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**COVID 19 Return to Swim Plan**

In order to return to swimming safely we will all need to work together! Parents, Athletes and Coaches will need to be familiar with and follow the guidelines listed below. Please read all guidelines to help make this a smooth start back to swimming!

* Coaches will arrive 15 minutes prior to practice with a mask on
* Coaches will check temperature and answer general health survey
* Temperature less than 100.4
* Any Tightness/ difficulty breathing?
* Any Cough or sore throat?
* Any coach with a fever of 100.4 or more or any symptom will leave immediately, and not return to practice until cleared by a physician.
* Coaches will wear a face mask while in the facility.
* Swimmers will arrive with a mask 5 minutes prior to their assigned swim time, in their swim suit **NO LOCKER ROOM USE No deck changes will be allowed**
* Swimmers will have their temperature taken and be asked the following questions
* Temperature less than 100.4
* Any Tightness/difficulty breathing?
* Any Cough or sore throat?
* Any swimmer exhibiting symptoms will not be allowed to practice and must have doctor clearance to return to practice.
* The right hand door will be enter only for arriving swimmers
* Swimmers will leave clothing items on the bleachers, **NO LOCKER ROOM USE**
* Swimmers will swim 2 per lane to maximize social distancing, groups may need to be re-arranged to keep social distancing protocols in place
* Swimmers will exit the pool, gather clothing items and leave the facility in their swim suit immediately following their assigned swim time
* Attendance will be recorded each day
* The right hand door will be exit only

Parents your help in arriving on time for your child’s assigned swim time for both drop off and pick up are very important. Please wait until your child has been admitted to practice before leaving. We will not have a coach outside of the facility to supervise your children prior to and after practice times. Thank you for helping us and your child follow these guidelines to keep all our swimmers safe and healthy.

**Assigned Swim Times for CWU Pool**

**Gold** Arrive at 8:25am

Swim 8:30am-9:20am

Depart 9:25

**Silver** Arrive at 8:25 am

Swim 8:30am-9:20am

Depart 9:25am

**Bronze** Arrive at 9:30am

Swim 9:35- 10:25

Depart 10:30am

This schedule is subject to change as our restrictions become less and the county moves into phase 4. All updates will be sent via email and posted in the news section of the website, EASTswim.org. Thank you for all your help and understanding during this time, we look forward to getting back into the water and seeing you at the pool!