



FMC Natatorium
Senior/National Team
Entrance/Exit Procedures

We, the coaching staff of FMC Aquatic, are pleased to announce the start of practice at FMC Natatorium. As it should be, our first and highest priority is the safety of our athletes, our coaches and all of the extended FMC Aquatic family.

In order to observe the guidelines provided by the state and maintain the highest safety standards for our membership, the following guidelines must be followed or FMC Aquatic may choose to or not be allowed to continue offering practice. These policies were created using current CDC guidelines and will be updated as necessary.

Athlete Preparedness

1. Put on your swimsuit at home before you depart. **Locker rooms will not be available.**
2. Use the bathroom before you leave home. We want to minimize the use of public spaces while you are here. Know that all will be sanitized after each use.
3. Arrive no earlier than ten minutes before practice.
4. For now, it's swimmers only in the building. We are limiting the number of people in the facility so no parents and no siblings at this time. *We appreciate your trust as we continue to work in the best interest of your children.*
5. All athletes need masks when entering and exiting the building.
6. A masked, staff member using a no-touch thermometer will take the temperature of every athlete before they enter the building. Athletes who do not meet the screening criteria will not be allowed in the facility. Athletes who are not wearing a mask will not be allowed to enter the facility. Screening procedures are attached below.
7. The first athlete, from each end, that enters the water will stage outside the nearest set of backstroke flags and then face the nearest wall. This will place athletes ~15 feet away from the next nearest athlete in the lane.
8. The athletes outside the backstroke flags will turn around and begin swimming towards the wall they entered from. The other athlete in the lane, stationed on the wall, will lead the lane.
9. If there are more than 4 athletes per lane, the 5th athlete will start in the middle of the pool.
10. After practice, athletes will exit the pool and go to their marked location on the deck. The athletes on the ends of the lane will exit first, then the athletes under the flags.
11. We ask that parents make every effort to provide on-time drop off and pick-up of their athlete(s). This will be key to our success. In order to provide the highest level of cleanliness and safety for all, we need to work together during this transitional period.

Athlete Notes:



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1. Locker rooms, weight room, and offices are off limits. So, remember, put your suit on before you arrive.
2. Bathrooms, of course, will be available when necessary. Disinfectant will be used after every use. Bathrooms off the deck are labeled and will be used. We hope to minimize the use of bathrooms as much as possible.
3. **As soon as you exit the water, please put on a face mask.**
4. Please bring your own equipment and do not share equipment, water bottles, kickboards, goggles, towels or snorkels.
5. Bring your own water bottle filled with water. According to current CDC guidelines, water bottle fill stations are only available, no water fountains.
6. There can be no social activities after practice. Please do not remain at the Natatorium after practice.
7. Athletes and parents must respect these guidelines. If these guidelines are not followed, FMC Aquatic will not continue to hold practices. Safety and compliance are necessary to allow us to work within the guidelines set by the state.

FMC Natatorium Screening Policy

Please self-assess your athlete before allowing them to attend practice. Ask the following questions:

- Are you experiencing shortness of breath?
- Do you have fatigue or body aches?
- Do you have a new or worsening cough?
- Have you been exposed to anyone known or suspected to be positive for COVID in the past 14 days?

If the answer to any of these questions is “yes”, please keep your child home from practice.

Masks are required for all persons entering the building.

All persons who enter will be screened with the following procedure:

When your self-assessed athlete arrives at the facility, a masked, staff member will check everyone’s temperature using a no-touch thermometer. Athletes with a temperature of 100.0° higher will not be allowed to enter. They will be directed to a waiting area and retested in 10 minutes. If their temperature remains over 100.0°, they will be sent home. Athletes will be a minimum of 12 feet apart.

Entrance Procedure

National Team – West Competition Pool
Senior Team – East Competition Pool (Scoreboard end)



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Entrance/Exit Procedures

All athletes that are old enough to drive may park in the east lot. (Scoreboard end)

Athletes that do not drive will be dropped off on the northeast corner of the building. Enter the property using the Plaza Dr entrance, pull past the vestibule to the striped white line at the northeast corner of the building. Dropoff will be on the right side.

Athletes will enter through the northeast doors on the east side of the building. Athletes will be screened at the door before entering. After entering, the senior and national members will split.

Members of the national team will walk to the west competition pool and place their bags on the south and west pool decks.

Members of the senior team will place their bags on the north and east pool decks.

Exit Procedure

When exiting, national team members will walk on the south pool deck and exit through the southeast doors on the east side of the building

Senior team members will walk on the east pool deck and exit through the southeast doors on the east side of the building.

There will be other groups entering and exiting the building through the front vestibule, to avoid congestion we ask that the senior and national team only use the east side to enter/exit.



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Senior & National Team



The senior and national groups will enter on the east side of the building.

The national team will swim in the west competition pool, senior team in the east competition pool.

The entrance will be the northeast door, exit door will be the south door.

Athletes can park in the east lot.

