



Return 2 Play Training Guidelines

Swimming

Activity	Sport Risk
Individual Events and Relays	Low: Phase 1,2,3,4

Guidelines

Phase 1

- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Specific training groups remain small (10 or less) and consistent
- If a larger group, choose different nights or times to train
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- Arrive in swimsuits and depart in swimsuits, lessen need to use bathroom/early arrival to change
- Post specific Entrance and Exit signs for pool access to lessen cross traffic
- If possible, doors should be opened to lessen common contact points on door handles and bars
- Locker room use should be minimal

Phase 2

- Same as above EXCEPT
 - Relays are allowed to train together
 - Unified partners and athletes should social distance when possible

Phase 3

- Same as above EXCEPT
 - Practice group size can increase to 50 or less; Specific groups remain small



Phase 1: Low Risk Sports: 10 people or less, follow guidelines above



Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above



Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above



Phase 4: High Risk Sports: No Restrictions