

2020-2021 Paul Laurence Dunbar Swim & Dive Team Practice Plan  
Location: Transylvania University

### ENTRY AND EXIT PROCEDURES

1. Locker rooms will be CLOSED.
2. Bathrooms will be available for emergency use only. An athlete must notify a coach to gain access to the bathroom.
3. Athletes must arrive with their swimsuits on.
4. When entering and exiting, all athletes must wear a mask and maintain appropriate social distancing of at least six feet.
5. Athletes will enter and exit through designated areas and will not be permitted to congregate.
  - a. When inside Transy, ENTER through the back pool doors from foyer to enter the pool deck and EXIT through the front pool doors to foyer.
6. An assigned coach will conduct a health screening in the foyer. If athletes are symptomatic in any way, the athlete will not be permitted to enter the pool deck.
  - a. Any athlete with a temperature above 100.4, will be sent home.
7. Athletes MUST wear a mask ON CAMPUS at ALL TIMES (except while swimming or going off the diving board). A Mask MUST be on as soon as exiting your vehicle and until you return to your vehicle.
8. Athletes may not enter the building until 8:20 PM.
9. All athletes must complete the Transylvania University swim test.
10. Athletes must leave with a swimsuit on and leave through the front pool deck doors and wait for their parents in a designated waiting zone while at least six feet apart.
- 11. NO PARENTS ARE ALLOWED IN THE BUILDING.**

### PRACTICE STRUCTURE

1. When athletes enter the pool deck, they will be asked to stand in a designated location on deck until they are given their lane assignment and enter the water safely.
2. Athletes must use their personal equipment ONLY. This includes water bottles.
3. Athletes may only bring their swim bag and an equipment bag.
4. Swimmers will be expected to receive all instruction in their designated pool location. They will not be allowed to change lanes.
5. While giving instruction, coaches will be at least six feet from the pool edge. Coaches will be masked at all times.
6. Only 4 swimmers will be allowed per lane.
7. While waiting in line, divers must wear a mask and maintain a social distance of at least six feet apart.