



2020 Prairie / St Catherine's Girls Swimming

Head Coach

Myra Fox

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(262)498-8883

Assistant Coach TBD

2020 Season

August 17 Sports Meeting

August 18 Practice Begins

November 7 Sectionals

November 13-14 State

Practices

- Attendance is mandatory! Please plan accordingly for other activities.
 - ◆ In the event you must miss a practice make sure Coach Myra is informed ASAP
- Monday - Friday 5:30 - 7:30 at the Racine Sealed Air YMCA 8501 Campus Drive
 - ◆ 5:30-6:00 is dryland, 6:00 - 7:30 in the pool.
- Practices are CLOSED - NO Parents or other athletes allowed at practices.
Parents and or guardians/ drivers you will NOT be able to wait for your athlete in the facility. Please pre arrange pick up location near the south end of the building.
- MASKS are required when in any of the common areas of the building, including on the pool deck, not required while in the pool.
- Lockers are NOT available at this time, please bring all your personal items with you to the designated practice location

Required Equipment

- Practice Swimsuit and 1 Team Swimsuit (to be ordered as a team once season begins)
- Goggles and Cap, suggest having at least two per athlete as *sharing is no longer recommended*
- Towel
- Water Bottle
- Dry Land exercise clothing, to include athletic shoes for safety

Team Provided Equipment (You may bring your own if you choose)

- Kickboards
- Zoomers (short fins)
- Snorkels
- PSC Team T-shirt
- Meet Swim Cap
- Equipment Bag
- Team Parka

Team equipment will be checked out and MUST be returned at the end of the season. The coaching staff will NOT have extras and equipment is not to be shared.

Athletic Code, Requirements and CoVid-19

- Academics come first.
- Members of PSC Aquatics are expected to hold themselves to a high standard, respecting teachers, administration, coaching staff and parents at all times. This includes staff and members at the YMCA.
- Team rules may exceed school penalties regarding issues of drugs, alcohol, behaviour issues etc.
- Covid Guidelines are attached and will be followed. Updates will be communicated as they develop. If you are exhibiting any of the symptoms, alert Coach Myra and do not attend practice or competition until clear of symptoms and/or the test results show a negative.

Student Athlete Expectations

- Swimmers will attend all practices and competitions
- Swimmers will make and keep a commitment to themselves, their team and their school
- Swimmers will treat teammates, coaches, opponents, officials and themselves with respect
- Swimmers will respect our facilities and equipment
- Swimmers will maintain a positive attitude and work towards improvement each day
- Swimmers will work together as a TEAM

Attendance Policy

- Team members must arrive on time for all practice, meets and team functions. Note due to the current Covid precautions swimmers will NOT be able to “hang out” at the Y before or after practice times.
- If you know you will be absent let the coaching staff know as soon as you are able.
- Excused absences defined as:
 - ◆ Illness require the athlete to miss school or leave school early
 - ◆ Injury requiring the athlete to miss practice, when possible you will still attend practice with appropriate modifications for your situation
 - ◆ Unexcused missed practice will affect qualification for letter award

Communications

- Emails and Text messages will be sent only as needed to inform about changes to the schedules (practices or meets), and any ordering or transportation issues. **Please be sure that Coach Myra has ALL your necessary contact information so you can be informed.** This goes for athletes and parents.

Lettering Requirements

Letters indicate your commitment and performance to swimming. The coaching staff will have a final say on the earning of a letter.

- Swimmer must attend 100% of practices, attendance will be taken at all team gatherings
- Swimmer must score at every meet they participate in (i.e. finish a race without a disqualification)
- Swimmer must maintain GPA per the Athletic Code

Team Parent(s)

- Support swimmers at all meets, be encouraging for all efforts.
- Assist with hosting team gatherings outside of practice i.e. past parties, locker decorations, senior night, award night etc..
- If interested in being a “team parent” contact Coach Myra at coachmyrafox@gmail.com or 262-498-8883

Parent/Coach Communication

Parents may contact a coach for general information or other issues. We will try to respond within 24 hours when possible. Student confidentiality will be maintained. As warranted the schools athletic director may be informed.

Concerns, Disputes, Grievances

- When we are emailed about a concern or grievance, we will acknowledge within 24 hours and follow school protocol
- Parents/guardians are asked to wait 24 hours AFTER an athletic event before contacting the coach
- Parent/Coach Meeting Parents wishing to meet with a coach may send a brief email to request an appointment. As a reminder, a minimum of 2 coaches (or athletic director) and the athlete should be present at all parent/coach meetings

Away Meets Transportation

- Swimmers must travel to and from competition events on the bus/suburban, unless parent release form is on record and the coach has been notified IN ADVANCE.
- In the case of a student living nearer the competition site then the pick up/drop off location other arrangements may be made IN ADVANCE.

TENTATIVE Meet Schedule (subject to change)

<u>Date</u>	<u>Time</u>	<u>Opponent(s)</u>	<u>Location</u>	<u>Type</u>
9/3/2020	5:30	Jefferson High School	Jefferson High School	Dual
9/22/2020	5:30	Platteville/Lancaster / Badger	Badger High School	Tri-Dual
10/6/2020	5:30	Whitewater High School	Whitewater High School	Dual
10/13/2020	5:30	Jefferson High School	Jefferson High School	
10/20/2020	5:30	Edgerton & Delavan Darien High School	Delavan Darien High School	Tri-Dual
10/31/2020	11:00	Multiple Schools	Badger High School	Conference
11/7/2020	TBD	Sectionals	Jefferson High School	Sectionals
11/14 & 15	TBD	State	Tentative Madison	STATE

WIAA SPORT SPECIFIC Swimming & Diving Guidelines

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with the local health department should be used to determine when progression to the next risk level can be initiated.

Pre-Workout/Pre-Contest Screening:

Athletes and coaches should check their temperature at home before attending practices or games. If a student athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.

Ensure that individual(s) with symptoms do not return to practice until:

- o They are free of fever (less than 100.4°F) AND respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; AND
- o Ten days have passed since symptoms first appeared.

Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate healthcare professional for guidance. Written medical clearance is required to return to activity.

A record should be kept of all individuals present at team activities.

Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Sport Specific Information

Social distancing:

Practice – Coaches are responsible for ensuring social distancing is maintained between athletes and team personnel as much as possible. This means additional spacing between swimmers/divers while in the pool or on dry land, warming up, cooling down, when receiving instructions, in locker rooms or shower area or chatting. Coaches should execute practices or drills so that players remain spaced out and eliminate the congregating of athletes while waiting to swim/dive. Workouts should be conducted in 'pods' of students, with the same 5-10 students always working out together. This ensures more limited exposure if someone develops an infection. Utilize spacing in pool lanes and on deck. The use of markers or cones on deck will expedite spacing (see USA Swimming/Diving Charts). Consider moving dryland training outside.

On deck during meets – Only essential personnel are permitted on the deck. These are defined as swimmers/divers, coaches, athletic trainers, lifeguards and officials. Authorized timers, recorders, runners, computer operators necessary to conduct competition are essential. All others, i.e., team managers, video people, media photographers, family members, non-competing students, etc. are considered non-essential personnel and are to be in the gallery remaining in the seating area (when present) or remaining outside the deck area.

Swimming Suits – Should be worn to practice and competitions by swimmers and divers.

Spectators – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines while remaining in the designated spectator seating area. Schools should know the capacity of your spectator seating area. Place visible markers on the floor and bleachers for spacing.

Media – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend meets. Media members should contact host school administrators prior to arriving.

Concession stands – Concession stands are not recommended.

Coach conferences – Coaches should limit the number of individuals in a conference and/or huddle to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask.

Team handshakes – Teams shall NOT exchange handshakes before, during, or following the practice, match or meet.

Press area – Local schools shall determine which personnel should be in the designated press area considering

Wisconsin DHS guidelines.

Practice and Game Protocols:

Masks – Swimmers and divers are not required to wear cloth face coverings, but when out of the water may do so if they desire. Coaches, team personnel and others are encouraged to wear masks, especially when not able to maintain social distancing. If an individual would like to wear a mask in the pool area, on the swim deck or in a meeting, they may do so. There is no prohibition on the color of the mask. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines.

Athletes and team personnel habits – Coaches and staff should work to create new habits including staying away from touching their face and not spitting. Avoid touching doors, gates, fences, benches, etc. if you can, or other schools' equipment.

Hand sanitizer and/or sanitizing wipes – Athletes, coaches, officials and workers at swimming/diving events are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. The WIAA SMAC recommends using hand sanitizer (at least 60% alcohol) before and after practice and competition and when going to and leaving the pool area. Additionally, emphasize to all to avoid touching their face.

Equipment:

Pool facilities – Increase water sanitation level, i.e., keep chlorine closer to 2.0 PPM. Eliminate the use of low ventilated spaces and rooms that prevent social distancing, such as locker rooms and small dryland rooms. Eliminate the use of locker rooms whenever reasonable.

Training Equipment – Swimmers/Divers should use their own training equipment. Sanitize after each use.

Meet Equipment – Watches, clip boards and lap-counters should be sanitized after each use.

Touchpads should be sanitized periodically while out of the water. Diving boards and backstroke flags should be sanitized periodically.

What kinds or brands of sanitizer should we be using – The WIAA SMAC recommends referencing and utilizing EPA registered disinfectants. Equipment may be wiped with listed disinfectants and a damp cloth.

Hydration:

All students shall bring their own water bottle. Water bottles must not be shared.

Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

COVID-19 Coach:

Designate a coach to be responsible for responding to COVID-19 concerns.

All coaches, staff, officials, and families should know who this person is and how to contact them.

Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that social distancing is maintained during training.

Swimming/Diving Practice Risk Levels:

High Risk Level – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.

- o No competitions may be held

- o Swimmers & Divers may do drill work on their own.

- o Single conditioning (i.e. sprints, other single-person calisthenics, yoga, etc.), low impact & low risk.

- o Dryland training

- o Virtual individual training

- o Creative Individual Swimming training video:

- <https://www.runnersworld.com/training/g31981398/swimmingduring-coronavirus/>

- o See USA Swimming & Diving Guidelines:

- https://www.usaswimming.org/docs/default-source/coachingresourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2

Moderate Risk Level – Drills and competitions at outdoor venues that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.

- o Swimmers and divers can practice with a maximum of 10 people indoors using Social Distancing Practice Layout

as found in the USA Swimming & Diving Guidelines. A maximum of 50 people outdoors using Social Distancing

Practice Layout as found in the USA Swimming & Diving Guidelines:

- https://www.usaswimming.org/docs/defaultsource/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-planguidelines.pdf?sfvrsn=8a533a32_2

- o Outdoor competitions, camps and clinics only that follow local guidelines

- o Dryland training

- o Light drill work

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- o Weight training allowed

- o Stay with one practice partner/no switching partners.

- o Single conditioning (i.e. sprints, other single-person calisthenics, yoga, etc.)
- o Any extending partner workouts should not include extensive workouts.

Low Risk Level – Drills and competitive meets that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.

- o Competitions may resume with proper Social Distancing as found in the USA Swimming & Diving Guidelines:

<https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-teamresources/>

[facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2](https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-teamresources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2)

- o Live drills and activities allowed with proper social distancing.
- o Partner conditioning/Team conditioning allowed.
- o Swim and dive with multiple partners in practice.