

# Woodley Swim Team – Practice Only Season

*Only 60 spots available*

June 29 – July 31 (Monday – Friday)

\$85

## **Our Goal**

We want to provide our swimmers a healthy and safe environment to continue their love for the sport and provide much needed social interaction for our youth while maintaining distance.

Health and safety are at the forefront of our program and will dictate many of the things that we will and will not be able to do at the pool.

## **Program Eligibility**

**Must be registered members of Woodley Pool.**

Minimum of age of 8 years of age by December 31, 2020.

Maximum of age of 18 years of age by December 31, 2020.

Even if your swimmer falls into this age group, this program still may not be suitable for them. Social distancing guidelines in Phase II means there will be no coaches in the water with a swimmer to provide hands on developmental instructions. Therefore, swimmers will need to be able to swim laps independently for 40 minutes without the need of a coach to be physically near them for assistance. Swimmers will also need to be comfortable swimming for 40 minutes without having a parent nearby.

## **Practice Schedule**

7:20 - 8:00 a.m.	Age 15 -18
8:10 - 8:40 a.m.	Age 13 - 14
8:50 - 9:20 a.m.	Age 11 - 12
9:30 - 10:00 a.m.	Age 9 - 10
10:10 -10:40 a.m.	Age 7* and 8

\*must be turn 8 by December 31, 2020.

In an effort to provide social interaction for the swimmers and provide age appropriate instructions, it is our hope to group the kids in the traditional practice schedule (schedule above). However, we understand that our numbers may prevent this. Therefore, the head coach and team rep will assign swimmers to their time slot closes to their age group. Regardless of time slot assigned swimmers will receive age appropriate instructions.

## **Practice Structure**

Swimmers will arrive and wait in the parking lot until the coaches allow them to enter the pool facility. Swimmers will enter the pool through the main entrance and exit through the emergency gates.

Anyone entering the pool facility will be screened by a coach for COVID-19 symptoms prior to admission to the facility and will not be allowed entry if experiencing any symptoms.

Parents will not be permitted in the pool. Parents of younger children will be asked to wait in the parking lot, or plan on returning promptly for pickup.

Each swimmer must walk into the pool ready to jump in:

- Cap on (optional)
- Goggles ready
- Towels in hand
- Bring own kick board (if desired)
- Full Water Bottle in hand

The Swim coach greeting swimmers will ensure if the swimmer is ready for practice. If a swimmer is not prepared to begin practice, they will be sent back to their parent to assist them in getting ready. Coaches will not be allowed to assist in getting the swimmers ready for practice.

Towels and shoes will be left on the deck. The tables and benches will be off limits to the swimmers.

## **Swim Practice Set Up**

There will be a 2-swimmer limit per lane. Swimmers will be provided a lane number by the head coach at the first practice. That lane number will be their lane for the season unless the coaches or team rep decide to make changes during the season. The swimmers will need to go directly to their lane and wait until the coaches instruct them to enter the water. Each coach will instruct 3 swimmers at a time. Our goal will be for the coaches to provide instruction to the swimmers while they maintain 10ft of distance in the lap lane. To ensure we comply with social distance guidelines as well as provide effective coaching instructions, we anticipate practices to be structured as follows:

Coach 2			Coach 1		
Swimmer 6	Swimmer 5	Swimmer 4	Swimmer 3	Swimmer 2	Swimmer 1
Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
Swimmer 12	Swimmer 11	Swimmer 10	Swimmer 9	Swimmer 8	Swimmer 7
Coach 3			Coach 4		

Coach 1 will instruct swimmers 1 – 3

Coach 2 will instruct swimmers 4 - 6

Coach 3 will instruct swimmers 7- 9

Coach 4 will instruct swimmers 10 - 12

### **Safety Guidelines**

Coaches are not allowed to physically assist in getting the swimmers ready. No bathroom breaks.

Pool bathrooms are closed except in the case of an emergency.

No changing at the pool.

No showering at the pool.

No sharing equipment or using pool equipment.

No Backpacks/Swim Bags.

Towels and shoes will be placed on the deck. Tables and benches are off limits.

Any swimmer, parent, or coach who has a fever will not be allowed to attend practice.

### **COVID 19 SWIMMER/COACH TEST POSITIVE**

Any swimmer or coach who tests positive for COVID-19 or who has had direct contact with an individual testing positive for COVID-19 will follow the CDC guidelines for self-isolation.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

Any participant in our swim program that tests positive or has symptoms consistent with COVID-19 must report to the Swim Team Representative. Furthermore, the swim team representative will communicate to all participants the findings and recommendations of the local and state health department.

## **Volunteering**

We do not anticipate needing any parent volunteers.

**Health Insurance** – every participant must have health insurance; this is information will be collected at registration.

## **WAIVERS**

At the time of registration, you will be asked to read and approve two waivers.

*Woodley Swim Team WAIVER - By registering my child(ren) with the **Woodley Warriors Swim Team**, I agree to participate (or allow my child(ren) and family members to participate) in the **Woodley Warriors Swim Team**, and hereby release **Woodley Warriors Swim Team**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Woodley Warriors Swim Team** program, including travel to and from training sessions.*

*I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **Woodley Warriors Swim Team** program.*

*To my knowledge the swimmer(s) are in good physical condition. They have my permission to participate in **Woodley Swim Team** activities. I assume all risks and hazards incidental to such participation. I do hereby waive, release, absolve, indemnity and agree to hold harmless the **Woodley Swim Team, Woodley Recreation Association, Inc.**, the organizer, coaches, participants and persons transporting my child(ren) to or from activities, for any claim arising out of any injury to my child(ren), except and in the amount covered by accident or liability insurance. The coaches and team representative are authorized to consent to emergency treatment of my child(ren).*

*COVID 19 WAIVER - I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I or any family member may be exposed to or infected by COVID-19 while on site at the pool and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the pool may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the Pool Board, the Woodley Swim Team, pool management company's employees, volunteers, and program participants and their families. I voluntarily agree to*

*assume all of the foregoing risks and accept sole responsibility for any injury to any family member or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind (“Claims”), that any family member or myself may experience or incur in connection with any family member’s or my attendance at the pool or participation in pool activities. On my behalf, and on behalf of my family, I hereby release, covenant not to sue, discharge, and hold harmless the WRA INC. Pool Board, the Woodley Swim Team, pool management company’s employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to attendance at the pool. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the WRA INC. Pool Board, the WOODLEY Swim Team, pool management company’s employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in pool facility activities.*

**Swim Team Coaching Staff and Swim Team Rep**

- Coach Dave Nasca – Head Coach
- Coach Helen vanWijngaarden – Assistant Head Coach
- Coach Austin Byrd – Assistant Coach
- Coach Abby McCall – Assistant Coach
- Carrie McCall – Swim Rep