

USA Artistic Swimming

Social Distancing Practice Layouts



Document Notes:

This document is only meant to provide practice structure guidelines for club leaders and facilities. Each club and facility will have to adapt this plan to fit their facilities specific needs and set up.

The spacing shown on the diagrams is specifically for skill work.

No physical contact between swimmers, this includes lift or close pattern work.

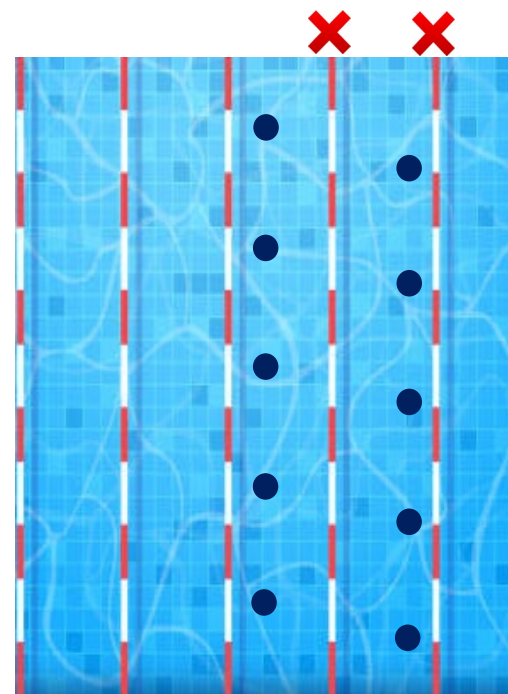
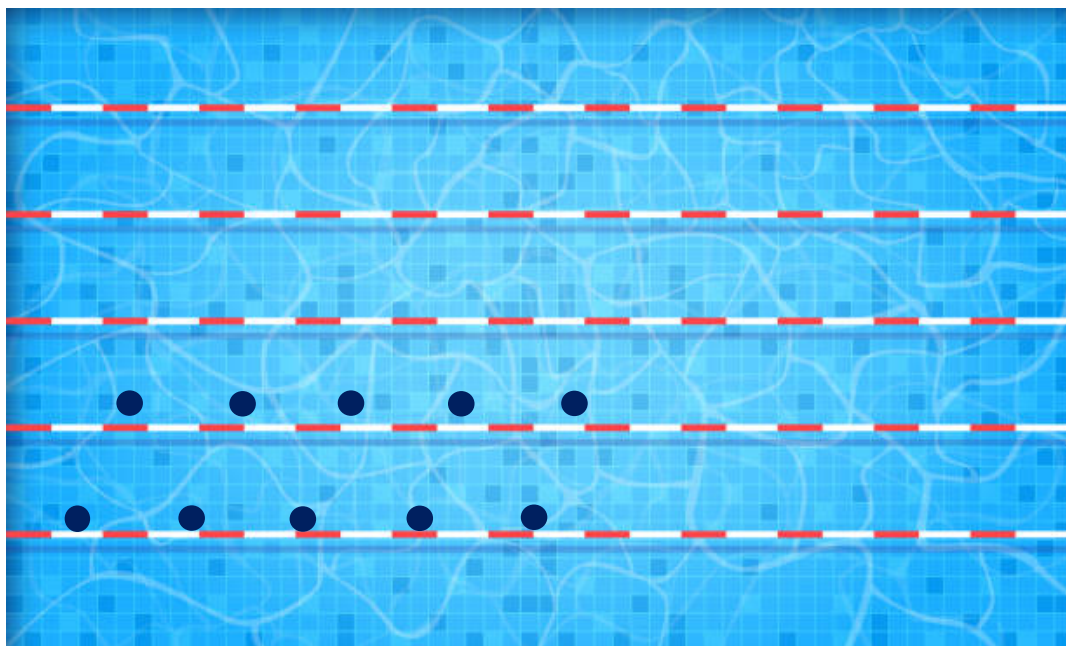
No physical contact between swimmers and coaches.

Coaches should closely monitor weaker swimmers who would normally be coming into the wall often.



Social Distancing Practice Layout 25 or 50 - Meter, 6 - Lane Pool

- These practices are designed for up to 10 Swimmers but can be modified to fit the number of swimmers specific to a team.
- Lane lines are left in the image below as distance markers. Lane lines would be removed for practice as attainable.
- Remove two lane ropes (short & long course) for total of three lane space for practice. ❌
- Swimmers must maintain 6' from each other and recommend 9' from walls for safety ●

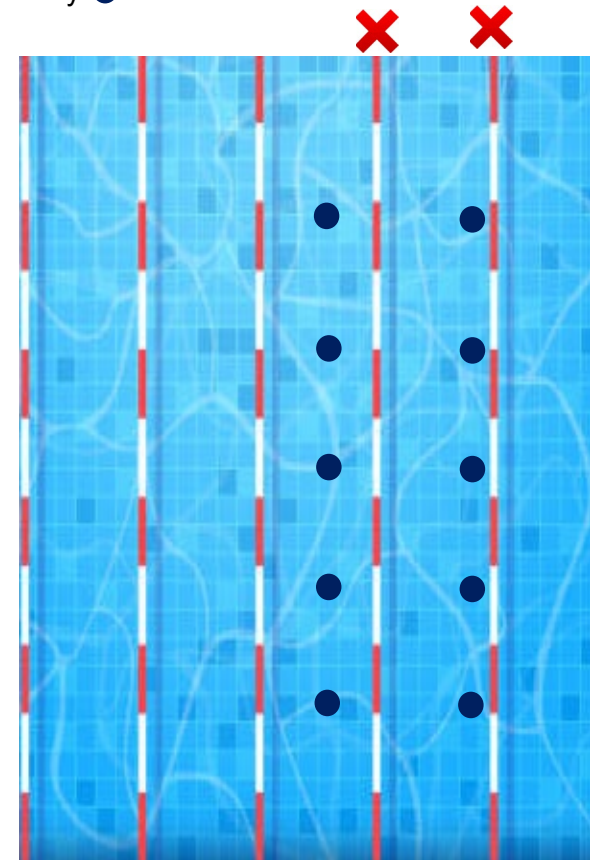
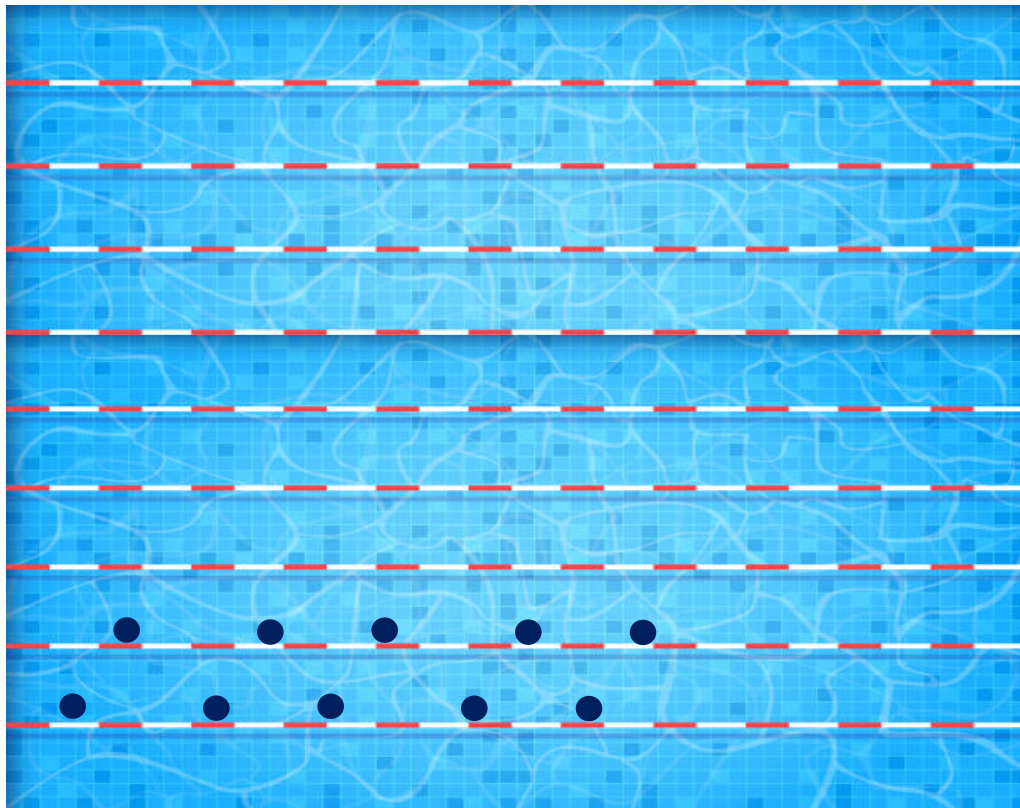


↔
8' lane
width



Social Distancing Practice Layout 25 or 50 – Meter, 10 – Lane Pool

- These practices are designed for up to 10 Swimmers but can be modified to fit the number of swimmers specific to a team.
- Lane lines are left in the image below as distance markers. Lane lines would be removed for practice as attainable.
- Remove two lane ropes (short & long course) for total of three lane space for practice. ❌
- Swimmers must maintain 6' from each other and recommend 9' from walls for safety ●



8' lane width



Social Distancing Practice Layout 25 or 50 - Meter, 4 - Lane Pool

- These practices are designed for up to 10 Swimmers but can be modified to fit the number of swimmers specific to a team.
- Lane lines are left in the image below as distance markers. Lane lines would be removed for practice as attainable.
- Remove two lane ropes (long course) for a total of three lane spacing for practice ❌
- Remove four lane ropes (short course) for a total of five lane spacing for practice ❌
- Swimmers must maintain 6' from each other and recommend 9' from walls for safety ●

