

We're keeping it safe with new practice procedures including safe-spacing and protocols before, during, and after-practices.

**All swimmers must complete the WS/FCS Covid-19 Waiver Screening before attending each practice.** This will include a temp scan and screening questions. We reserve the right to turn away any swimmer from a practice if they do not complete a screening and, or if, a swimmer has a temperature over 100 degrees Fahrenheit.

Please email Coach Vaughan with any questions.



### **PRACTICE PROTOCOLS:**

In keeping with NCHSAA and YMCA guidelines, EFHS has adopted new practice processes to ensure athlete, coach, and lifeguard safety. These steps are based on local, state, federal, YMCA, and NCHSAA guidelines.

- Prior to participating in a practice, a WS/FCS Covid-19 Waiver Screening must be completed for each swimmer (see below). At this time, this will be done daily before each practice.
- Swimmers must have on a face covering when exiting their car and keep it on until directed to remove it at the start of in-water practice. As soon as a swimmer exits the pool, they are to dry their face and put on a face covering and keep it on until they are back in their car. Swimmers must come dressed in a swimsuit, wearing shoes and cover-up clothing (mandatory) and bring a filled water bottle, towel, goggles, and swim cap. Small drawstring bags will be permitted. Do not bring swim back packs or swim equipment/bags without coach instruction. There will be no locker room or shower access.

We would also like to remind everyone about USA Swimming's Deck Change rule which is enforced by the YMCA:

***Deck Change/Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, **changing** room or other space designated for **changing** purposes while at a practice, competition, or other pool-related activity is prohibited. **This includes NO changing in the parking lot.*****

- Arrive 30 minutes prior to the start of practice time. Wait lined up, with mask on, six feet apart. Swimmers will be scanned and screened at the Kernersville Y prior to entering the pool deck. Swimmers must pass the screening prior to being permitted entry to the pool deck. Swimmers must sanitize their hands with provided hand sanitizer once entry is permitted.
- 6 foot physical distancing in and out of the water will be observed at all times. Once entry to pool deck is granted, each swimmer will proceed to pre-assigned lanes and follow the instruction of the on-deck coach. All personal items will be placed in designated areas spaced 6 feet apart.
- Swimmers will be safely spaced at least six feet apart in each practice lane with no more than four swimmers per lane.
- Locker rooms will only be available for emergency bathroom use and will be limited to one swimmer at a time. Swimmers will spray down all touchpoints with the Virex bottle provided by the Y.
- No parents or spectators will be allowed on deck. Parents may watch practices through pool windows while observing safe physical distancing. Parents must wear a face covering at all times while outside their car and on Y property.
- After practice, when swimmers are masked and have put on cover-up clothes, they will be released, with safe spacing, to exit the pool space through the pool doors facing the front parking lot. They will not go through the Y or the locker rooms. When the weather turns colder, you may want to have a hoodie or towel to cover wet hair. There will be no showering or changing in the Y locker rooms before or after practice.