

2020 Brookside Swim Team Practice Guidelines

In addition to the Brookside Swim Club guidelines for 2020, the swim team has also created their own guidelines for this season. Both sets of guidelines must be acknowledged and followed at all times.

- Practice times will be staggered to limit the number of swimmers in a group and at practice at a time
- Swimmers, parents, etc. will enter facility with mask on and will remove when ready to enter pool for practice
 - Enter/exit facility and pool 6 feet apart
 - Swimmer should be changed into their swimsuit and be ready for practice
 - Belongings should be left on the pavilion or adjacent wood deck ONLY
- Coaches will wear masks upon entering the facility and when 6 feet social distancing between themselves and the swimmers and parents cannot be maintained
- Sign In Procedure
 - Name/Date
 - Temperature Check (< 100 degrees)
 - Has any medication been used to lower your temperature (tylenol, etc.)?
 - Have you been in close contact with anyone diagnosed with COVID-19 in the past 14 days?
 - Does anyone in your household have symptoms of respiratory illness (fever, cough, shortness of breath)?
- If a swimmer, parent, coach, etc. are not feeling well or are showing symptoms of COVID-19, they should stay home and will not be allowed at practice
- Any swimmer who is not feeling well during practice will have their parent called and be sent home immediately
- Parents should consider not staying OR must remain at least 6 feet apart from those not in their household
 - Seating limited to the pavilion and adjacent wood deck ONLY
- There will be 4 swimmers permitted in each lane at a time starting at different points in the lane to maintain social distancing
- Shared equipment (kickboards, pull buoys, shared fins, etc.) will not be permitted this season. Please bring your own if you need it or we will do without it
- Restrooms will only be permitted for restroom use in accordance to Brookside's Club Guidelines for 2020 (2 people in the restroom at a time). Please have a discussion with your child to try to only go to the restroom before you get to Brookside and after arriving back home
 - Sanitized before/after practice
 - Footwear is required
 - NO CHANGING before or after practice
- Swimmers, parents, etc. must exit immediately after practice and take all belongings with them

Any coach, swimmer, parent, or family member who tests positive for COVID-19 must advise Coach Courtney and Amy Ryan immediately for contact tracing.