

WSHS Swim and Dive 2020

Return to Practice Procedures

Covid19 has brought a different look in many aspects of our lives. With the MSHSL giving the green light to high school swimming and diving, the 2020 season will also have a different look. Understanding that your participation in our program is voluntary, we want to make it the best and safest for our athletes, school and families for this season.

Each day, swim and dive athletes will have their temperatures taken prior to practice. We will write down temperatures and ask questions such as if the athlete has had a recent cough, unusual fatigue, or may have been exposed to anyone who has shown any Covid19 symptoms. If the athlete has a high temperature, above 99.7, or has responded "YES" to any of those questions, we do ask that they should return home, or if prior to practice, remain home and inform the coaches via text. Athletes must see a physician and be cleared for training if they have been diagnosed or are suspected to have Covid19.

Positive Test Procedure

Should someone test positive, the following measures will take place:

1. The individual and/or family should let the coaching staff know immediately
2. The individuals swimming on either side of that athlete, and potentially coaches, will be asked to self-quarantine for upwards of 14 days and/or receive a negative Covid19 test. We will be assigning lanes and spacing for practices so we are aware which athletes may be impacted.
3. We will update the following organizations if we receive notice to a confirmed Covid19 test: Winona Senior High School.

Part 1: Parent Standard Operating Procedures

- For the first three weeks, parents can drop off swimmers at the back entrance of the high school. During school year, parents can also drop off swimmers at the main entrance of the high school. Athletes can then enter the pool area through the locker rooms. The gym entrance will be locked.
- **Athletes please adhere to a 6ft physical distancing while entering single file into the facility***
- **Coaches will open the back door and allow athletes into the facility single file.**
- Parents are not permitted to be on deck at practice. If they choose to stay for the duration of practice, they are asked to stay in their vehicles in the parking lot.
- Please leave one parking stall open between another vehicle if choosing to stay in the parking lot during practice.
- We **do not** encourage carpooling unless your families are already in constant contact and have been doing so.
- No fans or spectators allowed during meets. All dual meets will be virtual and at home. We will be posting the meet on Facebook Live. Details to come!

Part 2: Athlete Standard Operating Procedures

Athletes please adhere to a 6ft physical distancing while entering single file into the facility

- Athletes are asked to maintain the physical distancing protocol set by the phases of return at all times.
- Masks must be worn by athletes starting in parking lot, entering school building, in locker rooms and in the bleacher area in the pool. Coaches must wear masks at all times.

- Athletes are to adhere to the physical distancing guidelines with their belongings (bag, clothes, bike, etc) in the stands. We will have designated areas for each group to place their belongings and those spaces will adhere to the 6ft physical distancing.
- Athletes are asked to fill their water bottles prior to arriving at the facility and practice. Make sure to label your water bottle.
- No water bottles, clothing, towels, goggles, and/or swimsuits are to be shared at ANY time.
- Until lockers are assigned, swimmers are to arrive in their suits and ready to swim. No deck changing is allowed. Lockers will have a \$10 fee and issued by the WSHS AD office. \$10 will be returned when the locker has been cleaned.
- We required athletes to not to spend more than 15 minutes in the locker rooms.
- Athletes must enter and exit through back pool entrance and will walk in a single file, based on groups, to their assigned area.
- Athletes can ride bikes and you may bring your bike and bag into the facility. Again, please adhere to the 6ft physical distance guideline to keep other athletes safe.
- Athletes will be assigned lanes and positions in the pool.
- Cover mouth while coughing or sneezing. Use hand sanitizer when needed.
- No spitting into the gutters during practice.

Part 3: Entering the Pool Standard Operating Procedure

- On the first day of practice, coaches will discuss covid19 procedures for practices. The coaches will assign spacing and lanes for athletes.
- Each day, after having their temperatures taken, the athletes will wait in their assign bleacher spot for coach's instruction to start practice.
- Lanes will be assigned and marked with tape for each person in the lane.
- If an athlete cannot make a practice, their position in the lane will remain empty.

Part 4: Coaches Standard Operating Procedures

- Coaches will be at the High school 30 minutes prior to the workout.
- Coaches will have their temperatures taken and will be asked the same questions being asked to the athletes.
- Coaches will maintain the physical distancing protocol set by the phases of return when speaking with athletes. Coaches are requested to wear masks when conversing directly with athletes and in a group setting.
- Coaches will post workouts on multiple whiteboards that will be visible to athletes in their respective lanes and groups.

Part 5: Virtual Meets Standard Operating Procedures

- No Spectators or fans will be allowed until accepted by the MSHSL and/or AD department. Additional meet administrators and officials can be present to run the meet. Meet administrators and officials must wear masks at all times.
- All meet managers and officials will have their temperatures taken and will be asked the same questions about symptoms being asked to the athletes.

- Athletes must sit in the bleachers in their designated spots on arrival. No changing on the pool deck or in the bleachers.
- Masks must be worn while sitting in the bleachers.
- Warm-ups and cool-downs in the pool and will be limited to no more than 25. The remaining athletes will sit in the bleacher area.
- Practice starts will be one way. Break into groups of 18. Three athletes can line up behind each starting block. First will stand near pool edge, and the second and third will use the yellow X's marked behind each starting block.
- No huddle cheers and/or team talks by the team.
- Swim Officials will start and officiate the meet on the side along lane six. This side is off limits to athletes during the meet.
- Meet Administrators will sit at the Administration table near the deep end and lane 6 of the pool deck.
- Ten minutes before the meet begins, first event athletes will sit in bleacher section near the deep end of the pool by their designated lane . Each row of the bleachers will be marked by lane. Lane 1 near the bottom to lane 6 at the top. On cue of the official or coaching staff, the next race athletes will move to behind their prospective starting block. If there is an athlete in the water or near the starting block, the athlete will wait against the wall behind the starting block until the deep end is clear of athletes. Once the bleachers clear, the next race athletes can sit in their prospective lane.
- Once an athlete finishes their race, exit the pool in the deep end and walk counter clockwise along lane 1 towards the shallow end to up to your designated spot in the bleachers.
- Coaches will stand along lane 1 side of the pool.
- For relay races, each bleacher row with lane assignments will have 4 yellow X's marked on them. Each member of a relay, will sit on these designated X's. On cue of the official or coaching staff, each lane will be asked to move behind their prospective starting block. The lead relay athlete will stand at the pool edge. The remaining three members of the relay will stand on the yellow X's marked behind the starting blocks. As athletes finish their relay leg, exit the pool and find an open X to cheer on your teammates.
- Athletes receiving feedback from coaches, are ask to approach the coach one at a time. If a coach is talking to another athlete, please sit on the benches located along lane 1, 6 ft apart until the coach is free.
- Counters for the 500 events can stand in the shallow end of the pool against the pool wall. When the athlete is behind the block and if the shallow end is clear of athletes, the counter can move to the shallow end of the pool edge.

Thank you for being a part of our program and for your continued patience and understanding as we navigate this viral pandemic and all the rules and limitations that have come with it. Our focus has always been the creation of a safe environment for our athletes to thrive and achieve their best. We will continue that goal while adhering to all the rules set forth from the CDC, the Governor and the MN Dept. of Health, WSHS school district and the MSHSL.