

The Mission Viejo Nadadores, under the watch of head coach Mark Schubert made a return to practice on Friday after a month and a half out of the water due to the coronavirus pandemic.

Schubert and the club were given the go-ahead to practice by the city of Mission Viejo and USA Swimming as long as they adhere to strict social distancing guidelines.

**USA Swimming says that they “do not prohibit practice at this time, but if teams conduct practice, they must follow all local, state, and federal public health guidelines.”**

Schubert, who has coached at seven Olympic Games and returned to coach at Mission Viejo in 2016 (after serving from 1972-1985), provided SwimSwam with all of the rules and guidelines the Nadadores are following in their return to practice at the Marguerite Aquatics Complex.

#### MISSION VIEJO RULES AND GUIDELINES

- Swimmers arrive 15 minutes early for practice (2:45 pm or 4:45 pm).
- After leaving their respective cars, athletes walk in separately, 10 feet apart.
- Parents stay in their cars, and do not enter the pool gate. Athletes only.
- Athletes arrive at the pool prepared to swim. No locker-rooms, showering or deck changing. Athletes are to wear their suit to the pool.
- Athletes enter the 50m pool deck at the swim school end, depart at the dive pool end.
- Athletes immediately report to their assigned lanes and put their belongings at the end of the lane near the fence.
- One swimmer per lane. Swimmers must stay and swim in the center of the lane (six feet apart)
- Locker rooms will remain locked. If swimmers use the swim school toilets they must clean it thoroughly following use.
- Depart the practice immediately before the next group arrives.
- Athletes cannot loiter in the parking lot at MAC.
- Parents must be ready to pick athletes up as soon as practice finishes.
- Athletes must exit ten feet apart.
- Swimmers that do not follow these rules will be removed from the group.

They're swimming in the pool short course, so they can swim 18 at a time with 1-per-lane. So far, the program's elite athletes are the ones back in the water.

With the release of the USA Swimming document, we will likely see clubs across the United States slowly make a return to the pool over the coming weeks while adhering to all applicable guidelines.