

Medical Release Waiver & Liability Waiver

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the **Harris County Aquatics Program** to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge **Harris County Aquatics Program** and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **Harris County Aquatics Program** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my children is (are) physically fit and capable of participation in all Swim Team activities.

By registering my child(ren) with the **Harris County Aquatics Program**, I agree to participate (or allow my child(ren) and family members to participate) in the **Harris County Aquatics Program**, and hereby release **Harris County Aquatics Program**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Harris County Aquatics Program**, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **Harris County Aquatics Program**.

Harris County Aquatics Program

CONTRACT AGREEMENT

For Parent or Guardian

Listed below are the responsibilities required of all HCAP parents. Parents must comply with each in order for your child(ren) to participate in the Harris County Aquatics Program (HCAP) as a USA swimmer.

1. I will participate at meets by assisting with timing or any area needed by HCAP.
2. I will assist in transporting the tent and all other equipment when necessary or when called upon.
3. I am responsible for the conduct and actions of my child(ren)'s behavior at any and all meets, practices, or any HCAP function.
4. I understand that at any time my child(ren) misbehave or conduct themselves in a manner unbecoming or disrespectful to themselves or HCAP, that child(ren) is subject to immediate dismissal from the team upon coaches' discretion.
5. I understand that my child(ren) should always wear HCAP attire when representing the team.
6. I am responsible for turning in any and all meet entries and fees to the designated HCAP Entry Chairperson at the designated time and in the manner designated by my child(ren)'s coach.
7. I will assist with any and all fundraisers pertaining to HCAP.
8. I will be responsible for the arrival and departure of my child(ren) to any and all practices and meets on time and consistently.
9. I am responsible for my child(ren) attending any and all meets in and out of the city limits.
10. I understand that in the event that HCAP provides transportation to any swim meet, I as the parent must either accompany my child(ren) or provide specific supervision by another adult and this will be stipulated in writing and signed by both parties.
11. I understand that it is the parent's responsibility to assist in keeping any and all facilities that the HCAP children use (i.e. swim meets, practices) clean and orderly.
12. I understand as a parent that I should conduct myself as a positive role model for our children and will do so accordingly.
13. I understand that at any time should the coaches request my departure from the deck or facilities during practice, I will honor that request.
14. I understand that I am only allowed on the pool deck at swim meets, when I am acting in an official capacity as a timer or performing any other requested duties by officials or coaches at swim meets.
15. I understand that in the event that my child(ren) attend any swim camp or swim meet that the HCAP team is ***not*** participating in, the coaches must be informed and must agree to his or her participation while they are under the registrations of the HCAP team.
16. I also understand and agree that I will participate in ALL meetings called by the coaches or parent groups at all times, unless there is a mutual agreement between the coaches and/or the parent groups. In case of my absence, I will be responsible for finding out the details of said meeting and will make myself available for any areas in which assistance is needed.
17. I understand that I am not to intrude, interrupt, or interact with the coaches or my child(ren) during daily practices and swim meets.

I hereby agree to and understand all of the above stipulations. Failure to comply could result in the dismissal of my child(ren) from the HCAP USA swim team at the coaches' discretion.

Harris County Aquatics Program

CONTRATO DE ACUERDO DE LOS PADRES

Esto son las responsabilidades de todos los padres de HCAP. Los padres deben conformarse con estos requisitos en orden para que su ni?o(s) tome parte en el equipo de Harris County Aquatic Program (HCAP) como un nadador de USA.

1. Yo participare como marcador de tiempo o como el equipo me necesite en las competencias.
2. Ayudare en transporte de equipo como sillas, casa de campa?a, mesas, etc. cuando pueda.
3. Yo soy responsable por la conducta y acciones de mis ni?o(s) en las competencias, practicas, o cualquier HCAP evento.
4. Yo estoy de acuerdo que si mi ni?o(s) se porta mal, se falte el respeto a si mismo, otros compa?eros, nadadores, o el quipo de HCAP, su entrenador tiene el derecho de sacar a mi ni?o(s) del equipo.
5. Yo entiendo que mi ni?o(s) debe que ponerse ropa del equipo cuando esta representado a HCAP.
6. Yo me har? responsable por entregar toda la informaci?n para las competencias y dinero a la persona adecuada en tiempo adecuado.
7. Ayudare con cualquier manera para recaudar fondos para el equipo.
8. Yo me har? responsable por la temprana llegada de mi ni?o(s) a todos los entrenamientos o competencias tambi?n por propia recogida de mi ni?o(s).
9. Yo me hago responsable por llevar a mi ni?o(s) a todas competencias dentro y fuera de la ciudad de Houston.
10. Yo entiendo que si el equipo puede proveer transportaci?n a una competencia, yo como padre acompa?ar? a mi ni?o(s) a la competencia o mandare a alguien que se haga responsable por mi ni?o(s).
11. Yo entiendo que es mi resposabilidad de mantener nuestro sitio de entrenamiento limpio y organizado.
12. Yo entiendo que tengo que ser positivo y apoyar a mi ni?o(s) como padre todos los dias.
13. Yo entiendo que si a cualquier momento el entrenador me pide que me remueva del piso de la alberca o del edificio, yo honrare su pedido.
14. Yo entiendo que solamente puedo estar en el piso de la alberca de competencia cuando soy marcador de tiempo o cuando cualquier oficial me permita estar ah?.
15. Yo entiendo que si mi ni?o(s) tiene inter?s de participar en un campamento de nataci?n o otra competencia en la cual el equipo de HCAP no esta participando, yo le tengo que avisar a mi entrenador y recibir permiso para que mi ni?o(s) participe.
16. Yo entiendo que tengo que participar en todas las juntas anunciadas por mi entrenador o grupo de padres.? En caso de mi ausencia de estas juntas, ser? mi responsabilidad de informarme de los eventos y ayudare como pueda.
17. Yo entiendo que no debo imponer o interrumpir a los entrenadores ni a mis ni?o(s) durante entrenamientos o competencias de nataci?n.

Yo entiendo estas obligaciones y responsabilidades.? En caso de mi mal conducta en entrenamientos o competencias como padre y adulto si yo rompo estas obligaciones y responsabilidades, mi entrenador puede sacar a mi ni?o(s) de equipo de HCAP.

Outreach Verification is due by July 15!

If you have not submitted proof that you qualify for an outreach registration by this date, you will be charged the full price of a regular USA Swimming Registration Fee (\$95).

The Outreach Reimbursement Policy is as follows:

1. Enrollment: Gulf Swimming will use a 3-step tier for enrollment in the splash fee reimbursement program as follows:
 - A. Verified enrollment in the Federal Food Stamp Program, SNAP or the Medicaid Medical Card.**OR**
 - B. School Lunch enrollment card/letter accompanied by Pages 1&2 of their Federal Income Tax Return (Form 1040, or 1040A or EZ (Social Security redacted) required for proof of income and family size. If married, filing separately, both spouses returns must be submitted.**OR**
 - C. All others: You must be a resident of the state of Texas and a parent or primary caregiver responsible for a child(ren) who attends school (high school or under). And you must have an annual household income (before taxes) that is below the income guidelines per the current Texas amounts for household size as shown in d. below. Proof of income and family size will be by submitting Pages 1 & 2 of Federal Income Tax Return (Social Security Number(s) redacted). If married, filing separately, both spouses returns must be submitted.

D. General Program Requirements

In order to qualify, you must have an annual household income (before taxes) that is below the following amounts

Household Size	Total Annual Income
1	\$15,678
2	\$21,112
3	\$26,546
4	\$31,980

5	\$37,414
6	\$42,848
7	\$48,282
8	\$53,716

For each additional family member, add \$5,434.

2. The reimbursement will be for only one meet per month except for the Gulf Championship series which will extend to two meets for that month to allow those swimmers who qualify for the higher level LSC meet to compete.
3. The reimbursement will be limited to Gulf Swimming Sanctioned meets at the Gulf Approved entry fee amount for the level of the meet, Open or Championship. Team Invitational or Open meets not on the current Gulf assigned meet schedule will be reimbursed only at the Gulf Approved entry fee amounts.
4. Any swimmer surcharge will not be more than charged for a Gulf sanctioned meet of similar type.
5. Submission for reimbursements of entry fees must be made after the meet date. Reimbursements may only be requested for actual swims at a specific meet. The first time a fraudulent request is submitted, it will be denied and a written explanation and warning will be issued informing the outreach member of the inaccurate statement being submitted to Gulf Swimming for reimbursement. If a family submits a second fraudulent outreach reimbursement request they will be removed from the outreach program.

Anti-Bullying Policy and Photography Policy

Action Plan of the Harris County Aquatics Program to Address Bullying

PURPOSE

Bullying of any kind is unacceptable at Harris County Aquatics Program (the "Club") and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Club is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

Objectives of the Club's Bullying Policy and Action Plan:

1. To make it clear that the Club will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
3. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying clear and understandable.
5. To spread the word that HCAP takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

WHAT IS BULLYING?

Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

Bullying is the severe or repeated use, regardless of when or where it may occur, by one or more USA Swimming members of an oral, written, electronic or technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member or Participating Non-Member that to a reasonably objective person has the effect of causing physical or emotional harm to the other member or damage to the other member's property;

- i. Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
- ii. Creating a hostile environment for the other member at any USA Swimming activity;
- iii. Infringing on the rights of the other member at any USA Swimming activity; or
- iv. Materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for the purposes of this section shall include, without limitation, practices, workouts and other events of a member club or LSC).

REPORTING PROCEDURE

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

- Talk to your parents;
- Talk to a Club Coach or other designated individual;
- Write a letter or email to the Club Coach, or other designated individual;

- Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

HOW WE HANDLE BULLYING

If bullying is occurring during team-related activities, we **STOP BULLYING ON THE SPOT** using the following steps:

1. Intervene immediately. It is okay to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Stay calm. Reassure the kids involved, including bystanders.
6. Model respectful behavior when you intervene.

If bullying is occurring at our club or it is reported to be occurring at our club, we address the bullying by **FINDING OUT WHAT HAPPENED** and **SUPPORTING THE KIDS INVOLVED** using the following approach:

FINDING OUT WHAT HAPPENED

1. **First, we get the facts.**
 - a. Keep all the involved children separate.
 - b. Get the story from several sources, both adults and kids.
 - c. Listen without blaming.
 - d. Don't call the act "bullying" while you are trying to understand what happened.
 - e. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves [social bullying](#) or [cyber bullying](#). Collect all available information.
2. **Then, we determine if it's bullying.** There are [many behaviors that look like bullying](#) but require different approaches. It is important to determine whether the situation is bullying or something else.
 - a. Review the USA Swimming definition of bullying;
 - b. To determine if the behavior is bullying or something else, consider the following questions:
 - What is the history between the kids involved?
 - Have there been past conflicts?
 - Is there a power imbalance? Remember that a power imbalance is not limited to physical strength. It is sometimes not easily recognized. If the targeted child feels like there is a power imbalance, there probably is.
 - Has this happened before? Is the child worried it will happen again?
 - c. Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.
 - d. Once you have determined if the situation is bullying, support all of the kids involved.

SUPPORTING THE KIDS INVOLVED

3. **Support the kids who are being bullied**
 - a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.

- b. Work together to resolve the situation and protect the bullied child. The child, parents, and fellow team members and coaches may all have valuable input. It may help to:
 - i. Ask the child being bullied what can be done to make him or her feel safe. Remember that changes to routine should be minimized. He or she is not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.
 - ii. Develop a game plan. Maintain open communication between the Club and parents. Discuss the steps that will be taken and how bullying will be addressed going forward.
 - c. Be persistent. Bullying may not end overnight. Commit to making it stop and consistently support the bullied child.

4. Address bullying behavior

- a. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.
- b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
- c. Work with the child to understand some of the reasons he or she bullied. For example:
 - i. Sometimes children bully to fit in or just to make fun of someone is a little different from them. In other words, there may be some insecurity involved.
 - ii. Other times kids act out because something else—issues at home, abuse, stress—is going on in their lives. They also may have been bullied. These kids may be in need of additional support.
- d. Involve the kid who bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:
 - i. Write a letter apologizing to the athlete who was bullied.
 - ii. Do a good deed for the person who was bullied, for the Club, or for others in your community.
 - iii. Clean up, repair, or pay for any property they damaged.
- e. Avoid strategies that don't work or have negative consequences:
 - i. Zero tolerance or "three strikes, you're out" strategies don't work. Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.
 - ii. Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have bullied may further upset kids who have been bullied.
- f. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how what they do affects other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

5. **Support bystanders who witness bullying.** Every day, kids witness bullying. They want to help, but don't know how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.

- a. Be a friend to the person being bullied;
- b. Tell a trusted adult – your parent, coach, or club board member;

- c. Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the situation. "Let's go, practice is about to start."
 - d. Set a good example by not bullying others.
 - e. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.
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HCAP works to recognize our athlete's achievements both in and out of the water on our website, in local periodicals, and during slide shows at banquets. We use pictures when possible to make your experience with HCAP more meaningful. By submitting this registration, you hereby consent to HCAP using images of your swimmer(s).

COVID-19 Agreement

HCAP has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while in the facility.

Per the CDC, "There is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas, or water playgrounds. Proper operation, maintenance, and disinfection (e.g. with chlorine and bromine) of pools and hot tubs or spas and water playgrounds should inactivate the virus that causes COVID-19." <https://www.cdc.gov/coronavirus/2019-ncov/php/water.html>

However, an inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By participating activities at HCAP, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Inc., Gulf Swimming, and HCAP cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease.

Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THESE ACTIVITIES, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, GULF SWIMMING, HCAP, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

COVID-19 PROCEDURES

Each participating swimmer will abide by HCAP's COVID-19 Preparedness Plans. These plans are subject to change. You will be notified of any changes.

- Coaches and swimmers must wear a face mask at all times except for swimmers when they are in the water. Swimmers should plan on bringing extra face masks as theirs may get wet and plastic baggies to put used masks in.
- Swimmers must enter and leave the building in their swimsuits. Locker rooms will be closed, and a bathroom for the swimmers will be available for emergency use only, two people at a time.
- Swimmer drop off is at the front of the facility in the circle drive.
- Parents should line up on the circle drive when waiting to pick up.
- Drinking fountains will be unavailable. Bring filled water bottles.

1. General Rules

- a. Only swimmers and coaches will be allowed in the pool area after a temperature check. Anyone who has a fever or is exhibiting symptoms of illness will be sent away and encouraged to seek medical attention.

1. Swimmers and Coaches must have a temperature check below 99° to enter the facility.
 2. Swimmers and Coaches will be sent back home if any of the following:
 1. Temperature above 99°
 2. Symptoms include mild to severe respiratory illness with fever, cough, and difficulty breathing.
 3. Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.
 - b. Parents will drop their children off at the curb as close to the time of their scheduled practice.
 1. Swimmers will not hang out at the pool before or after swim practice.
 2. While waiting to be picked up, swimmers must maintain social distancing rules.
 3. Parents will be required to remain in their vehicles while swimmers are in the water.
 - c. Safe Work Practices for coaches
 1. Personal Protective Equipment (PPE):
 1. Mask
 2. Gloves
 2. Resources for a safe work environment
 1. Tissues, no touch trash cans, hand soap, alcohol based hand sanitizer, disinfectants, and disposable towels
 3. Spacing - coaches will be responsible to maintain social distancing order as long as it is in place.
 4. No outside shoes will be allowed on deck. Specific shoes can be worn that are not worn outside of the pool facility.
 5. Increasing air flow
 1. Garage doors will to be opened 30 minutes prior to the first session and would not be closed until 30 minutes after the last session.
 2. Entry and exit door will be propped open
2. Facility Changes
- a. Increasing air flow
 1. Weather permitting, garage doors will be opened 30 minutes prior to the first session and should not be closed until 30 minutes after the last session.
 2. Entry and exit door will be propped open during all operating times.
 - b. Flow of Traffic inside the Facility
 1. One way traffic
 1. There will be one point of entry and a separate point of exit.
 2. One way traffic disinfection protocols
 - a. Disinfection will begin at the entry door and conclude at the exit door after each session.
 - c. Spacing in the pools
 1. We will have a maximum of two swimmers per lane, separated on opposite sides of the pool by 25 yards. This ensures that swimmers are at least 6 feet apart at all times in the swimming pool.
 - d. Spacing for gear/bags
 1. Swimmers will set their bags in designated/marked areas.
 - e. Restroom Usage
 1. Only one swimmer will be allowed in the locker room at a time. Swimmers access to the locker rooms will be for restroom only.
 2. No changing in the locker room
 3. Shoes that are to be worn on the pool deck and/or locker room cannot be used outside of the facility. No outside shoes allowed.
 4. Disinfecting spray or wipes will be available to clean up after each use.
 5. A member of the staff will be assigned to monitor this area during operating hours.

3. Communication

- a. Welcome Back Packet
 - 1. Swimmers will be provided instructions and sign an acknowledgement of the new facility policy and procedures prior to their swimmer accessing the facility.
 - 1. Swimmers will not be allowed to enter the swimming area without answering the following pre-screening questions. This will also include questions about wellbeing and temperature.
 - a. Have you tested positive for COVID-19?
 - b. Has anyone in your family tested positive for COVID-19?
 - c. Have you come into contact with anyone known to have tested positive for COVID-19?
- b. Swimmer must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19
- c. There will be no penalty for missing class/practice if a swimmer, or any member of their family does not feel well, they should stay home.
 - 1. Swimmers need to contact the appropriate staff/coach to let them know why they are missing class.
 - 2. If the swimmer or a member of their family does not feel well, they should stay home for a period of 2 weeks.
- d. Signage in English and Spanish
 - 1. Entrance and exit signs
 - 2. Hand washing reminders
 - 3. Social distancing reminders
 - 4. Schedules posted facing outside of the pool doors

4. Swimming Safely

- a. Preparing to swim - protect against infections
 - 1. Each swimmer will be required to use hand sanitizer at the entry point before being allowed to enter the facility.
 - 2. Equipment
 - 1. Equipment will be labeled and assigned to each swimmer
 - a. A staff member/coach will keep the equipment list.
 - 2. Equipment will be sanitized by staff after each session
 - a. Equipment will be submerged in a bleach rinsing station after each training session.
 - b. The bleach rinsing station will be located near the front garage doors.
 - 3. Sharing of personal equipment will not be allowed.
 - 1. This includes kickboards, fins, cap, goggles, and pull buoys, swimsuits or any other equipment.
 - 2. Swimmers will be required to bring their own water bottles with full water, no shared water fountains.
 - 4. Swimmers will be asked to arrive as close as possible to when their activity begins - no hanging out at the pool will be allowed.
 - 5. Touching of doors, gates, rails, will be avoided as much as possible.
- b. Swimmer Rules:
 - 1. Follow directions on spacing and stay at least 6 feet apart from others.
 - 2. Do not make physical contact with others, such as giving high fives or shaking hands.
 - 3. No sharing food or drinks.
 - 4. Wear suit to and from practice.
 - 5. No horseplay
 - 6. Leave the facility as soon as reasonably possible after class/practice
 - 7. Wash your hands thoroughly or use a hand sanitizer after leaving the pool
 - 8. Do not use the locker room or changing area. Shower at home, wear your swimsuit to and from class/practice

- c. After swimming
 - 1. All participants must leave the facility immediately after the conclusion of their class/practice.
 - 2. No swimmer will be allowed to hang out at the facility after their designated class/practice session.
 - 3. No extra-curricular or social activity should take place.

- d. Expectations for Training and Competing
 - 1. Swimmers will not be rushed backed to full practice or competition mode
 - 2. We will consider alternating developmental level swimmers on different days
 - a. Drylands – will take place outside on the field/track.

- 5. Facility Maintenance with regard to COVID-19
 - a. Will continue to follow CDC cleaning protocols and those set out by other health professionals and authorities. We also use CDC recommended cleaning products.
 - b. The facility will be wiped down between sessions, including high traffic areas and all door handles, tables, chairs, toilets, etc.
 - c. Disinfecting wipes will be available throughout the facility.
 - d. Cleaning by our Custodial team will continue and, as always, they will use commercial-grade cleaning supplies approved by the CDC. Additional deep cleans will be utilized as needed or recommended.
 - e. Hand sanitizer will remain available throughout the facility.

- 6. Swimming Pool Maintenance
 - a. We will continue to follow State and County regulations on pool maintenance.
 - b. In addition to the appropriate use of chlorine, The Aquatics Center pool has a high-quality UV water purification system that helps keeps the water clean.
 - c. We will continue to monitor the pools chemistry throughout the day as well as our state-of-the-art electronic pool monitoring systems.