

Osseo Swim & Dive Re-Entry Plan

Entry into Pool:

- All swimmers need to arrive at least 10 minutes before practice starts. Meet outside the side door to Osseo Middle School, nearest the tennis courts. No late athletes will be allowed in to practice as there will not be someone to let them in. When practice is over, swimmers will exit out the back door near the football stadium.
- Parents are not allowed in the pool area, unless approved ahead of time with Coaching staff. If you need to talk with one of the coaches, please contact us via email prior to practice.
- Face masks must be worn to enter the building and 6-foot social distancing should be adhered to while waiting outside. Face masks will be worn by coaches for the entire practice. Swimmers may take them off only when they enter the pool. They need to be put on upon exiting for any reason.
- Anyone with a temp over 100.4F should not come to practice. Any one experiencing symptoms of fever, cough, unusual fatigue, headache, or who has been exposed to someone with these symptoms (including family or friends) should remain home and seek medical treatment if necessary. Any athlete, coach, or parent/volunteer may not attend practice or a meet for 14 days after the symptom has ceased.
- If any swimmer, coach or volunteer tests positive for Covid-19, the following steps will be taken
 1. The person must let the coaches know immediately
 2. If the person testing positive is a swimmer, his or her lane mates and possibly the swimmers in the lanes next to them on both sides may be required to self-isolate for 14 days unless a negative test result can be shown.
- The use of locker rooms may not be available. Swimmers should be prepared to wear their suits to practice and leave with them on as well. A bathroom will be made available for emergency use if necessary. Only 1 person will be allowed in the bathroom at a time.
- Drinking fountains will not be available. Please be prepared with a full water bottle at every practice.
- Once swimmers enter the pool area, swimmers will be assigned a spot on the bleachers that will be marked off 6 feet apart for them to place their belongings.

Practice Info:

- Practices will be divided into pods of up to 25 swimmers each. Depending on the size of the team, this will most likely be a Varsity Pod and a JV Pod.
 - i. **Swim Practice Monday to Friday is from 4:15pm-6:15pm. No practice on meet days.**
 - ii. **Swim Practice on Saturday is 8:00am -10:00am**
- Swimmers should supply their own equipment. Including non-breakable water bottles. No sharing will be allowed. Equipment is not required for JV swimmers. Varsity swimmers are encouraged to have a kickboard, pull buoy, and fins. Please label all equipment with the athlete's name in permanent marker.
- Swimmers will be assigned a lane for each practice. Up to 4 swimmers will be assigned to each lane depending on group size. Swimmers could be assigned to start at the shallow end, deep end or in the middle of the lane (at ½ way point, or at 10-yard markers).
- Coaches will write sets on white boards at both ends of the pool as well as use the microphone and sound system if necessary.
- Parents need to ensure swimmers have a way home within 15 minutes of the practice ending.