

# GMU Facility Rules

## Arriving to Practice

1. All parents will now be required to park their vehicle (In lots A or C) when dropping off and picking up athletes for practice. There will be no use of the fire lane for pick up or drop offs this year.
2. All people entering the GMU campus must wear a mask at all times
3. We will do daily check-in outside of the door, prior to entering the facility. At a designated team area.
4. No one is allowed to arrive more than 15 Minutes to check in time
  - a. Novice/ J.O. Check-in 5:15pm Monday- Thursday and Sunday 9:15am
  - b. Varsity Recreation Check-in 7:00 pm Monday- Thursday and Sunday 11:00am
5. **NO LATE ARRIVALS** will be admitted to the building
6. All athletes will still be required to have an GMU issued Bag tag
7. All movement in the Aquatic Center is directional, athletes will follow the “roadway” through the facility to the diving well.
8. Athletes will have designated spaces to place their equipment on benches in the Diving well
9. There will be **NO LOCKERROOM ACCESS**, so athletes must arrive with their swim suits under their warm up clothes

## Additional facility rules

1. There will be no access to drinking fountains or our Water cooler
2. The GMU Aquatic Center will be closed. Meaning it is only open to athletes and coaches.  
**Additionally, this means the facility will not allow parent spectators for the entire 2020-2021 season**
3. Athletes must maintain a 10-foot social distance at all times.
4. All lost in found items will be disposed of at the end of each day
5. Athletes Under the age of 12 will not be permitted until after evaluation trial period (predicted to start 2 weeks after initial start date)
6. Non-Adherence to these rules is zero tolerance and will result in a loss of privileges to train at the GMU Aquatic and fitness center

## **Mason Dive Academy Return to practice team guidelines**

1. Athletes must maintain physical separation of at least 10 feet.
2. There will be marks on deck at appropriate social distancing intervals.
3. Parents remain in their cars at drop off and pick up, and do not enter the building. Athletes only.
4. Parents must be ready to pick athletes up as soon as practice finishes.
5. Athletes cannot loiter in the parking lot.
6. Athletes arriving at the pool will need to be dressed for workout. No changing in the locker rooms.

7. Athletes must bring their own towel or yoga mat for stretching.
8. Upon entry athletes will report directly to check in area, and wait until symptom checks have been completed, we will enter the facility as a team, and they are dismissed to equipment drop off area.
9. Athletes who want to bring a water bottle must have their names clearly marked on the bottle and not share. Water fountains will be closed so there will be no refilling of water bottles at the pool.
10. Emergency Restroom use only by 1 person at a time. This is **strictly to use the restroom in an urgent situation**. Students should use restrooms at home before practice.
11. Athletes may not enter or exit the facility in groups. Social distancing must always be maintained.
12. Athletes should avoid touching their nose, eyes, or mouth.
13. Parents must take their child's temperature prior to bringing them to practice.
14. Athletes must stay home if they are sick, or if anyone else in their household is sick, and away from the pool and from fellow team members.
15. Athletes must follow the coach's instructions and stay on the marked deck spaces between turns.
16. Training sessions will be staggered to allow time to disinfect the common areas before the next group arrives.
17. A big part in keeping everyone safe and allowing us to return to practice is your and your student's help in following these guidelines. We ask for parents to convey the importance of these rules to your diver.
18. Athletes that do not follow these rules **will be removed** from the group and asked not to return without a refund of fees.
19. No Make ups will be offered for missed practices.

### **Mason Dive Academy Return procedures**

#### **Upon Arrival to the Diving Area**

##### **Phase 1**

1. All athletes must arrive in workout attire, wearing swimming suits underneath of their workout clothes
2. Athletes arrive and report to designated, diving area check in area
3. The marked positions along the back wall will be designated as a bag drop off area.
  - All personal items must remain in the athletes' bags for the duration of practice (Cell Phones, personal care products, etc. )
  - Bag Drop spots can be numbered and correspond to a warm up position

4. Athletes will be dismissed one at a time from the entry/exit area to proceed into the pool one at a time to drop off equipment bags on designated drop off benches
5. After dropping off equipment athletes move directly to designated warm up position

### **Phase 2**

1. All athletes must arrive in workout attire, wearing swimming suits underneath of their workout clothes
2. Athletes arrive and report to designated, diving area check in area. Athletes will be dismissed two at a time to designated bag drop off area.
3. The marked positions along the back wall will be designated as a bag drop off area.
  - a. All personal items must remain in the athletes' bags for the duration of practice (Cell Phones, personal care products, etc. )
4. After dropping off equipment athletes move directly to designated warm up area maintaining social distancing until dynamic warm ups begin

### **Phase 3**

1. All athletes must arrive in workout attire, wearing swimming suits underneath of their workout clothes
  - a. The marked positions along the back wall will be designated as a bag drop off area.
  - b. All personal items must remain in the athletes' bags for the duration of practice (Cell Phones, personal care products, etc. )
2. Athletes proceed into to the pool area directly to designated drop off area.
3. After dropping off equipment athletes move directly to designated warm up area maintaining social distancing until dynamic warm ups begin

### **Warm Up transition to Water**

#### **Phase 1**

1. Upon conclusion of warm up athletes will be dismissed one at a time to remove workout clothes to be placed into equipment bags
2. After completing changing, athletes will move to their designated dive stations and designated waiting position. Until the coach enters the coaching box and begins the water practice

#### **Phase 2**

1. Upon conclusion of warm up athletes will be dismissed in pairs, based on position of equipment bag and ensuring social distancing, to remove workout clothes to be placed into equipment bags
2. After completing changing, athletes will move to their designated dive stations and designated waiting position. Until the coach enters the coaching box and begins the water practice

#### **Phase 3**

1. Upon conclusion of warm up athletes will be dismissed as a group to remove workout clothes to be placed into equipment bags

2. After completing changing, athletes will move to their designated dive stations and designated waiting position. Until the coach enters the coaching box and begins the water practice

### **Transition from water to departure**

#### **Phase 1**

1. Upon conclusion of water practice athletes will wait at designated stations, to be dismissed individually for departure for the bag drop off area.
2. Athletes will proceed to the check in area
3. Athletes will be dismissed individually from the exit area to depart of the facility.

#### **Phase 2**

1. Upon conclusion of water practice athletes will wait at designated stations, to be dismissed two at a time for departure for the bag drop off area.
2. Athletes will proceed to the check in area
3. Athletes will be dismissed two at a time for from the exit area for departure of the facility.

#### **Phase 3**

1. Upon conclusion of water practice athletes will wait at designated stations, to be dismissed as a group to the bag drop off area and to depart the facility

### **Diagram Explanation Figure 1**

1. Per FINA/ USA/ AAU/ NCCA Diving Board installation requirements
  - a. The Diving end of the Diving board must be 7.2 Feet from the edge of the pool (GMU Is...)
  - b. Diving Boards must be 8.2 feet from the perpendicular pool wall (GMU is...)
  - c. Diving Boards Must be a Minimum of 6.5 Feet apart from each other. (GMU is....)
2. The Diagram below is based on 6 feet of separation between athletes.
  - a. Based on current CDC and GMU Tiger Team Report guidelines
  - b. The number of athletes can be adjusted as needed based on State and University guidelines on number of participants allowed in a given space through the duration of the social distancing guidelines.
3. The current diagram divides the diving boards into colored stations.
  - a. Each station will have a set rotation to maintain social distancing, during practice situations.
  - b. All Athletes exit the pool at a designated space for the station they are on.
  - c. Athletes then follow a que marked on the floor (Painters tape, cones, or yoga mat) to help staff visibly identify that social distancing is being maintained.
    - i. Red X's- Warm areas
    - ii. Green Board- 4 Athletes,
    - iii. Yellow Board- 3 Athletes
    - iv. Blue Boards (3 Meters)- 8 Athletes, the light blue triangles and arrows represent movements below the pedestal that holds the 3m diving boards.
    - v. Orange Board- 3 Athletes
    - vi. Purple Board- 4 Athletes
    - vii. Total- 22 Athletes\*
4. The red X's in bottom left are entry and exit que, to ensure proper social distance entering and exiting the diving area.
5. Blue boxes below the benches designate, equipment bag drop off slots
6. Hand sanitizer stations can be added between each set of 1 meters, and at the base of the 3 meter ladder if required.

\*Addendum – initial class capacities were based on area of pool deck, Not based on athletes per board.

Figure 1

A Side

B Side

Door

Door

Bench

Bench

Bench

Bench

Bench

