

Exceleration's Return to Swim Document

This is an addendum to the Practical Procedures for Practice document. This document will appear on its own and as part of the larger document. All policies and procedures of the larger document will still apply.

These procedures apply specifically to Templeton Pool.

Athletes Before the Swim

Athletes will meet 10-15 minutes before pool entry time for activation, COVID signs and symptoms check, and an attendance check.

Athletes must be changed and ready to swim before entry to the building – Exceleration will not be using the changerooms before the swim.

Athletes will meet near the Exceleration Tent on the north side of the building (near the playground).

Athletes are reminded to stay 2+ meters apart before, during, and after the swim. Face masks are recommended but not mandatory.

A lifeguard will allow the group into the pool. Athletes will proceed to the on-deck shower and have a quick shower before getting into the pool.

Note: if another group is in the water still, athletes will wait along the shower side of the pool until the pool has been cleared of the previous group.

Athletes will put bags in the shallow end area designated by the coach.

Pool Entry and During the Swim

Athletes will enter the pool in the deep end with no more than 3 athletes per lane (6 per double lane).

During practice athletes are reminded to stay 2+ meters apart when possible, otherwise stay as far apart as possible.

No spitting of water is allowed.

Coaches are not allowed to touch or support athletes in the water unless it is an emergency. Coaches will be coaching from on deck and when possible will be wearing a barrier style face covering.

After Swimming

Athletes will exit the water in the shallow end and proceed directly to the changerooms.

Note: Changerooms will be cleaned between groups (while the group is in the water).

Athletes must be able to change themselves and have 15 minutes to change and exit the pool. Athletes will meet in the lobby and exit through the main doors. Coaches may arrange with athletes to meet them outside at a specific spot.

Swim Equipment

Athletes must have their own swim equipment. The pool and coaches will not be allowed to give out equipment.

All athletes need to have:

Proper swim attire (Swimsuit)

- Goggles
- Swim Cap (Recommended) – Note: we have Exceleration Swim caps for sale \$5
- Other equipment as requested by the coach.
- If your athlete needs pull-buoys, paddles, kick boards – they will have to bring their own. Neither Exceleration nor Templeton pool can lend these items.

Coaching Notes:

The maximum number of athletes per lane is 3 or 6 in a double lane. When possible, spread the athletes out (ie: if only 12 athletes are present – 2 per lane or 4 per double lane).

The pool may be configured how you like to allow the best teaching environment and athletes to safely distance. This includes swimming width wise instead of normal.

Exceleration will provide face shields that you may use. Please wear a mask when entering and exiting the pool.

Pool Flow:

Athletes will enter through the double doors in the deep end of the pool and proceed to the on deck showers. Practice will start in the deep end (unless otherwise noted – ie: pool configurations). Bags will be put in an area of the shallow end designated by the coach. Athletes are not to enter the water until the pool has been completely cleared of the previous group.

You may conduct practice from the shallow or deep or side of the pool – depending on what is needed and is best for athletes and coach for teaching and safety.

You will exit the pool in the shallow end and proceed to the male or female changerooms.

Athletes will exit the changerooms in the lobby and leave through the main doors. Coaches will wait for athletes in the lobby unless a coach tells the group otherwise.