



**RETURN TO SWIMMING GUIDELINES
SWIMMERS & PARENTS
VERSION 3.1 – July 7, 2020**

All swimmers and families participating in Stage 1 Return to Swimming are asked to adopt the philosophy of:

ARRIVE - TRAIN – DEPART

1. Pre-Practice at Home
 - a. Swimmers are required to fill out their online health questionnaire before coming to the pool. Stay home if sick or experiencing any published COVID-19 symptoms.
 - b. Participate in any Zoom meetings online with coach and pod to go over practice plans.
 - c. Eat before you come - no food on premises.
 - d. Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
 - e. Thoroughly wash and fill water bottle at home
 - f. Bring filled water bottle(s).
 - g. Bring thoroughly washed equipment.
 - h. Use the washroom at home
 - i. Bring Hand sanitizer and a mask
 - j. Bring all your gear in your storage bin (no swim bags)

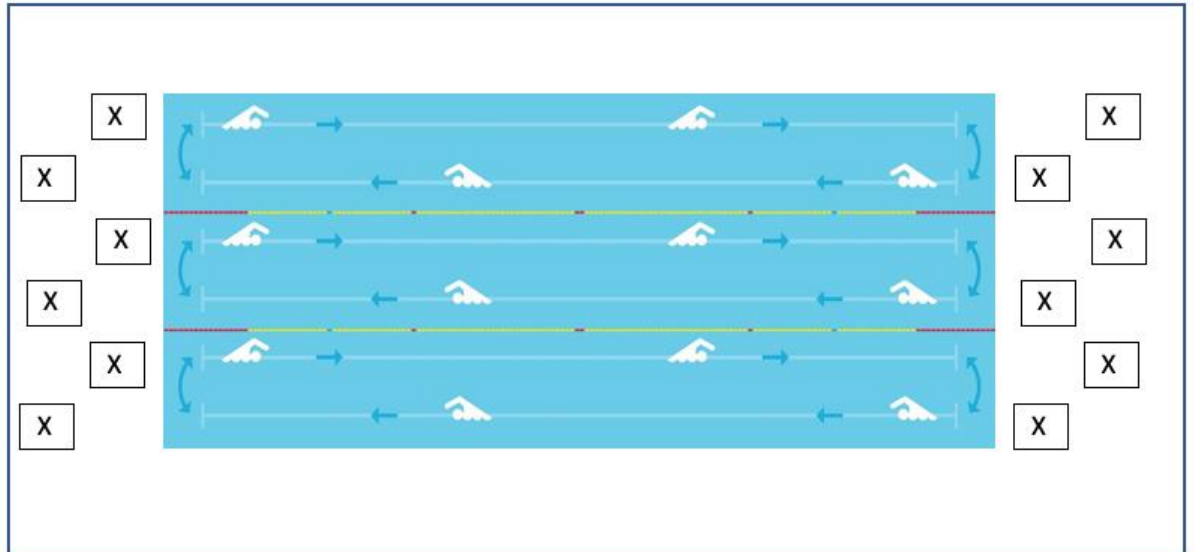
2. Transportation to/from pool:
 - a. no car-pooling with anyone outside your family bubble
 - b. plan arrival for no more than 10 minutes prior to published practice start time
 - c. come wearing bathing suit and appropriate outer wear, i.e., tracksuit
 - d. when waiting in parking lot ensure there is adequate space between the vehicles to the greatest extent possible.
 - e. put on face mask before exiting your vehicle, and leave on until just before water entry
 - f. parents: drop-off and pick-up ONLY. No spectator access.
 - g. Designated parents may be acting in volunteer capacities such as screening, traffic flow, cleaning processes and safe sport observer. No other parents will have facility access.

3. Before practice (ARRIVE):
 - a. Proceed to designated entrance, observe all physical distancing markers while waiting to answer any screening questions or other protocols as designated by CAJ or City staff.
 - b. Carefully read and strictly follow all facility signage
 - c. Touch as few surfaces as possible and bring personal hand sanitizer for use before and after practice
 - d. Keep your hands on your storage bin
 - e. No change room access except to access the shower before the start of practice. Shower access is limited by the City of Cambridge to 1 swimmer at a time. The shower is NOT accessible at the end of practice.
 - f. Wear face mask until just before water entry, place in re-sealable plastic bag before practice, put on at conclusion of practice
 - g. proceed to designated personal grid space on the pool deck or in stands to remove outerwear and place personal belongings in your bin (observe proper physical distancing of 2m)



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- h. await instruction in personal grid space before moving to pool side and assigned lane

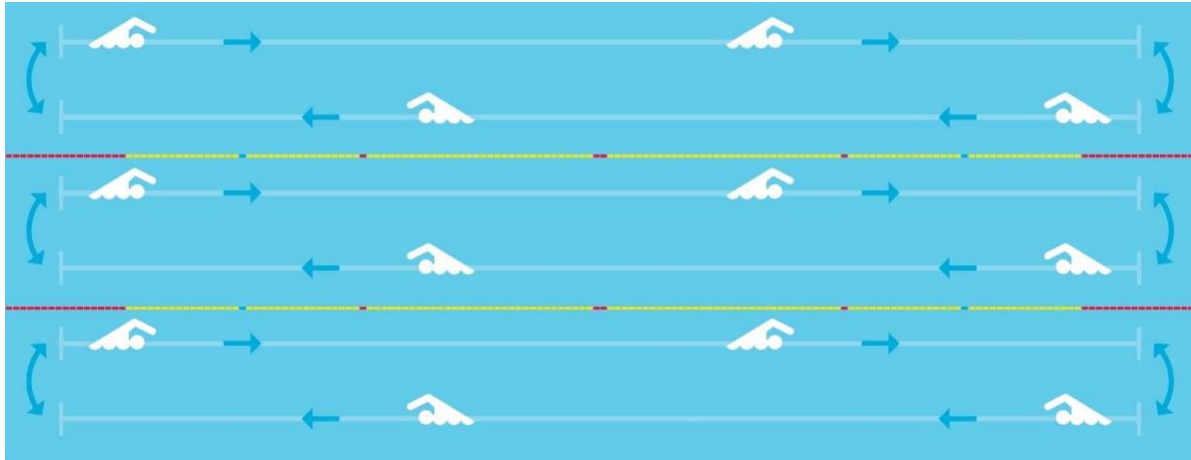


- i. equipment goggles, cap, water bottle (water bottle filled at home), NO FOOD
 - j. await practice instructions, to be given 2 lanes at a time, observing proper physical distancing of 2m
 - k. if bathroom required, hands and all bathroom surfaces must be sanitized before re-entering pool
4. During practice (TRAIN):
- a. Stay in assigned lane
 - b. NO spitting, blowing nose, or urinating in pool and NO squirting liquid from water bottle
 - c. If coughing or sneezing, do so into arm/elbow
 - d. NO touching or sharing of another swimmer's equipment
 - e. NO congregating at wall between repeats (observe proper physical distancing of 2m, i.e., the width of a lane)
 - f. Observe all station markers (traffic cones on pool deck, markers on pool bottom)
 - g. If starting/stopping from middle of pool, no touching lane ropes between repeats (tread water)

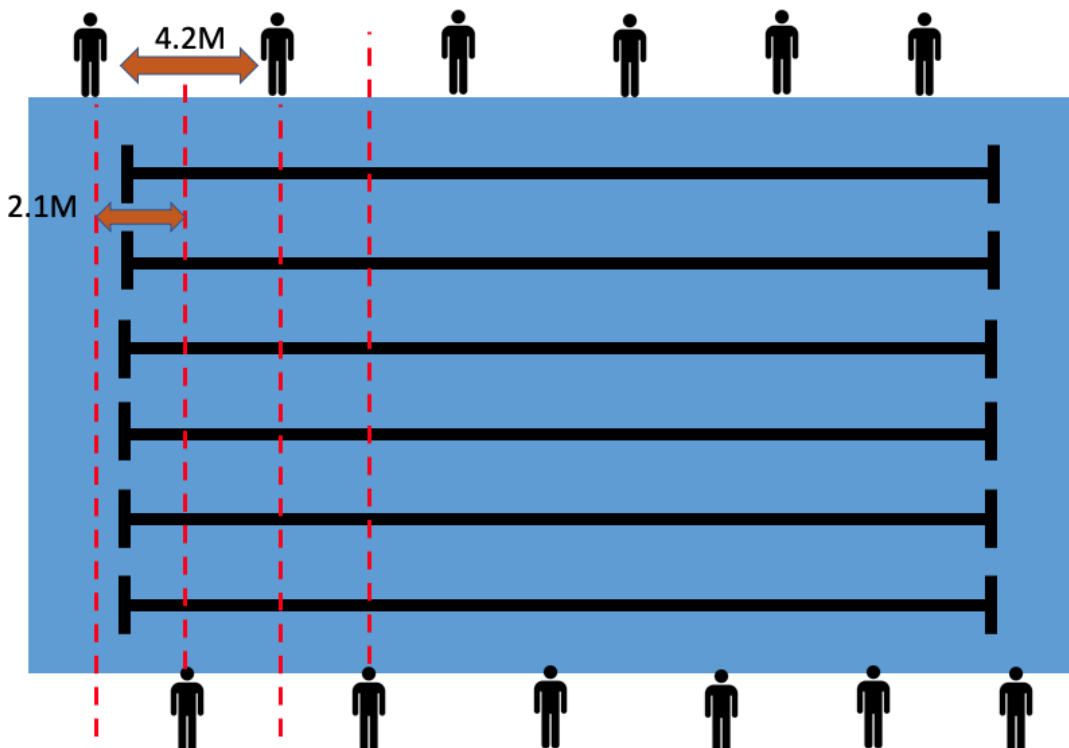


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For John Dolson Pool : 4 swimmers every 2 lanes, staggered swimming.



For Ed Newland Pool: Width swimming, six starting at one side, six starting at the other side. This maintains 4.2M of separation on deck and 2.1M separation when passing swimmers.



5. After practice (DEPART):

- Return to personal grid space at end of practice with all equipment, put face mask on, dry off, put on outer wear, pack up your bin, move to designated exit, all while observing proper physical distancing of 2m and all physical distancing markers. NO congregating with teammates at the end of practice.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment.
- Participate in Zoom meeting for post practice debrief if required.