

Guidelines for Oxford Swimming and Diving - Summer 2020

1. Please perform a daily health assessment each morning upon waking up. If you are sick in any way, please do not come to practice. If you do have symptoms of being sick, please make sure they are all completely gone for at least 24 hours before returning to practice.
2. All team members must follow ALL directives from coaches. Any unwillingness to follow coaches' directives will result in the team member's removal from practice.
3. If possible, parents, please drop your child off for practice, return home, and then return to pick them up after practice is over. If parents need to stay, please try to make it so that there is just one parent in the pool area per family. Please, if possible, keep all non-swimming siblings at home. If staying during practice, please wear a mask (unless medically unable to) and practice appropriate social distancing.
4. Unfortunately, because a 6 ft cushion must be maintained between everyone while at practice, coaches will NOT be able to get in the water to instruct swimmers and help them learn how to swim. Thus, for this summer ONLY we are requiring that anyone who wants to join the swim team must be able to swim one lap of freestyle prior to the first practice. Coaches will have the authority to tell swimmers they are not ready for the team this summer.
5. Swimmers should come to practice already in their swimsuit or in their workout clothing. Swimmers should towel off after practice and go home in their swimsuit or in their workout clothing. Locker rooms should only be used for an emergency bathroom break.
6. Swimmers should not congregate either in the pool area or outside of the pool area after practice. They should leave immediately upon practice ending.
7. Swimmers MUST bring their OWN water bottle to practice. Water bottles CANNOT be shared. Swimmers should put their name on their water bottle so that coaches can return water bottles to swimmers who leave their water bottle at practice. Water bottles that do not have a name on them that are found at the end of practice will be discarded.
8. Swimmers MUST have their own swimsuit, goggles, cap, and towel. Swimsuits, goggles, caps, and towels CANNOT be shared. This summer Coach Steve will not have extra suits, goggles, caps, or towels.
9. Swimmers MUST leave with all their belongings. The pool has informed us that there will be **NO LOST AND FOUND**. Everything left at the end of practice will be trashed!
10. Swimmers 10 years and under will be assigned a numbered kick board for the summer. That will be the only kickboard they use all summer. No swimmers will be sharing kick boards this summer. Kickboards will be disinfected after each practice and kept at the pool. Swimmers 11 years and over will be doing kick sets without kickboards for the summer unless you would like to purchase your own kick board. If you would like to purchase your own kickboard, please buy one here: swimvilleusa.com/Tyr-Black-Kickboard_p_3697.html. We strongly urge you to buy your kickboard from Swimville because they are a huge supporter of Oxford Swimming and Diving and this summer they will be losing A LOT of revenue as many teams are forgoing team suits this summer.

11. Swimmers 11 and over will be assigned a numbered pull buoy for the summer. That will be the only pull buoy they use for the summer. No swimmers will be sharing pull buoys this summer. Pull buoys will be disinfected after each practice and kept at the pool. Swimmers 10 and under will not need a pull buoy for the summer.
12. For ages 11 and over, there will not be more than 4 swimmers in a lane at practice. The first 8 swimmers to arrive at practice will be assigned to lanes 1-8 in the shallow end of the pool. When receiving instruction, they will need to be on the wall on the right side of the lane. The second 8 swimmers to arrive at practice will be assigned to lanes 1-8 in the deep end of the pool. When receiving instruction, they will need to be on the wall on the right side of the lane. The third 8 swimmers to arrive at practice will be assigned to lanes 1-8 in the shallow end of the pool. When receiving instruction or waiting in between sets they will need to be on the left side of the lane out underneath the flags. The fourth set of 8 swimmers to arrive at practice will be assigned to lanes 1-8 in the deep end of the pool. When receiving instruction, they will need to be on the left side on the lane out underneath the flags.
13. For ages 10 and under, the first 8 swimmers to arrive at practice will be assigned to lanes 1-8 at the shallow end of the pool. The second 8 swimmers to arrive at practice will be assigned to lanes 1-8 at the deep end of the pool. The third 8 swimmers to arrive at practice will be assigned to lanes 1-8 at the shallow end of the pool. The fourth 8 swimmers to arrive at practice will be assigned to lanes 1-8 at the deep end of the pool. There will be two "heats" of swimmers at each end of the pool. All swimmers will be on the deck when not swimming. There will be markings on the deck indicating where the second heat of swimmers on each side of the pool should stand while waiting for their turn to swim.
14. For dryland practices swimmers will be in groupings of 10 or less. Each grouping will be 20 ft apart. Within each grouping swimmers will be 6 ft apart.