

Manatees Restart FAQ

Frequently Asked Questions (and answers) about restarting Manatees team practices.

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When do MAM practices start up again?

Monday Sep. 14th at 5:30 am!

What are the MAM practice hours now?

MWF -- 5:30 am, 6:30am, 7:30 am, 8:30 am

TuTh -- 5:30 am, 6:30 am, 7:30 am

Sa -- 6:00 am, 7:00 am, 8:00 am, 9:00 am, 10:00 am (no 1-½ hour practice)

Su -- 8:00 am, 9:00 am

Do I have to sign up in advance to swim? How do I do that?

Yes, you have to sign up in advance. If you're not on the roster, you won't be allowed to swim. We will use [SignUpGenius](#) for all practice sign-ups.

Additional information regarding SignUpGenius can be found in the SignUpGenius FAQs. We are working on a plan to move to a partially fixed schedule, instead of open weekly sign-ups.

I'm not able to sign up for swims, help!

You must be a full-time, current (paid) MAM member to sign up for swims.

Also, when using SignUpGenius, you must use the email address that MAM has on record for you.

Using a different email address won't work.

If you still can't get in, please email manateesboard@googlegroups.com for help.

How many swims can I sign up for?

When the sign-up first opens on Wednesdays at 7:00pm, you can sign-up for two swims.

On Thursday at 7:00 pm, we'll open up sign-ups for a 3rd swim per person. If available, you can sign-up for a 4th spot on Sundays at 7:00 pm and a 5th spot on Mondays at 7:00 pm.

How do I change or cancel a swim I signed up for?

While you don't need to log in to your SignUpGenius account to sign up for swims, you DO need to log in to change or cancel your swims.

If you can't log in to your SignUpGenius account, please see the next question (SignUpGenius help).

When you log in, you should see the "Sign Ups" page. If not, click on the little circle with your initials in the upper right-hand corner of the page and click "Sign Ups" from the drop-down menu.

For each of your swims, you can click on the pencil icon to edit it, or the "X" icon to delete it.



I need help with SignUpGenius.

Please take a look at the “SignUp Sheet FAQ” email that went out to the team on Sunday 9/6, it may answer your questions.

I need more help with SignUpGenius.

Please email manateesboard@googlegroups.com if you're stuck. SignUpGenius also has their own support -- click on “Help” or “Contact Us” at the bottom of the page.

What's the process to enter the pool?

When you arrive at the pool, line up 6 feet apart outside the front door, 5 minutes before the practice start time.

Please be on time, no late entry allowed. **The pool doors will be closed 5 minutes after practice starts.**

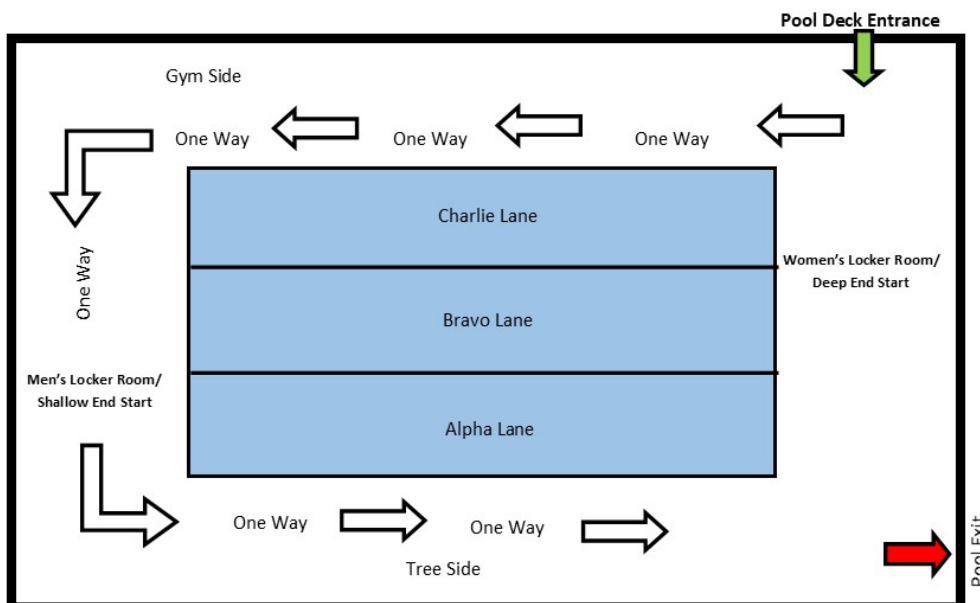
The locker rooms are closed and there's no deck changing, you must arrive with your suit on.

The coach will take your temperature with a no-contact thermometer and let you in.

There will be areas on each side of the deck for you to drop your non-swimming things (clothes, keys, etc). The coach will tell you on which side to leave your things. Please stay 6 feet apart from other swimmers while on deck.

All of your swim gear (fins, paddles, etc) must be contained in a mesh bag or similar, don't leave anything out on deck not in a bag. There will be a marked spot on deck for each swimmer's bag. Wear your face mask until you get into the water, and put it back on right away when you get out. The coach will also tell you which side of the pool to enter the water; two swimmers will start at each end of the double-wide lane.

These are Alameda County and ECCL rules and are non-negotiable.



Can I join the workout if I show up late?

No, the entry process is very strict and you must be on time. Swimmers should line up outside the front door at least 5 minutes before the practice start time, and the pool doors will be closed 5 minutes after practice starts. These are Alameda County and ECCL rules.

Can I join the workout if I'm running a temperature, or have other possible Covid-19 symptoms?

No, if you're running a temperature you will not be allowed in to practice.

Also, the [MANATEE AQUATIC MASTERS COVID-19 Liability Release](#) that you signed in order to swim says:

"I agree that if I have a fever, cough, feel short of breath or am experiencing any other symptoms or have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend any of the Activities for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the coach or club administrator immediately."

Please be responsible, and protect your teammates (and their families, housemates, and friends) from possible exposure to Covid-19.

Can I show the coach my temperature on my smart phone or watch?

Yes, if your phone or watch are capable of taking your temperature, you can show that to the coach instead of getting your temperature taken with the no-contact thermometer. This might speed up the entry process a bit.

Can I leave my fins or other swim gear loose on the deck?

No, all of your gear must be contained in a mesh bag or similar, in your designated spot on deck.

What's the process to exit the pool?

MAM practices will run for 50 minutes, so you'll have 10 minutes to get out of the water, pick up your things, and exit the pool building.

The next workout can't start until all of the previous swimmers have exited, so if you need more time please be considerate and get out early.



Put on your face mask as soon as you get out of the pool, and stay 6 feet apart from other swimmers while on deck.

Exit the pool through the back door (by the shed) with your suit on; there's no changing on deck and the locker rooms are closed.

What if I need more than 10 minutes to gather my things and exit the building?

Please be considerate of your fellow Manatees and leave the workout early if you need extra time. The next workout can't start until all of the previous swimmers have exited.

Can I exit through the front door instead of the back door?

No, you must exit through the back door, so staff can do entry checks for the next group of swimmers without interference.

If you're not able to use the stairs at the back exit, talk to the coach and we'll make accommodations.

What if I need to use the bathroom?

The "family bathroom" off the ECCL lobby will be open (one person at a time).

The locker rooms and bathrooms will be closed.

Can I shower before or after practice?

No, there are no showers available. The locker rooms will be closed.

Please show up ready to get in the water (no deodorant etc).

Can I change into or out of my swimsuit at the pool?

No, the locker rooms will be closed and there's no deck changing.

Please show up with your suit on, and leave with your suit on.

Is a face mask required anytime I'm not in the water?

Yes, it's required by Alameda County. You must wear a face mask at all times when not swimming.

I'm worried about Covid-19. How can I swim safely?

Please refer to the CDC guidance on this issue:

<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>

It is important to protect yourself by

- (1) wearing a mask over your nose and mouth at all times when not in the water
- (2) keeping a safe distance (minimum 6 feet recommended) from other people
- (3) touching as few surfaces as possible
- (4) not lingering on the pool deck or congregating outside the pool.
- (5) While swimming, keep an appropriate distance from your lane-mates (see the next question)



- (6) Wash your hands or apply hand sanitizer before and after workouts
- (7) You may want to have conversations with your lane-mates about their Covid-19 safety procedures

But ultimately, each individual must decide how comfortable they are in any activity including participating in swims.

How do I keep a safe distance from my lane-mates during swims?

MAM will be following the Alameda County rules for swim team workouts:

- Four swimmers per double-lane, circle swimming only
- Two swimmers start in the deep end of the pool, two swimmers start in the shallow end of the pool
- Swim down the middle of one lane (on the center line), make a wide turn at the wall, and swim down the middle of the other lane
- Absolutely no passing
- When waiting in pairs at the wall, such as between sets, each swimmer should be in the center of one lane (on the center line)

What's our detailed Social Distancing Policy?

Here is the [Social Distancing Policy](#) that you signed in order to swim.

How will I hear the workout from the coach?

The coach will be on the side of the pool, in the middle. You should be able to hear the workout from whichever side of the pool you're starting from.

Will the pool be closed if air quality is bad? How will I know if practice is cancelled?

ECCL will close the pool if the AQI (Air Quality Index) is 150 or above, based on the AirNow website at <https://fire.airnow.gov>. The on-deck coach will send out an email to the team as best they can, but since conditions can change quickly, they may not be able to make the call until at the pool shortly before the first practice. So, please check the AirNow webpage and use your best judgement whether or not to go to the pool; if the AQI is close to 150, it's likely that practice will be cancelled.

I have a question that's not answered here.

Please email manateesboard@googlegroups.com and we'll get you an answer.

