



This document provides guidance to assist with planning practices for the spring 2021 training season. If you have questions, contact the sports department at sports@sonc.net.

Who should be practicing in person?

First, anyone practicing in-person should have a valid Athlete Participation Packet on file with SONC. Athletes that meet the following criteria are a good fit to practice in-person this spring.

- Athletes who can follow the [SONC Return to Activities Protocol](#).
- Athletes who can swim independently, without physical assistance from a coach.

Any athlete or coach that is considered [high-risk for COVID-19](#) should not participate in in-person activities. It is advised by SONC and the swimming Sport Development Team that athletes who require physical assistance in or outside of the pool by a coach should not practice in-person. These athletes may continue to participate in virtual programming such as Partner Up Power Up.

I have new athletes and/or athletes who are new to swimming. Should they begin practicing in-person?

SONC highly recommends that only athletes who have previously trained in swimming start practicing in-person. If a new athlete or existing athlete who is new to swimming wants to join your swimming program, they should first be assessed by the coach. This assessment should include a swim test to ensure they can swim 25y independently. They should also be observed to ensure they can follow COVID protocols before joining in-person practices.

How often/how many practices should I schedule?

This is dependent upon the size of your swimming program and the protocols set by your local pool. It is our suggestion that if you have more than 8 athletes in the swim program you will need to schedule 2 practices. Ideally you will have 6 athletes with 2-4 coaches per practice scheduled. Coaches may not coach multiple practices and the group of athletes/coaches must remain the same throughout the in-person training season per SONC COVID guidelines.

How many coaches and athletes per practice?

Dependent upon the number of lanes available at your pool and the limitations put on the number of athletes in a lane at a time. SONC recommends no more than 8 athletes and 2-4 coaches per practice. [Per SONC Return to Activities Protocol](#), no more than 10 people in total from your program may take part in any in-person training.

How many athletes should be in a swimming lane at a time?

First, refer to the guidelines your facility has put in place. Some facilities are limiting 1 athlete per lane where some are limiting it to 2 athletes per lane. SONC recommends no more than 1 athletes per lane.

What is an appropriate length of time for a practice?

It is recommended that the length of practice should be 45 minutes. A buffer of 20 minutes should be added to the end of practice if there are multiple practices schedule back to back. This will allow time for athletes to leave the pool deck area and for the next group of athletes to enter the facility without congregating as well as time to properly sanitize any equipment used.

SONC will provide further in-person swimming training guidelines by December 1, 2020.