.
- Athletes will be checked for temperature when they arrive before they exit their vehicle
- Athletes are expected to use a spray of hand sanitizer on entry
- Always keep 6 feet between yourself and others, coaches will designate where you can go
- Wash your hands or sanitize before you leave the facility
- Water will not be provided at facility, so each day you are expected to bring your own
- You are unable to share water between athletes and coaches cannot supply ice or water at this time

Practice Plans

- Upon Arrival the student athletes will be given a spot to go to that will be their social distanced water break area where they will also keep towel. It will be at least 6 ft apart from the next closest swimmer.
- Swimmers will be assigned lanes, so once they get to practice they will know that each day it is in the exact same spot and exact same lane. Each day the swimmers will be in the same lanes with the same swimmers, to ensure that the contact tracing is easier.
- We propose to use the doors closer to the warm pool for entrance, to prevent the mixing of our student athletes and the community members using the YMCA.
- At practice we will start checking in at 4:15-4:30 with the warmup starting at 4:30. The nice thing about swimming is that the workout will be on the big board as the athletes arrive. They can go straight from their area on the side to their lane in the pool and get started.
- After the 15 minute warm up the athletes will be working through their workout at their own pace to make sure that we complete it. As coaches we can speak to them from outside the pool to ensure we keep our distance.
- A normal year we keep around 15-20 athletes to make sure we have enough for relays and we also do not usually have tryouts. With social distancing being an issue and us only having 5 lanes to work with, our numbers most likely need to decrease.

- Our plan is to cut the number of swimmers down to 10 or 12 which would keep most lanes at 2 swimmers each. They can then stay on opposite sides of the lane and not come in contact with each other often.
- One solution would be to just cut out having middle school kids on the roster, which will be disappointing but something that might have to happen this year.
- The YMCA has expressed we will not have access to the locker rooms so kids will have to come dressed and leave dressed for their workout.
- We do not intend to host a meet this season at our Y. I think with lack of social distancing and not having access to the locker room it makes sense for this year.
- What we learned with soccer, is a lot of teams won't travel if we stay in red anyway.
- Senior night festivities will take place at a basketball game.
- We have 5 current meets scheduled, 3 in Owensboro, 1 in Hopkinsville, and 1 in Evansville. The region will be in Paducah later in February.
- The other facilities have much more room to spread out for social distancing so we feel comfortable to be able to go to those places.
- Parents will drive the kids to the meets which will cut down on contact.
- Once swimmers are done in the pool and dry, they will be required to wear masks at all times on the deck.

PARENTS

- Please monitor health, temperature, and symptoms
- Provide water for each practice
- Ride with family
- Social distance
- Wash clothes/gear often
- Sanitize equipment
- Notify coach of any illness of child