

## **RRHS Meet Procedures 2020**

### **Spectators:**

- Must wear masks at all times when within the pool fence/on deck
- There will be no restroom access for spectators, public restrooms are available at the local establishments
- No canopies or chairs permitted on deck, standing observation space only
- Spectators may set up tents and chairs in the parking lot outside of their cars
- All spectators must enter through the gate entrance in the far right corner of the facility
- Spectators may view racing on deck in the space from the entrance up to the locker room building. Please be considerate of others and move away from the spectating area after your child is done competing.

### **Coaches/Officials/Timers**

- Must wear masks at all times when within pool fences/on deck
- Coaches/Officials may enter through the main entrance at the front of the pool
- Restroom access available, no more than 2 people at a time
- Limited hospitality will be provided for officials only
- Coaches are responsible for making sure their team follows the safety procedures. Teams that are unable to follow the safety rules will not be asked back to any remaining meets.
- When speaking with athletes after a race, please keep the number of athletes on deck next to you at a minimum to help the flow of traffic.

### **Athletes**

- Athletes must wear masks at all times, unless warming up, racing, or cooling down,
- It is recommended that athletes bring a ziplock bag (with something to weigh it down inside) up to the blocks to store their masks in while they race.
- Athletes may enter through the main entrance at the front of the pool
- Restroom access available, no more than 2 people at a time
- Changing space inside restrooms limited to 2 athletes at a time; must be wearing masks
  - Athletes may bring chairs
- We will have designated space for each team, please monitor your space accordingly
- Teams may set up canopies in their designated space
- Athletes must remain in their team space during the meet (no mingling with friends on other teams)
- Athletes may wait behind blocks for their event no more than 1 heat prior to their race; if heat 3 is in the water only heat 4 should be behind the block. (Ex. Heat 1 on the blocks, Heat 2 waiting by the fence, Heat 3 waiting by the wall on the east side of the pool)
- Athletes must exit immediately to the side after getting out of the pool. No resting behind block area or asking for timers for their time.

**Warmup/Cooldown**

- In addition to designated warmups prior to the start of each session, the 20-yard south pool will be open during the meet
- Limit of 4 people per lane in the warm-up pool. Please remind your swimmers to be considerate and keep their warm-up to a minimum.
- Swimmers using this pool must be continuously moving
- Once stopped at a wall, the swimmer must exit the pool immediately