



Mercerwood Shore Club
Summer Dive Lessons 2020 - Phase 2
Guidelines for Safe Reopening of 2020 Dive Lesson Programming

Failure to adhere to these policies will result in the loss of ability to participate in dive lessons and the possible rescinding of other member privileges.

Background

MSC Dive is a novice program designed to introduce young people to and encourage their enjoyment of diving in a safe and positive environment. Lessons are for children ages 5 – 17 who can swim at least 25 meters (length of pool) freestyle.

Schedule - July 6- August 7:

Mon-Fri 5-7:15pm:

- 5:00 - 5:30pm 8 & Under
- 5:35 - 6:05pm 10 & Under
- 6:10 - 6:40pm 11 & Older
- 6:45 - 7:15pm "Make Up"
- Each practice will be limited to 5 divers and 1 coach at a time
- High touch surfaces (rails, ladders) will be sanitized between each session

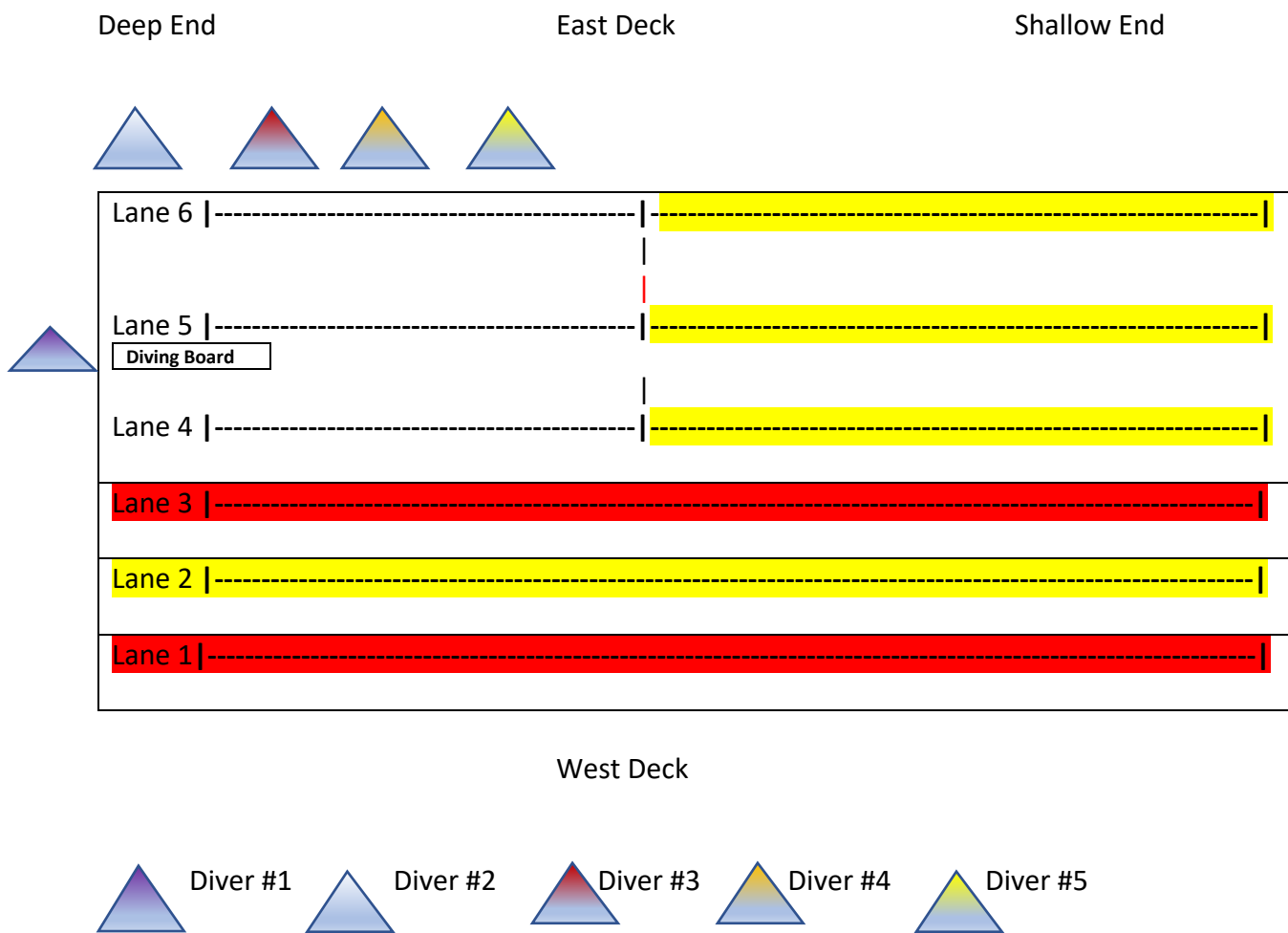
Arrival/Departure

- Parents must drop off divers, there is no gathering on the deck at this time
- There will be no access to the clubhouse, including locker rooms
- Access to pool will be through metal gate located at the south end of the upper terrace (next to the parking lot) - [link to entry / exit plan](#)
- Exit will be through metal gate located at north end of upper terrace (near the BBQ's)
- All divers need to arrive wearing a mask and do not remove the mask until told to do so by the instructor
- The bathrooms will be closed except for family restroom minus the shower
 - An outdoor shower for rinsing off will be available
- Have your swimsuit on by the time you arrive
- Do not congregate before or after with your teammates and remain 6-feet apart.
- Do not attend if you feel sick, or if you have been exposed to anyone who is known to have COVID-19
- Divers must stay home if they:
 - Have been diagnosed with COVID-19 (have not recovered or are still within the required 14-day quarantine).
 - Have had a fever within the past 3 days (72 hours) without the use of fever reducing medications.
 - Have had respiratory symptoms (e.g. cough, shortness of breath) within the past 3 days (72 hours).
 - Started having symptoms within the past 10 days.

- Have had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).
- Only registered divers whose parent/guardian has signed the [Waiver of consent and commitment to MSC reopening policies](#) may participate
- [Link to 2020 Summer Dive Team Registration](#)

During the Lesson:

- To ensure social distancing, there will be 1 diver on the board and 4 in “line”, a minimum of 6 feet apart
- Divers in the water will exit the water when told to do so by the instructor and the other divers will advance to the board by lining up with a colored cone spaced six feet apart on the side of the pool
- No hands-on assistance will be provided by the instructor. They will remain 6 feet apart from all divers.



- Diver #1 on the board
- Divers #2 - #5 wait their turn in the water at the designated cone and rotate towards the board after each diver (cones will be at least 6' apart)
- Coach is on deck