



## Atlantic Diving Return to Dive Expectations and Procedures

This guide explains expectations and procedures for Atlantic Diving Team Divers as we return to dive. If a parent feels their child will not be able to abide by these expectations and procedures, they should not allow their child to attend practice.

### Expectations:

- ✓ All divers are to have hand sanitizer and are encouraged to use it prior to and after practice.
- ✓ Divers who are ill or have a family member who is ill will refrain from attending practice.
- ✓ Do not come to the facility if you have a fever or have felt ill in the last 24 hours. If you feel ill, please get tested and report positive tests to your coach ASAP.
- ✓ Athletes and families who travel during phase one and two will need to self-isolate for 14 days before returning to practice.
- ✓ Divers are expected to social distance (6 feet) as they come onto, move throughout, and leave the facility.
- ✓ ADT Coaches and Divers will follow CDC & USA Diving guidance on social distancing at diving boards.
- ✓ Parents / guardians / spectators are not allowed on pool deck. Only coaches and team administration will be allowed on deck.
- ✓ Bathrooms are for emergency use only. No changing or showering at the pool.
- ✓ Please bring water from home.
- ✓ No congregating in parking lot.
- ✓ Do not share gear or use community equipment.
- ✓ **Divers who do not follow these social distancing expectations will not be allowed to practice with the team.**

### Dive Practice Procedures

- Divers are expected to arrive 10 minutes before practice (if early, divers should remain in cars) and proceed directly to their coaches on deck location (to be provided before practices start).
- **When entering and while inside (or outside) the facility divers will maintain social distancing (6 feet).**
- Parents are not allowed on deck.
- Divers should come ready to dive in their swimsuits. The restrooms will not be used for changing.
- Divers will be assigned to a diving board by their coaches and should immediately go to their assigned board.
- At the conclusion of practice, divers should immediately gather their equipment and towel and leave the facility, being mindful to maintain social distancing of 6 feet.
- Parents must be ready to pick up diver when practice is over.
- Divers and parents should not congregate in the parking lot.
- **Divers who do not follow these rules will not be allowed to practice with the team.**