DUNELAND SWIM CLUB

COVID-19 GUIDELINES AND PROTOCOLS

a. Swimmers will need to stay in their vehicle when arriving. You will line up in your vehicle and your temp will be taken in your car. Make sure all swimmers are on the passenger side of the car unless you are driving yourself. You are not allowed to exit your car for any reason. Once your temp is taken and you answer a few questions, you will be cleared to exit the car and enter the premises. If you have a fever (over 100.0), you will be asked to return home. You must be fever free for 72 hours and we may require a doctor's note for clearing.

b. All parents and/or non-participants at the designated practice are not permitted in or on the facility grounds after the athletes are dropped off.

c. Swimmers are to come in suits with towel, goggles, cap and mask ready to swim. Changing areas will not be available. No bags allowed except in cases of medical requirements. A warm-up or jacket over the suit is permitted. Swimmers will put everything except suit, cap, and goggles in a designated area at least 6 feet apart from any other swimmer’s items.

d. Goggles will not be available so make sure you have yours. New caps have limited availability and are $10 thru summer. Your account will be billed if your swimmer requires a new cap.

e. 2 or 3 swimmers will be allowed per lane during week 1, working up to 4 or 5 per lane. Family members can be 5 seconds apart from each other in lane.

f. 6 feet of social distancing is required at all times. Contact of any kind is not allowed with coaches or other swimmers.

g. A nose and mouth covering of some sort is required in and out of facilities and coaches will also be in masks until practice starts.

h. If a swimmer needs to cough or sneeze, they should do so in their elbow in the direction away from other swimmers and at least 6 feet apart.

i. Plymouth deck shower required, circle under the shower once.

j. **Use the restroom before you come to practice.** Bathrooms may be opened but only used in an emergency and one at a time. A designated coach or facility staff member will sanitize between uses.

k. Specific entrances and exits will be designated for each facility. Everyone must exit after their practice. Parents must pick up promptly at the end of practice. If you fail to follow the rules, you will be removed from practice. Continuation of misbehavior may result in expulsion from the team for the remainder of the season.

l. If there is severe weather in the forecast, parents/and or guardians must wait in their car during practice. If swimmers need to be dismissed due to weather, they will need to go to their car immediately. Also, if there is severe weather and the gates are locked when you arrive, then that session is cancelled. We will notify everyone approximately 30 minutes before their designated practice via email and facebook if it is cancelled.

Questions athletes will be asked upon arrival:

1. Have you had contact with anyone who has tested positive in the last 14 days?
2. Do you have any of these symptoms?
   * + 1. Cough
       2. Shortness of breath or difficulty breathing
       3. Chills
       4. Recent loss of taste or smell
       5. Body aches
       6. Headache
       7. Sore throat
       8. Fever in past 72 hours
       9. Stomachache
3. Are you ready to swim with your suit on? Do you have your goggles and cap?