Program Rules for Covid-19 Mitigation

- ★ RESPECT all Swimmers and Persons in the building
- ★ Sign a Covid-19 Release (per family)
- ★ Masks are Mandatory for Swimmers and Spectators at all times when not in the water
- ★ Social Distance (Bleachers are marked. Please do not sit on the blue tape)
- ★ 1 adult in the building per Swim School Swimmer/Team Member
- ★ Restrooms for Emergency Use Only
- ★ No Locker rooms are available for changing or showering

- ♦ **Please self-screen both yourself and your swimmer:**
- ♦ Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- ♦ Loss of taste or smell
- ♦ Cough
- ♦ Difficulty breathing
- ♦ Shortness of breath
- ♦ Fatigue
- ♦ Headache
- ♦ Chills
- ♦ Sore throat
- ♦ Congestion or runny nose
- ♦ Shaking or exaggerated shivering
- ♦ Significant muscle pain or ache
- ♦ Diarrhea
- ♦ Nausea or vomiting