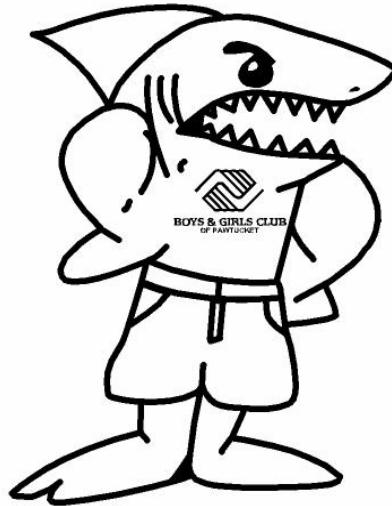




BOYS & GIRLS CLUB
OF PAWTUCKET

Sharks Swim Team Handbook



Fall/Winter 2020-2021

Introduction

Becoming a member of the Pawtucket Sharks is a great way for children to make friends, build confidence, learn to set goals, and be part of a team. Emphasis for new swimmers is on stroke development and building endurance. They will work on all four competitive strokes and develop the stamina to swim longer distances. More advanced swimmers will refine their strokes and work to improve their times. All swimmers will learn good sportsmanship, confidence, personal responsibility, and teamwork.

Eligibility Requirements

Children interested in joining the swim team should be:

- 5-18 years old;
- comfortable in the water (not afraid in deep water);
- able to swim 25 yards without stopping; and
- able to follow simple directions in a group setting.

Swimmers who do not meet these requirements can begin with our "Learn to Swim" program.

Coaches

Azzys Rodas, Azzys will be returning for her sixth year with the Sharks. She has been a lifeguard and swim instructor at the Boys & Girls Club of Pawtucket for several years and loves the pool and the members at the Club. She is looking forward to working with the team and fellow coaches and building a stronger team together this year!

Brian Silva, will be returning for his fourth year with the Sharks. He has worked as a swim coach and a Club staff member, and is looking to become more involved in the aquatics department this year as a coach and a lifeguard. He swam for the Sharks for 12 years and received many awards such as multiple All-Stars and Sharks Swimmer of the Year. He is excited to work with the team again this year and hopes for a great season!

If you have any questions or concerns to discuss with the coaches please do not hesitate to ask. The coaches are available before and after practice to talk to parents. Because practice time can be hectic we are more than happy to set up other times to meet with swimmers and parents. Outside of practice times, **please contact Lauren Lastrina, Director of Sports, Fitness, Recreation & Camp at 401-722-8840 x822 who can connect you with the coaches.**

Fees and Payment

2020-2021 Swim Season Fee - The fee for participation in the winter swim season is \$250.00 per child. This fee covers swim team costs such as equipment, pool maintenance, coaches and other expenses. We have a family discount for families with more than one child on the team: the first child pays full price and each additional child pays \$150.00. Additionally, for swimmers currently on their High School Swim Team, the registration fee is \$175.

Annual Membership Fee - In order to join the swim team each child must have a membership at the Boys & Girls Club of Pawtucket which is current through the end of the Swim Team season. The annual membership fee (\$40 for residents of Pawtucket and Central Fall and \$60 for non-resident) allows your child to participate in other Boys & Girls Club of Pawtucket programs.

Equipment - Each child must have a swimsuit and goggles at each practice and swim meet. Swimmers with long hair also need a swim cap. Swimmers will be provided with a team suit and cap which are to be used ONLY for meets, they must provide their own swimsuit and cap for practices.

Practice

Due to COVID-19, practices will be offered to stable pods of 16 or less swimmers. Swimmers will be assigned one pod for the entirety of the season. Practices are offered Monday through Thursday

evenings. Swimmers who arrive more than 15 minutes late without a note from their parent/guardian will not be allowed to swim at that practice. Swimmers should be on time for practice, but arrive no earlier than 10 minutes before a scheduled practice. Swimmers may NOT wait in the halls or outside unsupervised.

All swimmers are encouraged to attend as often as possible. If a swimmer cannot attend they must notify the coaches or Director of Sports, Fitness, Recreation & Camp of the absence. If a swimmer misses more than one practice (unexcused) the week before a meet, that swimmer will not be allowed to participate in the meet. Due to the uncertainty of the COVID-19 virus, we will be understanding and flexible with practice attendance as long as any conflicts are communicated with the staff.

Swimmers are grouped to the best of our ability by age and ability for practice. It is important that each child attends the appropriate practice. If you have any questions about which practice your child(ren) should attend, please contact the coaches for more guidance.

Practice Times

Monday - Thursday

5:00 – 6:30 – Monday/Wednesday - Swim Team Pod 1

7:00 – 8:30 – Monday/Wednesday – Swim Team Pod 2

5:00 – 6:30 – Tuesday/Thursday – Swim Team Pod 3

7:00 – 8:30 – Tuesday/Thursday – Swim Team Pod 4

*Additional dryland practices will be scheduled for each pod. Swimmers are expected to attend dryland practices the same as if they were scheduled for a practice in the pool.

COVID-19 Swimmer Drop-Off Procedures:

- Participants will enter through the **back aquatics** door of the Pre-Teen Center. Parking will be available in the lot at the top of the hill.
- Prior to entering the building, each participant will undergo a health screening at the door facilitated by a staff member. Parents/Guardians and all swimmers will be **required to wear a mask** during drop off, and any time a swimmer is not in the pool/shower.
- A staff member will take the child's temperature, taken with a non-contact thermometer. Staff will also observe their overall appearance for any signs of obvious malaise.
- If a child has a temperature over 100 degrees F they will not be allowed to enter the facility and will need to remain home from care until 72 hours from the end of said fever without the use of any fever reducing medications. In the event they are tested for COVID19 and it is positive, they will need to remain out of the program for 14 days or until they receive a doctor's note clearing them to return to swim.
- The staff member will review a laminated health screening form with the parent or guardian who will verbally affirm that no one in the household is ill, is being quarantined, has travelled out of state, etc. (This form is provided by the department of health).
- If anyone in their household has symptoms consistent with COVID, they will need to remain home from the program for the same duration as outlined above.
- A staff member will then certify the child is eligible to enter the facility and the child's arrival time on an attendance form.
- No parents/guardians will be allowed to enter the building however they are expected to stay until their child(ren) pass their health screening.
- The staff member will then escort the child to the assigned locker room to wash their hands
- At the conclusion of the drop off period, the assigned staff will contact the families of all absent children to find out if unscheduled absences are due to illness.

COVID-19 Locker Room Policies:

- The staff in the pool area will monitor the locker rooms so only 6 participants enter at a time (2 people per section)
- Each swimmer will be assigned a locker that they use everyday
- Each swimmer must shower with soap and water prior to entering pool
- Each shower will be sanitized after use

COVID-19 Practice Plan:

- 4 swimmers will be assigned per lane to maximize social distancing
- Each lane will have markers that are spaced 6 feet apart so swimmers are socially distant (for when they are listening to directions or resting)
- There will be no shared equipment; all equipment used during practice will be sanitized after use
- The lifeguards/coaches will wear plastic face shields or cloth masks
- Locker rooms will be sanitized before and after use with a bleach mixture
- Coaches will be responsible for spraying the showers, benches, bathrooms, the sinks, and the equipment.

Procedures if a Child Falls Ill:

- In the event that a child becomes ill, the child needs to be isolated from other children and as many staff as possible until a parent arrives to pick them up.
- The coach or staff member will immediately notify the director on duty who will be responsible for isolating the child and ensuring the parent/guardian is called
- The child will immediately be given a mask to wear and will be relocated to a designated area near the pool office.
- The staff member assisting the child should remain at least 6 feet from the child unless a life-threatening emergency arises.
- If the child's symptoms are consistent with symptoms of COVID19, RIDOH and/or RI DHS will be contacted by the director on duty for guidance on testing and quarantine procedures.
- Once the ill child has left the facility, the designated area near the concession stand will remain out of service until it is fully cleaned and disinfected.

Procedures If a Coach/Staff Member Falls Ill:

- In the event that a staff member becomes ill, they must notify the director on duty and need to either return to their home or seek medical attention immediately. They can only return after clearance from a doctor.
- The remaining coach assigned to the group will serve as the new head coach.

What to Bring to Practice:

Swimmers are expected to come to practice on time and ready to swim. Each swimmer is responsible for bringing the following to **every** practice:

- swimsuit
- water bottle
- swim cap
- goggles x 2
- towel
- face mask (must be worn any time swimmer is not in the water)

***Swim Meets**

*The Sharks Swim Team is part of the RIMA swim league. Due to the COVID-19 virus, swim meets will be formatted much different this year. At this time it is uncertain the exact logistics, but we will communicate with parents/guardians as soon as all of the details are worked out.

***Meet Organization**

Swimmers are grouped by age and gender for swim meets. There are five individual events and two relays for each age group. The age levels are 8 and under, 9-10, 11-12, 13-14, and 15-18. The age is determined as of October 1st of this year. Race distance is determined by age. The events at a swim meet are medley relay, IM, freestyle, backstroke, breaststroke, butterfly, and freestyle relay.

Swimmers should find out what events they will be swimming before the meet begins. Coaches will post the meet line-up as soon as it's available, but last minute changes may happen, so please be flexible. At meets it is **very** important for swimmers to stay in the area designated by coaches so they can be found when it is their turn to swim.

Preparing for a Meet

We want swim meets to be enjoyable to everyone. Swimmers can prepare for swim meets by getting plenty of rest, and having a healthy breakfast in the morning.

Swimmers should be prepared for all meets. Latecomers could miss the warm-up which is a very important part of a swim meet. Swimmers should bring the following to each swim meet:

- team suit*
- goggles x 2
- swim cap*
- towel (may want more than one)
- water bottle
- warm clothes to wear between events
- face mask to be worn any time swimmers are not in the water

**The team suit and cap are only to be worn at meets. They can wear out very quickly and we want them to last all season. Please take care of your team suit and cap and only wear them to meets.*

Parent/Guardian Involvement

The swim team is **very** dependent on parent/guardian involvement. Parents/guardians will be notified via email of any upcoming events. Due to COVID-19 parents/guardians may not be allowed in the building, however we may need your help and involvement in other ways so please be on the lookout for announcements!

Parents/guardians can also provide support and encouragement to their swimmers. Help your child set personal goals, and keep track of their progress. Encourage your child to develop good sportsmanship, and show responsibility.

Expectations

In order to create a safe and constructive atmosphere, we have expectations for all our swimmers. This season we ask that every child sign a behavior agreement. Below are the rules and consequences found in the behavior agreement. We ask that you look over the behavior agreement with your child and have them sign and return the bottom portion to a coach.

Pawtucket Sharks Behavior Agreement

1. I will show respect for my coaches by following directions and listening.
2. I will show respect for my teammates by practicing self-control. (Using polite words, keeping hands to myself, staying focused, behaving in locker rooms, swimming assigned events without complaint, and being on time and ready for events so as not to miss them.)
3. I will come to practice on time, prepared, and with a positive attitude.
4. I will practice good sportsmanship and encourage and support my teammates. I will be friendly and courteous to swimmers, coaches, and parents from other teams.

5. I will be responsible. I will take care of personal and team equipment and help clean up at the end of practice.
6. I will ALWAYS try my BEST.

We have rules to ensure that swim team is safe and fun for everyone. If my behavior becomes unsafe or disruptive there are consequences:

- Warning - The first time I break a rule my coach will remind me of the rule so I can make better choices.
- Sit out - If I continue to be unsafe or disruptive I will have to get out of the pool until the coach feels I am ready to continue practicing.
- Dismissal from practice - I will be asked to get out of the pool and get dressed. The coach may call my parents/guardians.
- Suspension - If my behavior continues to be disruptive I may be suspended, meaning I will not be allowed to practice or swim in meets for a certain amount of time.