

Hillenbrand Facility Practice Guidelines

To continue to ensure the safety of our athletes, coaches, and families we ask that you follow these guidelines:

Before Practice

1. All swimmers who display any symptoms of illness or are feeling unwell should remain at home. See Covid-19 policy. Any swimmer who shows up feeling unwell will be asked to leave.
2. Swimmers are recommended to arrive at the pool in their suit, ready to start. **No bathroom/locker room use before 4:45PM M/W/F on deck due to UA Athletes. Masks are to be worn in the locker room unless in the showers.**
3. When outside swimmers are only required to wear a mask if social distance cannot be maintained. **Masks are required upon entry and exiting through the building**
4. Swimmers are to enter the facility through far-right front door at the start of practice.
5. There will be no physical contact between swimmers and/or coaches at any point throughout the practice session.
6. Parents may watch practice from the facility stands but **are not allowed** on deck or in the locker rooms. Please use family restroom in the Northeast corner if needed. Any parents are asked to wear a mask if social distance cannot be maintained inside the facility.

Dryland

1. Dryland will take place in the breezeway between McKale and Hillenbrand for Edge/Expedition and on the pool deck for Mustang and Raptor.
2. Tennis shoes are to be worn for all dryland sessions, and swimmers will maintain social distance.
3. Masks are worn at swimmers discretion while maintaining social distance.
4. It is recommended to bring your own yoga mat or towel, as we will not be utilizing or sharing mats.
5. Don't forget your water bottles

After Practice

1. Swimmers will mask up to change in the locker room or to exit the facility.
2. There will be no lingering to socialize after practice in the facility. Locker rooms and facility will close **10 minutes** after the end of the last FORD practice.
3. Parents should pick swimmers up on time.

Drop off/Pick up

1. Parents may use the facility parking lot for pick up and drop off. Drive slowly and drive around in a **counter clockwise** direction to maintain the proper flow of traffic (see graphic below)
2. The parking lot is **permit only from 7AM-5PM** and **you will be ticketed** if parked during those hours.
3. There are parking meters available around in the vicinity.

Pick Up/Drop Off Here

