

Pool Expectations at Derby Middle School

All swimmers will line up in the hallway leading to the pool. Swimmers will be six feet apart when in line. All swimmers will wear a mask.

Swimmers will get a temperature check before entering the pool area.

Swimmers will keep all personal belongings on the bleachers. Every swimmer will have their own designated bleacher space, six feet apart from other swimmers.

Swimmers will wear a mask when in the pool area when not in the pool, walking to get into the pool, or walking to their bleacher space.

All coaches will wear masks during all practices and meets.

Only 12 swimmers at a time will use the locker room. Each swimmer must stay at one end of each bench. Locker rooms can only be used AFTER practice or meets for changing or for bathroom purposes. Changing before practice or meets is not permitted in the locker rooms this year.

When in the pool, swimmers must remain six feet apart. This will be done with the “arms out” technique.

When behind the blocks, swimmers must remain six feet apart. This will be done with the “arms out” technique. In the event that there are too many swimmers behind the blocks to remain six feet apart, swimmers will be divided into two groups and will take turns lining up behind the blocks.

Kickboards will not be used during practices.

Swimmers must bring their own water bottles. Bottles will be kept with personal belongings on the bleachers.

Swimmers will not attend practices or meets if they are not feeling well. On the day of a meet, swimmers will email their head coach before noon if possible to let them know they will not be in attendance.

During (Red) practice, the lanes will be split up so that half the swimmers are starting at one side and half are starting at the other side.