

The very first thing every coach must do before moving forward with in-person training plans, is to review [this webpage](#). Specifically, the link to the Special Olympics North Carolina protocol for return to activities and the Code of Conduct and Communicable Diseases Waiver.

Sport Equipment

Swimming sport equipment is plentiful, and arrangements have been made for each athlete to have their own for the duration of practice

- Athletes Equipment (may not be shared amongst athletes)
 - Swimsuit and swim cap
 - Swim shoes
 - Goggles
 - Towel
 - Water bottle – make sure it is labeled with athlete’s name
 - Bag/backpack to hold swimmers’ belongings
- Coaches Equipment
 - Water bottle
 - Baskets for athletes’ personal items (work with local coordinator if needed)
 - Sharpies and blue painters’ tape to label baskets and water bottles
- Team Equipment: **must be sanitized after each use if sharing**
 - Kickboards
 - Pool buoys
 - Life Jackets
 - Starting blocks: minimize use if possible
- Locker Room
 - It is recommended that locker rooms are not used for practices.
 - Athletes should arrive to the pool and leave the pool with their swimsuits on to avoid using the locker room.
- There is current a limit on **50 participants** for **indoor** activity occurring for Special Olympics North Carolina purposes. The 50 participants includes anyone a Special Olympics program is bringing to the facility (i.e. athletes, Unified partners, coaches, chaperones, volunteers, spectators). This personnel limit does **not** include facility staff or patrons of the facility.
- Masks are to be worn at all times other than during vigorous activity/competition. Athletes in the water should not wear masks.

In the pool

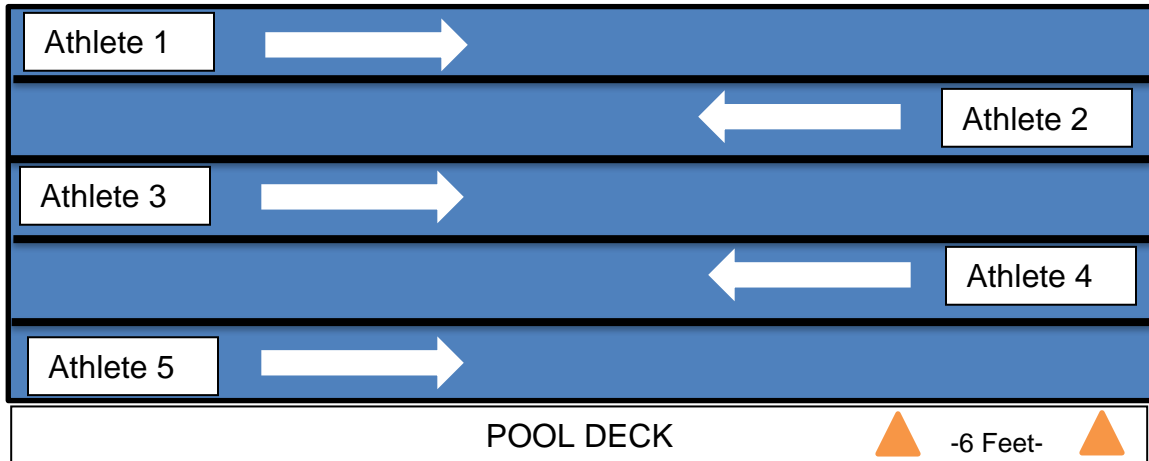
Coaches must follow the stricter of the facility guidelines or the following SONC guidelines.

- No more than 2 athletes per lane. See the instructions and diagrams below on athlete placement in the water.

- Coaches should mark designated athlete areas prior to practice where athletes can store their personal belonging on the deck.
- There should be no relay team practices.
- For dryland warm-up/cool-down it is recommended that coaches assign athletes a spot on the pool deck that is clearly marked and at least 6' of distance between spots.

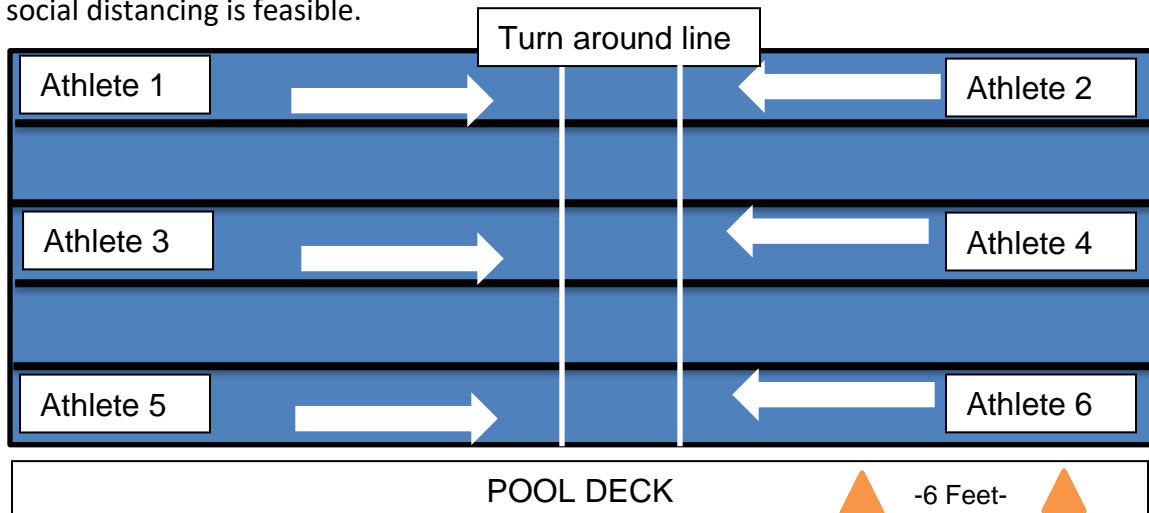
1 athlete in a lane:

- Athletes should stay in the middle of the lane to ensure proper social distancing.
- If pool lane is less than 6' wide then athletes should start on opposite sides of the pool, alternating lanes.



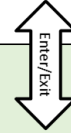
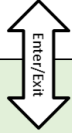
2 athletes in a lane:

- Athletes should be spaced out on each end of the pool. Designated athlete areas Store water bottles, bags, etc.
- There should be two clearly marked points in the pool where athletes should turn around and swim back to the edge of the pool. There should be 6 feet of distance between the lines.
- The turn around lines do not have to extend in the water. The coach may stand on the deck at the point in which athletes must turn around and verbally cue athletes to turn around.
- Coaches should use discretion when assigning athletes to pool lanes to ensure proper social distancing is feasible.

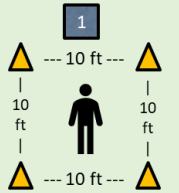


Designated athlete area
Store water bottles, bags, etc.

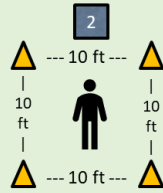
Plan B: General Fitness and Conditioning Practice



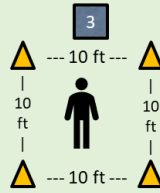
Conditioning, stretching and other activities



Athletes in 10'x10'
pods for exercises



Coach maintains 6' distance from
athlete and support personnel



Coach maintains 6' distance from
athlete and support personnel

