

## Swim Practice Resumes Monday, 4/12/21

Rainbow Aquatics Swim Team will resume swim and dryland practices on Monday, 4/12/21 while maintaining COVID-19 Guidelines according to Honolulu's Reopening Strategy.

**All swimmers must complete and submit two (2) forms upon returning to Swim/Dryland Practice: HOLD HARMLESS WAIVER and LIABILITY RELEASE AND INDEMNIFICATION.** Both forms can be found on the Rainbow Aquatics website, COVID-19 Return Plan tab.

**Swim Practice Protocol:** Swimmers must come in their swimsuits ready to swim, bring their own swim gear, and wear a face mask. Prior to entering the pool deck, swimmers must have their temperatures checked by the designated Bows Contact Tracer. Hand sanitizer will be made available upon entry. No spectators will be allowed in the pool area. Until further notice, there will be no access to bathrooms at the pool. After swim practice, swimmers are to immediately put on their face masks and leave the pool deck promptly. No gathering at the poolside is allowed at any time.

**Dryland Practice:** Everyone must wear a wear face mask, unless the activity can be conducted while maintaining at least 6 feet of physical distance from each person. Regular screening for illness or exposure to COVID-19 will be monitored by the designated Bows Contact Tracer. No spectators will be allowed in the vicinity of the field. No socializing before or after the scheduled time. Please wear a shirt & shoes for exercising and bring a water bottle for hydration.

(effective 4/12/21)

Group	Day	Location	Time	Activity
Beginners	Monday & Friday	Kanewai	5:00 - 5:45 5:45 - 6:00	Swimming Dryland
	Tuesday & Thursday	Ala Moana Beach Park	4:30 - 5:30	Dryland (running, field exercises, some swimming)
	Wednesday	Palolo field (behind pool)	5:00 - 6:00	Games
Intermediates & Seniors	Monday & Friday	Kanewai	5:00 - 5:45 5:45 - 7:00	Dryland Swimming
	Tuesday & Thursday	Ala Moana Beach Park	4:30 - 6:00	Dryland & Swimming
	Wednesday	Palolo field (behind pool)	5:00 - 6:00	Games
	Saturday	Ala Moana Beach Park	8:00 - 9:30	Dryland & Swimming