

# TIGER SHARKS SUMMER SWIM CLUB 2021 TEAM HANDBOOK



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## **INTRODUCTION**

### **WELCOME TO THE TIGER SHARKS SWIM TEAM!**

This document is the Team Handbook with details about how our team operates. Also included is handy “how-to” info for our parent members. Much of this information is the same, year-to-year. What’s specific to the current year is in the very first section, and serves as a quick reference summary. Also included is a list of useful links that will help you find this season’s info on our website.

### **WHO WE ARE**

Established in 1988, the Tiger Sharks are a non-profit recreational summer swim team located in Pickerington, Ohio. We serve the youth and families of Pickerington and surrounding communities. Our team is funded through swimmer registration fees and various fundraising events.

Our home is the Pickerington Community Pool – a beautiful HEATED facility with 10 lanes, conveniently located just off route 256. The Tiger Sharks Swim Team welcomes all levels of swimmers ages 5 to 18! Our swim season starts right after Memorial Day and runs for almost 8 weeks.

### **OUR GOAL**

Our mission is to promote the development of sound swimming skills in a competitive environment, while providing an atmosphere of fun and camaraderie. The Tiger Sharks aim to teach swim technique, sportsmanship, self-discipline, physical fitness, motivation, and goal setting – all while developing a great team environment.

We believe that swimming is a super summer sport for kids – we work hard to promote this idea and this activity in our community.

### **TEAM WEBSITE & FACEBOOK PAGE**

Visit [members.tigersharks.us](http://members.tigersharks.us) for the latest on all things related to the Tiger Sharks! We also maintain an active Facebook page at [facebook.com/tigersharks.us](https://facebook.com/tigersharks.us).

## 2021 SEASON SPECIFICS

### MANAGEMENT AND COACHING STAFF

#### 2021 Executive Committee

President . . . . . Abbey Fatica  
Vice President . . . . . Amanda Orr  
President (Ex-Officio) . . . . . Sheri McClurg  
Secretary . . . . . Emily VanLangen  
Treasurer . . . . . Shawn VanLangen  
Meet Director . . . . .  
League Representative . . . . . Dione Windle  
Fundraising . . . . . Lisa Winters  
Technology Officer . . . . . Wes Jones

Communications. . . . . Kelly Hughes

#### 2021 TIGER SHARK FEES

\$160 After April 12

#### 2021 Coaching Staff

Head Coach . . . . . Cara Luallen  
Assistant Coach . . . . . Sheri Rhodes  
Assistant Coach . . . . . Joe Phillips  
Assistant Coach . . . . . Alex Rowles  
Junior Coach . . . . . Mayson Reed  
Junior Coach . . . . . Collin Jones

### TEAM SUIT

The 2021 team suit is the purple Nike Fade Sting. It is available in both youth and adult sizes in all configurations that swimmers like including: Wide Strap, Thin Strap, Brief, and Jammer. Please note that The thin strap suit is in a cut-out fit design which has a much more open back. Some swimmers like it and some don't. Pictures are shown below.





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## TEAM CAP

The 2021 team cap is based on our 2018, 30<sup>th</sup> Anniversary design. If you wear a swim cap in a meet, it must be a Tiger Sharks swim cap from this or any previous season. The picture is below.



## USEFUL WEBSITE LINKS

[SwimTopia - Apps on Google Play](#)

[SwimTopia iPhone app](#)

[All upcoming events](#)

[Contact us](#)

[Facebook page](#)

[Instagram feed](#)

[Latest news](#)

[Meet volunteer jobs](#)

[Pool locations and address](#)

[Team suits & caps](#)

[Twitter](#)

[Upcoming meets](#)

[YouTube channel](#)

To RSVP to a meet, or to sign up for a meet volunteer job, go to upcoming meets, click the meet of interest. Then, RSVP and sign up.

To RSVP or sign up for a non-meet event, go to “All upcoming events”, and click the event of interest. Then RSVP and sign up.

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## ELIGIBILITY REQUIREMENTS

There are three requirements to joining the Tiger Sharks Swim Team.

1. Swimmers must be between the ages of 5 and 18 on May 31<sup>st</sup> of the current season.
2. While we welcome all levels of swimmers to our team, our requirement is that your child can swim the minimum stroke distance for their age group, without stopping or hanging on the lane line. That’s 25 M for 10 & younger, and 50 M for 11 & older. We are a swim team and want to focus on teaching swim technique not swim lessons.
3. Parents or guardians MUST volunteer.

## COMMITMENT

As with any activity, the more time you put into it, the more you reap the rewards. Some Tiger Sharks come to practice every day, and others come when it fits their schedule. Many of our swimmers participate in every dual meet, while others commit to three or four during the season. It’s entirely up to you, but we do expect swimmers to participate in more than one meet. **One more thing... parents must volunteer at meets.** Competitive swimming is a complex sport that requires many support workers. If you are not willing to volunteer at meets, we recommend you find another sport for your family, and make more space on the Tiger Sharks team for parents who will.

Here’s what we do ask of you:

1. **DECLARE YOUR SWIMMER FOR EVERY MEET BEFORE THE DEADLINE!** This allows our coaches ample time to do meet entries and assign swimmers to relays. It’s critical that we know who will or will not be at a specific meet, so that we can get relays set. You

“declare” yes or no for each meet using our online system.

2. VOLUNTEER TO HELP AT MEETS WHEN YOUR SWIMMER IS PARTICIPATING. Swim meets are run solely by parent volunteers. If your Tiger Shark is swimming in a meet, please make every effort to volunteer that day in some way. The more people we have helping, the more likely we'll be able to run a smooth, efficient meet where everyone is happy! To learn more about volunteer jobs and to sign up to work a swim meet, please visit our website.

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## REGISTRATION & PRE-SEASON INFO

This is exciting – YOU ARE NOT REQUIRED TO PURCHASE A POOL MEMBERSHIP TO SWIM FOR THE TIGER SHARKS! Your swim team fee grants you access only to meets and practices. If you want to go to the pool at other times, you have to either buy a season pass or daily passes.

Registration is required to be a member of the Tiger Sharks Swim Team. Simply visit our website ([www.tigersharks.us](http://www.tigersharks.us)) to sign up for our team and complete the registration process. Acceptance of legal waivers is required to join the team, and neither you nor your swimmers can participate until you register. Details are explained as you register.

To learn more about our upcoming season, swimmers and parents are encouraged to read the newsletters and view the website for all updated information. (Visit [www.tigersharks.us](http://www.tigersharks.us) for details.)

## FEES

The Tiger Shark Parent Board works hard to keep costs down. Our registration fees are substantially less than many other area swim teams, and our program is more robust than most regular swim lessons. Your swimmer will receive approximately six weeks of approximately one-hour training for the price most pools charge for two weeks of half-hour lessons. And remember – NO POOL MEMBERSHIP REQUIRED! Swim team fees give you access to the pool for practice and meets. If you want access to the pool at other times, you will need to buy a season pass or daily passes.

Fees are refundable until our first meet; no refunds after our first meet. (Cost of swim

equipment and accessories are not refundable by the team.)

## PRACTICES

Practice is essential to improve and achieve success with any skill – swimming is no different. Although attending practice is not mandatory, it is strongly recommended. Your child will only improve through repetition and great instruction from the Tiger Sharks coaching staff.

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Our team practices weekday mornings (Monday-Friday) at the Pickerington Community Pool.

First Day of Practice – Tuesday, June 1

Last Day of Practice – Wednesday, July 21

We have two practice sessions each weekday. Athletes are assigned to sessions depending on their skill level and age.

### **Monday, Wednesday and Friday**

11 and up: 7:00am - 8:00am

10 and under: 7:45am - 8:45am

### **Tuesday**

11 and up: 7:00am - 8:45am

10 and under: 8:00am - 8:30am (Dryland Practice Only)

### **Thursday**

11 and up: 7:45am - 8:30am (Dryland Practice Only)

10 and under: 7:45am - 8:45am

**Dryland Practices:** Swimmers will need to wear comfortable clothes and tennis shoes to do an out of water practice.

**As a reminder:** We have the pool for a shorter amount of time this year. In order to adhere with safety guidelines, we want to make sure the swimmers have an adequate amount of time in the pool to practice. Please make note of arrival times, we need to start on time to ensure a quality practice.

**PLEASE NOTE:** We may practice mornings of weeknight swim meets – practice may be

abbreviated on these days, though. We DO NOT practice the morning after an away weeknight swim meet. Please check our website for more details unless the Head Coach decides to have practice.

The practice schedule may be slightly modified based on team building activities, dryland workout, or because of inclement weather. Rain does NOT cancel practice, as long as lifeguards can see to the bottom of the pool. Thunder/lightning DO cancel practice. Coaches will send Remind text alerts if practice is cancelled at the last minute due to weather or a technical issue with the pool. (See COMMUNICATION section for how to sign up for Remind text alerts.)

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## **PICKERINGTON COMMUNITY POOL**

The Tiger Sharks Swim Team is an independent non-profit organization which pays fees to the City of Pickerington for use of the Pickerington Community Pool. We think we have one of the best pools around! You might hear some of our coaches and longtime swimmers refer to our pool as “THE SHARK TANK.”

Our swimmers love that it’s HEATED for those cool summer mornings; our coaches love all the space – 10 HUGE LANES allow plenty room for lots of swimming and learning; and our parents love the FREE WIFI!

While Tiger Shark swimmers are not required to have a pool membership, we know many of our families have enjoyed being pool members over the years. The Pickerington Community Pool is conveniently located off Route 256 at 11330 Stonecreek Drive, Pickerington.

Phone: 614-864-3483. Please don’t call the pool with swim team questions. Contact the Tiger Sharks. TXT us at 614-434-6115.

## **COMMUNICATION**

Communication is essential to the success of any organization – we’re very committed to providing frequent communication, reminders and updates to our swim team families. You’ll hear from the Tiger Shark Executive Committee via email, Facebook, and the team website. Our coaches use the Remind communication tool to text any last-minute updates about practices and meets.

Please sign up for Remind so that you can receive timely texts from our coaches. Here's how:  
Text @ptsswim to 81010. (You can opt-out of messages at any time by replying, @LEAVE @ptsswim.)

Meet event entries of swimmers will be emailed to families and posted on the team web site prior to each meet.

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## COACHES

We pride ourselves in having great coaches each and every summer – and this year is no different! Our coaches come to the Tiger Sharks with lots of experience, excitement and energy! Our coaching staff is listed on the cover of this handbook.

Our Junior Coaches primarily help with our beginner and younger swimmers – both during practice and during meets. To learn more about our great coaching staff, please read their bios on our website – [www.tigersharks.us](http://www.tigersharks.us).

## REGULAR SEASON MEETS

Our meet schedule is set each spring by our league – the Tri-County Aquatics League. **We post meet dates and info on our website as soon as it becomes available to us.** Here are the most important things to highlight about regular season meets:

- Typical season will have at least 6 dual meets – half are usually at our home pool, and the other half are at away pools.
- Our home meets are always on a weekend morning – mostly Saturdays and occasionally on a Sunday. We're required to be cleared out by 10:30am when the pool opens to the public. • Swimmers are usually allowed to compete in up to 5 events – 3 individual events & 2 relays. This depends on size of pool and number of swimmers. (Visit our league's website for a complete list of meet events.)

- Coaches select your swimmer's events for each meet. Event entries will be posted on our website prior to the meet.
- Most dual meets last about 3 or 4 hours.

At the end of the season, our league hosts a huge two-day Championship Meet (CHAMPS) where all teams from the league participate. **In order to swim at CHAMPS, your child must have competed in at least 3 regular season meets.**

What to bring to a swim meet: blankets, tents, chairs, extra towels, snacks/drinks, sharpie pen, stuff to keep kids busy, warm clothes, etc.

REMEMBER TO GO ONLINE AND "DECLARE" YOUR TIGER SHARK FOR EVERY SWIM MEET!

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If something comes up the day of our meet (i.e. illness or family emergency), please get in touch with our Head Coach so that he/she can find a relay replacement for your child (if necessary). Otherwise three other swimmers will be very disappointed that they have to scratch their relay event.

## TEAM SUIT

Each spring, our parent board selects a team suit for the Tiger Sharks. Sometimes we select the same suit several seasons in a row; other years we may choose a completely new suit. We always consider cost, availability, style, fit options for all body types, and durability. Team suits are not required, but they are encouraged.

Returning swim families are more than welcome to reuse last season's suit if it still fits and is in good condition. If you are unable or unwilling to purchase a team suit for your swimmer, we kindly ask that the alternative suit include a purple color.

If you're wondering what size to order, we always have a sizing guide on our website. To learn more about ordering this season's team suit, please visit [members.tigersharks.us](https://members.tigersharks.us).

## TEAM CAP

Swim caps are not required for the Tiger Sharks Swim Team, but we've found that most kids want to wear them – not only for the look, but for the speed! If your swimmer wears a swim cap during meet, it must be a Tiger Sharks team cap. Please visit [members.tigersharks.us](https://members.tigersharks.us) for info on this year's team cap.

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## WHAT A SWIMMER NEEDS

New parents have asked what their swimmer needs for the season. Here's our list of both essential and optional items. Most of these can be found in our online team swim shop at

<https://www.swimoutlet.com/pickeringontigersharks/>

### ESSENTIAL GEAR FOR PRACTICE

- Practice Swim Suit, any color or design. We recommend tight-fitting one-piece for girls and brief or jammer style for boys.
- Goggles – good fit and a spare set are recommended
- Swim Cap – any color or no swim cap
- Towel, Shatterproof Water Bottle
- Swim Bag - just like back pack, but made for wet environments. Available in our online store or can use other options like draw-string mesh, etc.

### ESSENTIAL GEAR FOR MEETS

- Competition Swim Suit - Team suit is preferred but not required, purple suits are best because it's easier to follow our team's swimmers.
- Goggles – If you wear glasses and can't see without them, prescription goggles are available. (See our online store.)
- Swim Cap, not required, but if worn must be team cap. 2018 team caps will be available at the

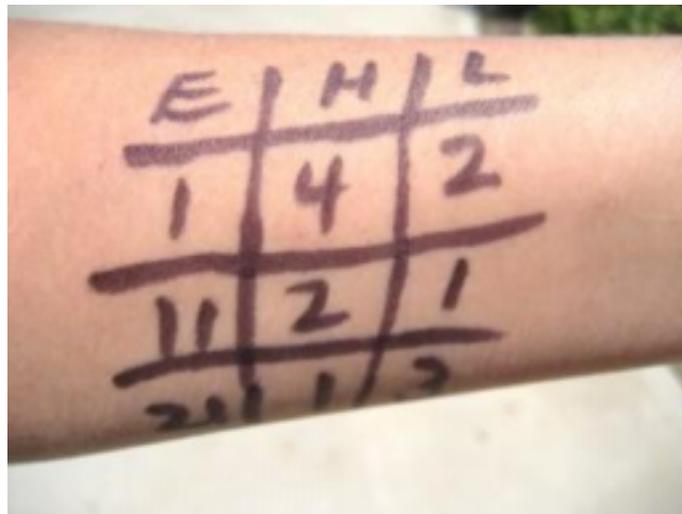
pool after practice starts.

- Towels – Extra towel or two is a good idea.
- Shatterproof Water Bottle, Swim Bag
- Sharpie to write the swimmer's Event, Heat, and Lane numbers on their hand.

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## WHAT... WHERE... WHEN???? !!!!



We understand that swim meets are very busy and can be confusing. This is a quick guide to help simplify.

One of the most important things is to get the swimmers to the bullpen in time for their race. To help with that, we cheat like kids sometimes do when studying for tests. We write the answers on their hand – with a Sharpie!

The day before the meet we will post the meet entries on our website for all the swimmers. This will be a PDF file attached to the meet description. You can download/read the file to find the entries for your swimmers. Both individual and relay entries are shown in that file. This info is for the curious who want to know what their kids will be swimming. You don't absolutely have to see it. The day of

the meet, swimmers MUST CHECK IN with their coaches. Some kids don't show up, and we have to rearrange relays. This is done at the last minute. Swimmers might get new assignments, and in some sad cases their relays might be canceled. Updated entries will be posted and coaches will be able to help the swimmers figure things out.

The kids should write their Event #, Heat #, & Lane # on their hand, wrist, or arm as shown in the picture. This is their guide to what they are doing, where they should be, and when they should get there. You can even add a stroke description there so they remember.

The meet is much more enjoyable for the parents too when everyone knows what's going on. That's why we publish a Heat Sheet. This is the meet program with all the swimmers, and it lists all the kids' events, heats & lanes. You can follow your swimmers and their friends by looking through the events in the heat sheet. It's fun to see your kids swim, but as they make new friends through the season, it's also fun to watch their friends. The Heat Sheet helps you figure out who's swimming when and where.

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## **swimoutlet.com TEAM STORE**

We love our SwimOutlet.com Team Store. Why? Because for every purchase made through our link, the Tiger Sharks Swim Team gets 8% back! Simply go to <https://www.swimoutlet.com/pickeringontigersharks/> to find the link to our store.

Once there, you'll be able to buy our team suit, goggles, swim bags, and much more! And please continue to shop long after the swim season ends – ANYTHING you purchase using our link gives us 8% back!

(Not sure if you are shopping our Team Store? Just look at the top of the web page and "Pickerington Tiger Sharks" should be visible.)

## **APPAREL**

Each spring our parent board designs a team shirt, which is included with Tiger Shark swimmer fees. We sometimes make this same design available for our swim families to purchase, or we design different items that will be available for sale. Other apparel items that might be available for purchase are: sweatshirt/hoodie, sweatpants, baseball cap, long-sleeved t-shirt, etc.

To learn more about Tiger Shark apparel available this season, please visit <https://2021ptsspiritwear.itemorder.com/sale>.

Note: All apparel must be purchased by May 16, 2021

## **PARENT INVOLVEMENT**

Parental involvement is essential to the success of our program. The Tiger Sharks Executive Committee oversees the operation of the team along with parent volunteers who contribute their time and talents to provide the best experience for our swimmers.

**TIGER SHARKS EXECUTIVE COMMITTEE:** The Executive Committee is charged with the operation of the team. Committee members are elected by member families annually per the team Bylaws. The contact person for the committee is our president.

For a list of our current officers, see the front page of the packet or please visit [www.tigersharks.us](http://www.tigersharks.us).

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## **VOLUNTEER JOBS**

It takes many parent volunteers to run a smooth and efficient swim meet, and the Tiger Sharks Swim Team prides itself on hosting some of the best meets in our league! Following are volunteer jobs we need to fill for every home meet.

- Awards
- Hospitality
- Scorer
- Bullpen
- Official
- Starter
- Head Timer
- Runner
- Timer

Other opportunities to help include meet set-up the night before, as well as tear-down right after the meet. Our home meets usually take place on a Saturday morning, and we need to be cleared out by noon when the pool opens to the public.

We're required to provide some volunteers for away meets as well – usually timers, bullpen helpers, and officials. Please visit our website for more details about each volunteer job description and to sign up for specific volunteer slots.

## **TEAM FUNDRAISING**

In order to keep our swimmer fees as low as possible, our team typically does a handful of fundraisers each season – the goal being to make these as easy and fun as is possible! Here are ways we've raised money over the past few seasons:

- Heat Sheet Ad Sales
- Michael's Meats, Spirit Wear and Yard Signs
- Restaurant Fundraisers (i.e. Chipotle, Zapataa, Mod Pizza, Fat Baby's)
- SwimOutlet.com Team Store Commission
- Team Car Wash

If you have ideas for new ways to raise funds for our team, please don't hesitate to let one of our board members know. We always love fresh ideas and more help!

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## **TEAM BREAKFASTS**

We will hold several special practices through the season that will include a team breakfast for all swimmers together. This is a special team building activity and we encourage all swimmers to attend. We will also need some volunteer help with this special activity. Information will be available online.

## **TRI-COUNTY AQUATICS LEAGUE (TCAL)**

We are a member of the Tri-County Aquatics League, more commonly referred to as TCAL. Our league is made up of 13 teams from Central Ohio – Baltimore Sea Lions, Bexley Marlins, Canal Winchester Dolphins, Chevington Woods Kingfish, Granville Stingrays, Groveport Fighting Fish, Huntington Hills Froggers, Johnstown-Northridge Jags, Moundbuilders CC Piranhas, Muskingum Makos, Pataskala Porpoises, Pickerington Tiger Sharks, Valley View Gators.

TCAL schedules all regular season meets for the 13 teams listed above; our meet schedule usually becomes available in early April. TCAL also hosts a huge two-day Championship Meet (Champs) at the end of each season.

## **CHAMPIONSHIP MEET (aka CHAMPS)**

Champs typically takes place during the third week of July and has been held both outdoors and indoors over the past several seasons – depending on availability of local large pool venues. PLEASE NOTE:

- 1. In order to swim at Champs, your child is required to swim in at least 3 regular season meets.**
2. Our team pays entry fees for each Champs swimmer, so please be sure to declare whether or not your child will participate in Champs using our website.

Specific details about this year's Champs are being finalized by our league, so please visit [www.tigersharks.us](http://www.tigersharks.us) for all the latest news about this exciting end-of-season meet!

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## **END-OF-SEASON BANQUET**

Each season the Tiger Sharks Swim Team sponsors a family fun night to celebrate our swimmers, our coaches, our volunteers, and all of our swim families! The evening has an awards ceremony where we recognize ALL Tiger Shark swimmers. Details to follow on how we can make this safe for our swimmers.

Our banquet usually takes place a few days after the Champs Meet. Please visit our website for details about this year's awards banquet.

## **WINTER SWIM OPTIONS**

The Tiger Sharks are a recreational, summer sports team for kids. We are not a year-round club swim team. Many of our athletes have a lot of fun on our summer team and ask what they can do to keep swimming after our season ends. Joining a club team is the perfect answer because you can keep racing and having fun while becoming a faster Tiger Shark for next summer! There are several area club teams that offer different types of programs.

YMCAs can offer programs that compete in just the Y league, or in both Y and USA Swimming leagues. Examples of the combined YMCA + USA Swimming programs are the Lancaster Stingrays and the East Tridents. The Gahanna Gators offer just the Y league competition.

Examples of area USA Swimming programs are Greater Columbus and Unified Aquatics.

Costs can vary significantly from team to team. Before picking a club team, talk to parents and swimmers because Tiger Sharks swimmers belong to many of the area club teams. Whichever team you choose, the most important thing is that you come back next season. Go Tiger Sharks!

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## SWIM RECRUITMENT ETHICS

Tiger Sharks are members of the Tri-County Aquatic League (TCAL). With a few small exceptions, TCAL follows rules of the USA Swimming organization.

Please be aware of the following USA Swimming recruiting rule...



**2017 Code of Conduct Thursday, April 6, 2017 304.3** The following shall be considered violations of the USA Swimming Code of Conduct:

...

.17 Action, other than through general advertising, by a coach, owner, officer, **volunteer**, representative,

or employee of a swim club, or a USA Swimming or LSC employee, either through direct contact with an athlete or the encouragement of others, to recruit or otherwise encourage an athlete who is already a member of a USA Swimming member swim club to leave that club, unless the acting party receives prior written approval to recruit or encourage the athlete to change affiliation from the designated club representative of the athlete's existing USA Swimming-member swim club or contact is initiated by the athlete, the athlete's parent or authorized representative.

Because there are 3 TCAL teams in Pickerington, we want to avoid problems with unethical recruiting of swimmers because this practice can kill teams. Tiger Sharks want to develop the best swimmers possible and swim by the rules. We are not allowed to ask other team's swimmers to join our team. Please be mindful and respect this.

Likewise, other teams are not allowed to invite our swimmers to quit our team and join theirs. If there are any violations, please let us know. Email us at [tigersharks.us@gmail.com](mailto:tigersharks.us@gmail.com)

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## 2021 Season FAQ's What are the safety guidelines for swimmers?

Swimmers will be required to wear a mask outside of the pool when they are not actively participating in physical activity. Swimmers are required to wear masks when coming in and out of the pool area, using the restroom, etc. Swimmers must maintain social distance when out of the pool.

Also, view the Governor of Ohio's [Guidelines for Pools, Aquatic Centers](#)

### What are the safety guidelines for coaches?

Coaches will be required to wear a mask at all times. Due to social distancing requirements, individual (Hands-on) swimming instruction will not be possible this year.

### Will there be any health screening for swimmers and coaches?

Each day before you come to practices/meets, please perform self-check of your health and ask these questions:

1. Do I have a temperature of over 100 degrees?
2. Do I show any of the following symptoms or signs of illness?
  - a. Fever or chills
  - b. Cough
  - c. Shortness of breath or difficulty breathing
  - d. Fatigue
  - e. Muscle or body aches
  - f. Headache
  - g. New loss of taste or smell
  - h. Sore throat
  - i. Congestion or runny nose
  - j. Nausea or vomiting
  - k. Diarrhea
  - l. Was I in close contact (within 6 feet for 15 minutes, with or without mask) of someone with a suspected or confirmed case of COVID-19 in the last two weeks, or someone getting a test or waiting for test results?

If you answer YES to any of these questions, DO NOT ATTEND YOUR PRACTICE. Instead, please let your coach or instructor know of your illness or possible exposure. You will be advised to isolate from others and seek medical care and testing if appropriate. Self-quarantining will be advised for anyone who has been exposed to COVID-19 but is asymptomatic.

### Will parents/guardians be able to attend practices?

Parents will be able to attend practices as long as we stay under the 200 person capacity set by the city's department of Parks and Recreation and follow their safety guidelines.

Parents will be required to wear masks at all times.

Parents will need to bring their own chairs and must stay out of the pool area. Social distancing by family unit will be required.

#### Will parents/guardians/fans be able to attend meets?

To comply with the capacity guidelines, parents/guardians/fans attendance will vary each meet and will be limited based on the number of swimmers competing. Parents who serve as a meet volunteer (timer, official, deck marshal, etc.) will be guaranteed an opportunity to see their child swim.

For those who are able to attend, masks and social distancing will be required at all times.

#### What are the safety guidelines for volunteers?

Volunteers will be required to wear a mask at all times and strive to maintain appropriate social distancing.

#### ADDITIONAL SAFETY EXPECTATIONS

- Swimmers must leave the Pickerington Pool immediately at the completion of any practice. There should be no socializing in the parking lot before or after any practice.
- **A volunteer from Tiger Sharks will be taking the temperature of all athletes and parents/guardians when entering the Pickerington Pool. (This will no longer happen. Please self monitor before coming to practice).**
- Swimmers should be prepared to arrive and depart in their suits as we cannot allow for changing in the restrooms.
- Swimmers must bring their own personal equipment (mask, goggles, towel, caps, water bottle, etc.) to practice each day.
- Please follow each facility's guidelines on restroom use. Restrooms should not be used for changing and deck changing is strictly prohibited.
- Swimmers will be assigned a social distancing grid space for each practice. Once swimmers enter the pool area, they will go immediately to their assigned spot and await instructions from their coach..
- Swimmers will swim with a maximum of six (6) athletes per lane, staggered throughout the lane to maintain social distancing.
- For everyone to stay healthy and be able to keep swimming, we ask our athletes to please wear a mask and practice responsible social distancing when they are away from the pool as well.
- All Subject to change.