

Crestwood Pool
Guidelines for Swim and Dive 2021

*Practice

- Only active swimmers/divers with one parent, lifeguards, and the coach will be allowed within the pool fence due to social distancing guidelines & protocols regarding capacity. Siblings will be permitted only if absolutely necessary. Swimmers will line up on the grass area along the fence by the volleyball court wearing a mask. Athletes will enter/exit through the volleyball court 'gate.' PAC officers will be on hand the first week in order to help learn this new method. Once these procedures are established, we may be looking for parent volunteers to help facilitate.
- Coach Chris will assign session start times for swimmers. Times may need to be adjusted slightly based on the number of sessions needed. We ask for your flexibility/understanding.
- Coach Carolyn will assign dive start times according to age/ability.
- Swimmers and divers are expected to be dressed in their suit and ready to start at their designated time. Each swimmer/diver should have the following with them as appropriate for their sport:
 1. a mask (for entry/exit)--masks will not be worn in the water
 2. 1-2 pairs of goggles (if they wear them)
 3. a towel
 4. a water bottle/sports drink
 5. Kick board/fins (if they have their own)--Use & need of these items TBD
- Swimmers and divers will be asked a few brief health questions before swimming. Swimmers may not enter the pool grounds if they have a temperature of 100.4°F or over. If your child is not feeling well, please keep him/her at home.
- Each swimmer will be assigned a number/lane and each lane will have a separate area spread out on the pool grounds to place their belongings/clothes/gear upon arrival.
- Each lane will be limited to no more than 5 swimmers. Each swimmer will have a 'home base' in their lane that is 6 ft apart from his/her peers. This home base will be both their starting & finishing point.
- Divers will maintain social distancing of at least 3 feet while at the board at all times.
- Following practice, athletes will need to gather their belongings quickly and exit through the volleyball court gate, so we can bring in the next group. Swimmers and divers may not wait on the grounds during other sessions.
- Restrooms will be for emergencies only. There will be no congregating or socializing in the restrooms.

*Meets

- The same guidelines followed for practice will be followed for meets as well.
- At this time we ask that only one parent will attend meets. The only exception will be if one parent is volunteering.
- Masks will be worn at all times except in the water.
- Age groups will sit socially distanced under pop ups throughout the meet.
- Parents will wait on the grassy area and tennis courts until their child's event begins.

- As with practices, parents are asked to screen for Covid symptoms in their athlete prior to all meets.
- When attending other host pools, our team will be expected to abide by their rules and guidelines.

*Just as the state's guidelines for Covid safety change, we expect that our guidelines may be fluid as well. Please be patient and anticipate changes as we navigate through this season.

I have read and understand these guidelines. I agree to follow them and review them with my child(ren) prior to the start of swim and dive session.

Signature _____

Date _____