



DIVING PRACTICE COVID-19 GUIDELINES

Hope you all are safe and healthy! Please remember we are in an uncertain, continually changing, fluid situation and we all need to work together to make it safe & comfortable for all. As I hear more info from the pool, I will alert you. Thanks & be safe.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

1) SOCIAL DISTANCING

- a) 6-10 feet apart on land or in the water along the ended of pool awaiting your turn
- b) 6-10 feet apart during stretching, calisthenics, plyometrics, pilates & yoga

2) HYGIENE & DISINFECTANT - We are in a pretty clean environment to begin with

- a) Disinfectant wipes & spray - bring hand wipes to practice; especially bring into bathrooms
- b) Spray & wipe down railings along steps & boards every 10 dives or so.
- c) Use your own sammie to water down, not wipe, railings
- d) Do not share sammies
- e) TIVO set up and connections cleaned every practice - Only coach may touch
- f) Mats will be cleaned each practice
- g) Coughing or sneezing - If you feel a sneeze coming on, further distance yourself, turn away from divers (or stifle) and sneeze into your arm and wipe yourself with disinfectant wipe
- h) If you feel feverish or sick - STAY HOME.

3) MODIFIED GREETINGS - We all have our own comfort zone...and we will respect that - as long as it doesn't affect your training. Hugging or touching teammates may not be in your comfort zone - especially at this time. Same with parents - Forearm or elbow greeting for now.

4) MASKS

- a) Coach will wear mask when inside the social distance guidelines
- b) For now, parents cannot stay in the pool during the practices Only the parents of unsupervised non-team children

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