



## **LAWRENCE COUNTY YMCA RETURN TO POOL, SWIMMER SAFETY PLAN, AND SEASON EXPECTATIONS**

We understand that not all families will feel comfortable returning to swim practice. While your participation is welcome, we understand and support any decisions to postpone your return to the water. Each family should do what they feel in their best interest.

Our plan to reintroduce swimmers to the water depends on everyone's (swimmers, parents, and staff) cooperation and adherence to safety protocols. We expect everyone in the LWCY family to practice social distancing both at and away from the pool. By doing this, it shows you respect your teammates, their families, and LWCY staff. Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in swim team activities may be suspended. Our staff also reserves the right to discontinue practices at any time should they feel safety expectations are not being met.

### **COVID-19 PRACTICE FAQ's**

#### **What are the Symptoms of Covid-19**

**Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:**

**Fever or chills**

**Cough**

**Shortness of breath or difficulty breathing**

**Fatigue**

**Muscle or body aches**

**Headache**

**New loss of taste or smell**

**Sore throat**

**Congestion or runny nose**

**Nausea or vomiting**

**Diarrhea**

#### **What if my athlete has symptoms or suspected exposure?**

Athletes who are ill are not able to attend. Regardless of whether the swimmer is experiencing symptoms, swimmers who have had any members in their household ill with Covid-19 may not attend for 14 days. Report any illness to Aquatics Director Brittany Zastawniak so staff can trace and ensure the safety of all athletes.

### **What protective equipment is required?**

Swimmers are required to wear a mask/face shield into and out of the facility.

What precautions are coaches taking to keep athletes safe?

Coaches will wear mask/face shield and have hand sanitizer available. Coaches will keep 6' social distancing except in emergency situations.

## **BEING PREPARED FOR PRACTICE**

### **Can my swimmer participate if they are late to practice?**

No, swimmers will not be permitted to enter the facility or participate if they are late to practice and did not contact a coach. Swimmers must be ready to enter the building 5 minutes before their practice time. Any members who are late and did not inform a coach will not be permitted to enter.

### **Can my swimmer borrow equipment?**

Due to an abundance of caution, borrowing of equipment will not be permitted. However, at the beginning of the season we will hand out pull bouys and kickboards to swimmers who do not have their own. Families will be responsible for sanitizing them. At the end of the season they will need to be returned. Swimmers are responsible for bringing all of their required practice equipment to the pool. If you would like to purchase equipment [www.swimoutlet.com](http://www.swimoutlet.com) is a great place to buy from.

### **Can my swimmer leave their equipment at the pool?**

Swimmers will not be permitted to leave personal belonging at the facility.

## **PARENTS**

### **Are parents permitted in the YMCA when swimmers are practicing?**

Most likely the total building will have "capacity areas" thus we will only be permitted a certain number of "bodies" in a certain area. We are anticipating that we will not be able to have parents in the natatorium at the same time as swimmers, HOWEVER we will be able to have parents in other areas of the YMCA such as workout areas. Hanging out in the lobby is prohibited both before and after practice.

## **CHANGING & LOCKER ROOM ACCESS**

### **Can my swimmer take a shower after practice?**

No until further notice.

### **Can my swimmer change in the locker rooms before/after practice?**

No until further notice. Please make sure your swimmer has the weather appropriate cover-up/warm up that they can slip on after practice.

### **Can my athlete deck change?**

No, YMCA of the USA Swimming rules prohibit deck changing (fully changing out of a wet suit into street clothes under a towel/blanket). Athletes will be required to enter and leave the facility with their swimsuits on.

### **Where should my athlete go the restroom?**

Family Locker Room

## **AFTER PRACTICES**

### **What are swimmers advised to do after practice?**

We are going to dismiss the swimmers by lane through the family locker room. 11 & Older swimmers need to meet their parents outside to be picked up, 10 & U swimmers can be picked up inside the building.

## **ADDITIONAL QUESTIONS**

### **Will LWCY take new swimmers at this time?**

Yes, but limiting the team to 60 participants.

### **Will my swimmer remain in the same practice group?**

Yes, until further notice. Swimmers MUST follow the schedule they are given, no switching of days/times/etc. will be permitted at this time.

### **What will the fees be for the 2020-2021 season?**

#### **In the event we are shut down, will the fees be reimbursed?**

If we shut down, fees **will be** reimbursed by the YMCA. Fees will be paid on a monthly basis for six months

5 days - \$60.00 month x 6 = \$360.00

4 days - \$55.00 month x 6 = \$330.00

3 days - \$48.00 month x 6 = \$288.00

### **Will we be fundraising?**

Once we know who is swimming this year. The PAC will contact everyone discussing all the options we have.

### **When will practices begin?**

Practices will begin on Sept 8, 2020. Sept 8-11, 2020 will be testing week to see what group to put the swimmers in. Once we know who is going to swim, we will send out a practice schedule for that week.

The schedule will be sent out on Sept 12, 2020 and normal season practices will begin on Sept. 14, 2020.

### Will staff be wearing PPE?

LWCY staff will be wearing PPE (masks/face shield). Anyone entering the YMCA will have to do the same.

## **WHAT PRACTICES WILL LOOK LIKE**

Limited practice numbers 4 per lane. One at each end, one under each backstroke flag for a total of 20 swimmers per practice group

Staff will sanitize all touch points after each group

Hand sanitize stations. Limit touch points

Return to Play Waiver

Swim Bags will be placed on the bleachers spread apart.

Arrive in swimsuit and depart in swimsuit

Entry to pool will be through the double doors in the lobby and through the door directly into the pool and departure will be through the family locker room

Traffic flow around pool decks will be clockwise

6 feet social distance in all areas

There will be a "max capacity" in building

## **COACHES EXPECTATIONS**

### Objectives of Swim Season

Provide a **TEAM** environment that supports each swimmers season goals.

### Coaches' Season Plan

- Four goals of workout- **Get fit, Get fast, Improve Technique, Swim Smart**
- Focus on improving technique through drills and skill sets.
- Train specific energy systems with main focus on increasing aerobic threshold
- Train swimmers to be able to swim multiple events in all four strokes.
- Focus on training for race strategies.
- Encourage swimming at bigger meets
- \* Swim outside of comfort zone.
- \* Seize the opportunity to race.

- Good to see other competition
- Encourage importance of goals, and providing appropriate training to get there.
- Season plan based on regular attendance.
- Encourage better nutritional habits.

### Coaches will

- Be more demanding
- Have high expectations
- Regularly challenge swimmers to step outside their comfort zone
- Expect our swimmers to do their best
- Encourage swimmers
- Treat each swimmer fairly, and with respect. **Please remember that fair does not mean equal.** Equal means the same, and the coaches will not be treating each swimmer exactly the same way. Being fair means we will do our best to give each swimmer what he or she needs to be successful. What one swimmer needs and another one needs may be very different. We will always try to be fair, but this means things won't always feel equal.

### Coaches will not

- Handle questions regarding swim team dues or memberships. Please direct those questions to the Aquatic Director Brittany Zastawniak [brittanyz@ncymca.org](mailto:brittanyz@ncymca.org)
- Engage in conversations about volunteer jobs, fund-raising, end of year gifts, concessions, transportation, banquet, any and all questions unrelated to coaching. Please direct those questions to the PAC:

Anna Alfera	<a href="mailto:alfera@comcast.net">alfera@comcast.net</a>
Stacey Mastren	<a href="mailto:mastren23@yahoo.com">mastren23@yahoo.com</a>
Nikki Lynch	<a href="mailto:nlk610_kennedy@hotmail.com">nlk610_kennedy@hotmail.com</a>
Mark DeVincentis	<a href="mailto:mark.devincentis@gmail.com">mark.devincentis@gmail.com</a>

## **SWIMMER EXPECTATIONS**

### Practice

- **#1!** – **RESPECT** your coaches. Do not challenge us, be defiant, or suggest what you think we should be doing for sets or during practice.
- Call us Coach. No nicknames or first names only please. (Ex Coach Anita or Coach Murphy)
- Show up on time for practice. In the rare occasion you are going to be late, please email Coach Anita [amurphy@ncymca.org](mailto:amurphy@ncymca.org)
- Understand and take responsibility for habits in practice and how these relate to training groups and meet performance.
- Be prepared (cap and goggles **ON** before we get to the assigned lanes. Have your water bottle, and equipment)
- Be prepared to train- we know injuries happen, but when they happen all the time or conveniently during a hard set, we will talk to you about what is really going on.
- Listen and do not talk when coaches are talking.

- Do not disrupt your teammates training.
- Keep hands to yourselves.
- Treat teammates with respect.

### **Swim Meets**

- Show up on time.
- For the 2020-2021 season **ONLY** swimmers may pick their own events for dual meets.
- If a swimmer is disrespectful to **ANY** meet staff (Coaches, Officials, Timers, Clerk of Course, etc.) They will be asked to leave the meet **IMMEDIATELY**.
- Do not tell teammates that you are going to "beat them" or be mean to them when they are successful.
- Stay in the water until **ALL** swimmers finish.
- Shake hands with opponents after a race. (suspended until further notice due to Covid-19)
- Try to swim out of comfort zone (not just favorite events)
- Talk to a coach before your race, and after your race. (suspended until further notice due to Covid-19)
- stretch after each race

### **REPERCUSSIONS FOR DISRESPECT, DISTRACTING OTHER SWIMMERS, BULLYING, PHYSICAL CONTACT, BEING DEFIANT, BREAKING POOL RULES, OR SWEARING.**

1<sup>st</sup> Time – Warning

2<sup>nd</sup> Time – Sit on bench and parents called

3<sup>rd</sup> Time – Suspended from team, and a meeting set with parents to discuss future on Silver Sharks Swim Team.

**Depending on severity of infraction, the head coach and aquatic director reserve the right to suspend/expel a swimmer from the team immediately upon the first infraction.**

- Please understand that the Coaches are not perfect and are doing their best to provide an enriching experience for all swimmers. **If you have a concern please express it in a respectful manner, refraining from personal attacks and foul language.** Treat them as **YOU** would want to be treated.
- Except in a case of an emergency, interrupting the coaches during meets and practices will not be tolerated.
- No phone calls or texts to coaches will be accepted after 9:00pm or before 8:00am. **NO PHONE CALLS WILL BE ACCEPTED OR TEXT/EMAILS RETURNED ON SUNDAYS.** If your swimmer becomes ill and cannot compete in a meet, texts are acceptable before 8:00am.

**DUE TO COVID-19, I HAVE SUSPENDED COACHES HOURS UNTIL FURTHER NOTICE. IF YOU OR YOUR SWIMMER HAVE A QUESTION OR CONCERN YOU NEED TO TALK TO ME ABOUT, PLEASE CALL ME AT 724-714-2765 OR EMAIL [amurphy@ncymca.org](mailto:amurphy@ncymca.org)**

**DO NOT BRING A SWIMMER WITH ILLNESS  
TO PRACTICE OR A MEET**