



## Natomas High School Water Polo

### The daily schedule will look as follows:

- Monday - Friday
- Pod 1 (pod of 10 athletes) 4:00 pm - 5:45 pm
- Pod 2 (pod of 10 athletes) 6:00 pm - 7:55 pm

### Flow of admission:

- Athletes will enter campus through the Tennis Court gates.
- Athletes will participate in the pre-screening process. (see below)
- Athletes will enter the pool area through the Field house gates.
- Athletes will exit practice through the deck gates leading to the basketball courts and through the health center gates.
- Designated bathrooms used for handwashing and during practice will be in the Field House.

### Pre-Screening

- Athletes will enter the pool area through the Field House gates.
- Athletes must have all documents completed and cleared by the Athletic Director prior to completing the pre-screening process.
- Pre-screening station will be located outside the Field House snack bar, and include:
  - Athletes will have their temperature taken
  - Athletes will complete the pre-screening survey.
  - Any athlete with a temperature over 100.1 will be unable to participate for 14 days and administration will be notified.
- Once the athlete is cleared, athletes will be sent to the designated Field House restroom to wash hands.
- Athletes will be lined up using social distancing to wash their hands.
- Once athletes have washed their hands, they will proceed to the pool area.

### Phase 1

- Athletes will maintain social distancing during practice.
- Coaches and athletes will wash their hands prior to and after practices

- Facemasks are currently not being required, however if athletes choose to wear facemasks they may.
- Coaches are recommended to wear facemasks at all times.
- Only one athlete will use the restroom at a time. Designated bathroom will be in the Field House bathrooms.
- Athletes will be grouped into pods of no more than 10 athletes. They will stay in their pods throughout the duration of Phase 1.
- Pods can access the pool and weight room as needed while meeting the safety guidelines.
- Athletes will supply their own water bottle.
- Athletes will place their bags in designated areas that are spaced out 6 feet apart.
- Practices will consist of weight training, conditioning, and individual skill development.
- For weightlifting time, please see the Natomas High Weight Room Plan

## Water Polo Flow Map

