

POOL USAGE PROCEDURES

OVERARCHING GUIDANCE:

- Social distancing guidelines of being 6 feet apart will be followed always 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.
- Any swimmer not following these guidelines will be asked to leave and could face expulsion from future practices.
- Coaches, the 2021 Grunions Board Members, pool staff, and facility staff have complete authority to ask a swimmer to leave.
- Additionally, if a Coach, a 2021 Grunions 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.
- Athletes and coaches should cohort by team, and refrain from participating with more than one team over the same season or time period. This is to simplify contact tracing and to allow all members more equitable access due to limited facilities capacity.
- Spectators are not permitted at this time.

COVID-19 LIABILITY RELEASE FORM:

- To swim, a swimmer must complete a health survey and COVID-19 liability acknowledgement within 24 hours of attending practice. The link is provided at the time of registration.

SIGN UP:

- Practices will be restricted to 12 swimmers (4 lanes @ 3 swimmers / lane). Swimmers are asked to limit sign up to 2 practices a week. Registration for a third practice will result in deregistration from the 3rd practice.
- There will be a waitlist in case of cancellations.
- Reservations are required through the Grunions Portal.
- Sign-ups to practices will open Saturday, 12 pm of the week prior to the practice
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- Sign-up for practices on 1 March and 3 March will open at 6 pm, 24 February.
- No drop ins will be allowed. Sign-ups are not allowed on-site. There will be no exceptions to this arrangement.
- Participants must be full dues paying members. Members should update their payment information through the Grunions Portal (https://www.clubassistant.com/club/login_form.cfm?c=2180) and email Joseph (facilities@lbgrunions.org) to have their membership reinstated if they have placed it on hold.

- Cancellations can be made up to 24 hours in advance of the swim practice by texting your coach (Kenny Brisbin @ (714) 273-8793). 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.
- Repeated absences without cancelling in advance may result in suspension of membership.
- If you have questions about signing up using Club Assistant, contact Joseph Dziekan at facilities@lbgrunions.org or text (562) 235-0023.

PRE-ARRIVAL:

- Swimmers must always wear a mask when not in the pool. Please bring a waterproof container to store your mask.
- Swimmers must come with their swimsuit on.
- Only the bathroom on the deck will be available. The bathroom trailers and changing rooms will be closed.
- Swimmers will be assigned a place on the bleachers or deck to store their personal belongings, demarcated with tape to enforce social distancing. There will be no access to kickboards or pull buoys. Due to the lane arrangement, there is no guarantee that swimmers will be able to use workout aids they bring with them (fins, paddles, pull buoys)

ARRIVAL:

- Swimmers are encouraged to arrive 10 minutes before the start of the practice as the doors will be closed to late arrivals. Swimmers may leave at any time and must follow the exiting procedures when doing so.
- Both pools are observing one way traffic flow. Please line up for check-in at the main entrance, observing the marks on the pavement for social distancing.
- When approached by the coach, the swimmer will tell the coach their first and last name. The coach will take their temperature, check them in, and assign them a numbered lane, storage area, and starting position. If they have not 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 in the designated area. Please note that this may mean placing the personal items on the ground.
- No showers will be available at present.

DURING PRACTICE:

- If a swimmer gets tired and wants to take additional rest time, please maintain six feet apart from any other swimmer in the pool.

- Lane usage: Three swimmers will be permitted to use each lane. The starting positions are: the bleacher-side pool wall, middle of the lane, and far side of the pool.
- At the commencement of practice, swimmers should enter the pool on the bleacher-side and swim to their assigned starting position.
- Swimmers should maintain distance from swimmers in their lane. If you are not able to maintain distance because the pace of your lane is not appropriate, the coach will do their best to accommodate any adjustments.

EXITING THE POOL:

- As much as possible, swimmers will be asked to exit the pool from their lane, and 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.
- No showers will be available.
- Swimmer is asked to immediately dry off and exit the pool as quickly as possible to allow the pool staff time to clean and sanitize after practice.
- Pools are observing one way flow of traffic. Please follow the arrows on the deck to exit on the parking lot side of the pool.
- Leave the facility immediately after your program and wash your hands as soon as you get home. Please do not congregate and chat with fellow swimmers on the pool deck.