

Health and Safety Guidelines

- Parents, please monitor your child's health. Be aware of frequent symptoms and take your child's temperature.
- ANYONE FEELING ILL OR WITH FEVER SHOULD STAY HOME.
- If someone becomes ill or has been in contact with an ill person, notify the team/coaches immediately.
- If you are early for practice, please wait in your car.
- No one who is not practicing will be allowed inside the gate. (This means no parents, siblings, other swimmers, or ride providers.)
- Parents, if you are waiting outside, try to maintain distancing and wear a mask when possible.
- Swimmers will enter the pool area through the gate at the snack bar and exit through the gate near the pavilion (far end of parking lot).
- Swimmers will be assigned an area to put their bags at physically distanced spaces rather than congregating at the picnic tables.
- Avoid using the restrooms and locker room areas.
- A board member/parent will be at the picnic tables during practice to enforce these guidelines.
- Coaches and board members will wear masks when unable to maintain social distancing. Swimmers are encouraged to do the same. No masks will be permitted in the pool.

During practice . . .

- Be aware that the chlorine levels may be higher than normal (as suggested by USA Swimming).
- We will maximize spacing during practice by starting at both ends of the pool and increasing the number of practice groups/opportunities.
- Swimmers will remain in the same lanes with the same people to limit possible exposure.
- No water bottles on deck
- ABSOLUTELY NO SPITTING! (I know this sounds obvious, but it was a thing last summer. They really like to spit water at each other.)