

NEW (RULES) GUIDELINES FOR PRACTICES GOING FORWARD

YAY! We are finally back in the water on a pre-COVID-19 schedule. We are not, however, over COVID-19 yet. Believe me, I GET IT – we are all tired of COVID-19.

Please remember the following:

- We are responsible for the safety of all of our swimmers on the team. We do not want anyone to get sick if we can do something to prevent that happening.
- We do not want any of our coaches to get sick. If one of us gets sick, it will limit the services / practices we can provide to our swimmers.
- Katy ISD has issued new guidelines and restrictions to which we are now bound. They can pull our access to the pools if they believe that any of our activities, including having a Covid-positive person at practice, puts people at risk.
- If we have a Covid-positive person at practice, or anyone who has been in direct contact with anyone testing positive, we have to report that in writing within 24 hours to Katy ISD.
- We will be using all of the facility for practicing including the deck and dive well, as well as the main tank to adhere to distancing practices. Coaches will utilize the facility to provide the **most effective** use of space.

Although we cannot control everything, we will do our best to provide the best and safest training opportunities for all of our PFL Family. To that end, we will be increasing our vigilance and strict policies until further notice.

In order to have our swimmers attend practices at the pool, swimmers and parents must agree to the following:

- Parents must sign-up their swimmer for practice on the **Sign-Up Genius by the stated deadline**.
- Swimmers will wear a mask at all times unless they are in the water.
- Swimmers will socially distance at all times practicable (lining up in the hallway, on deck, in stands).
- Swimmers will keep their distance while in the lanes whenever practicable (we will be running practices double-ended).
- Swimmers will refrain from sharing any items (goggles, kick boards, buoys, water bottles, etc.)
- Swimmers must use **personal, identifiable re-usable** water bottles while at poolside. Use of disposable water bottles are not permitted at poolside.
- Swimmers will not physically contact anyone else on the team or their belongings while at the pool.
- Parents are welcome to drop off and pick up their swimmers at the door but must follow mask and distance protocols. Parents will not be able to wait in the hallways during practice but may stop by briefly as long as we do not have an issue with parents (grandparents, etc.) not following protocols.
- Swimmers will enter and exit through the Natatorium / Gymnasium entrance to the school only.
- Swimmers will obey the coaches with entrance and exit protocols.
- Restroom usage is for emergency only. It is strongly recommended that swimmers use the restrooms at home if possible. Swimmers must obtain permission to enter the restroom. One swimmer per gender in restrooms at a time.
- Changing is not permitted in restrooms. Swimmers must arrive and leave wearing their swim suits.
- Parents are not to use the same restrooms as the swimmers per USA Swimming Athlete Protection Policies.

Katy ISD has cameras all over the schools, including the pools. If they pull the video from the cameras and can see that any of us – swimmers, parents, coaches, babysitters, etc. – are not in compliance with the guidelines, they can pull our reservation. With all that we have been through, including losing our pool for the last 50 weeks, the very last thing we want to do is to give them any reason to deny us access. Please, let's work together to ensure that we are all following the guidelines set by the CDC, local government and Katy ISD to ensure that we can keep our PFL Family *safe* and provide *access* for all of our team!

**Signature Page – Please hand in to Team Manager or Coach
before first practice after February 26.**

I have read, understood and agree to follow all of the guidelines set out in **the NEW (RULES)
GUIDELINES FOR PRACTICES GOING FORWARD.**

Must be signed by parent for all swimmers under age 18.

Parent Signature

Parent Name (Print)

Date

Must be signed by all Thunder swimmers.

Swimmer Signature

Swimmer Name (Print)

Date