

PRACTICE SCHEDULE THROUGH JULY 31, 2020

- Mondays starting June 29 – 7:00 PM to 8:15 PM – BBMAC
- Wednesdays starting July 1 – 7:00 PM to 8:15 PM – Kroc Center
- Fridays starting July 10 – 7:00 PM to 8:15 PM – Kroc Center
- Saturdays starting July 11 – 12:45 PM to 2 PM – BBMAC

POOL USAGE PROCEDURES

- Overarching Guidance:
 - Social distancing guidelines of being 6 feet apart will be followed at all times including while in the pool.
 - If a swimmer is experiencing COVID-19 symptoms, they are not allowed to attend. Additionally, if a swimmer has been exposed to someone who has COVID-19, they must not attend within 14 days of the exposure.
 - No outside guests will be allowed to attend. We love your friends, partners, loved ones, and pets, but at this time please leave them at home.
 - Any swimmer not following these guidelines will be asked to leave and could face expulsion from future practices.
 - Coaches, the 2020 DSST Board Members, pool staff, and facility staff have complete authority to ask a swimmer to leave.
 - Additionally, if a Coach, a 2020 DSST Board Member, pool staff, or facility staff feels that a swimmer is not practicing safe protocol, they will notify the swimmer of what changes need to occur.
- COVID-19 Liability Release Form:
 - To swim, a swimmer must have a DSST COVID-19 Liability Release form signed and on file with DSST.
 - Additionally, Kroc Center and BBMAC may also have a COVID-19 Liability Release form that may be needed to be on file with their facility.
- Sign up:
 - Practices will be capped at 20 swimmers.
 - Monthly memberships will continue to be suspended. The only current option is pay-per-swim. The pay-per-swim option is \$10.00 per swim.
 - Pre-sign ups and payments are required through DSST's website. No drop ins will be allowed. Sign-ups are not allowed on-site. Payments by cash will not be accepted. There will be no expectations to these regulations.
 - Sign-ups to practices will be made available seven days in advanced of the practice.
 - Cancellations can be made up to 24 hours in advance of the swim practice. If a cancellation occurs within 24 hours before the start of practice, no refunds or credits will be provided. By signing-up and not swimming, this takes away from a swimmer who may have wanted to swim that day. The only exception to this policy is the swimmer is experiencing COVID-19 symptoms or if the swimmer has been exposed to someone who has COVID-19. In these cases, cancelation and refunds can occur at any time.
 - For those that do not have an online account, Mike Little can be contacted to assist with signing-up (858-273-4110)
- Pre-Arrival:
 - Swimmers must wear a mask at all times when not in the pool.
 - Swimmers must come with their swimsuit on.

- Bathrooms will be accessible and usage of bathrooms will be dependent upon the facility's guidelines.
- Swimmers are only allowed to bring in the following:
 - One small bag, no larger than the size of a grocery bag to put their clothes/personal items in while they swim.
 - Towel
 - Water bottle (drinking fountains will not be available)
 - Personal swim equipment. There will be no access to kickboards or pull buoys. If an individual has their own, they can bring it and utilize it for themselves.
- Arrival:
 - Facility guidance:
 - **Kroc Center:** DSST will be using the pool during the times that the Kroc Center is not open for their members. This may mean that the doors may be locked by the start of the practice. Swimmers are encouraged to arrive 10 minutes before the start of the practice. Swimmers are allowed to leave at any time and must follow the exiting procedures when doing so.
 - **BBMAC** will be locking the doors once the team enters. No late comers will be allowed. Swimmers are allowed to leave at any time and must follow the exiting procedures when doing so.
 - Swimmers must arrive 10 minutes prior to the start of the practice.
 - Swimmers will gather, socially distanced, and wait to be checked-in.
 - **Kroc Center:** Swimmers will enter the facility once they arrive and gather, socially distanced, on the bleacher sets nearest the Ice Arena.
 - **BBMAC:** Swimmers will line up socially distanced at F Avenue and Sixth Street outside of BBMAC.
 - When approached by the coach, the swimmer will tell the coach their first and last name. The coach will check them in and assure that they have signed-up. If they haven't signed up prior, they will be asked to leave. There will be no exceptions or assistance provided to sign-up at the practice.
 - Upon entering the facility, the swimmer will head to their lane, disrobe there, and place their personal items at the end of the lane the swimmer is using in the designated spot. Please note that this may mean placing the personal items on the ground.
 - Showers:
 - **Kroc Center:** The outdoor showers are the only showers that are able to be used and can be used to rinse off pre-swim. No soap or shampoo can be used at the outdoor showers. Only one person is allowed to use the shower at a time and social distancing guidelines should be followed when forming a queue to use the shower.
 - **BBMAC:** Showers, either outside or inside the locker room, will not be accessible.
- During Practice:
 - Printed workouts are allowed, but must be discarded by the swimmer at the end of the practice. Workouts will be posted onto DSST's website the day before. If a swimmer wants to use a printed copy of that day's workout, they must print one and bring their own copy of the workout with them.
 - Backstroke will be prohibited at this time.

- If a swimmer gets tired and wants to take additional rest time, they will be asked to, as much as possible, only stop on their designated side of the pool. If not possible, they will be asked to maintain six feet apart from any other swimmer in the pool.
- Lane usage:
 - **Kroc Center:** Only two people will be allowed per lane, with one person at each end. The Kroc Center has 11 total lanes.
 - **BBMAC:** Only one person per lane will be allowed. BBMAC has 20 total lanes.
- Exiting the pool:
 - As much as possible, swimmers will be asked to exit the pool from their lane, and if applicable, on their designated side of the pool.
 - If a swimmer needs the assistance of a ladder to exit the pool, social distancing must be maintained so that there is not overcrowding while waiting to exit by the ladder. If exiting the pool by the ladder, the waiting swimmers will be required to line up on the wall 6 feet apart and leave one by one.
- Post Practice:
 - Once the swimmer exits the pool, the face covering must immediately be put on.
 - Showers:
 - **Kroc Center:** The outdoor showers are the only showers that are able to be used and can be used to rinse off post-swim. No soap or shampoo can be used at the outdoor showers. Only one person is allowed to use the shower at a time and social distancing guidelines should be followed when forming a queue to use the shower.
 - **BBMAC:** Showers, either outside or inside the locker room, will not be accessible.
 - Swimmer is asked to immediately dry off and exit the pool as soon as possible to allow the pool staff time to clean and sanitize after practice.
 - **BBMAC:** The exit at BBMAC will be from the doors located at E Avenue and Sixth Street.

Last Updated: June 22, 2020