

COVID Protocol

1. **Waiver & Protocol:** All parents and swimmers must sign and submit the LCB waiver and this protocol before the swimmer will be allowed to swim with the club. The forms may be returned by email or physically turned in the first day of practice.
2. **Signs of Illness:** If your swimmer is sick, displaying symptoms of COVID-19, or has a temperature of 100.1 or greater, they must stay home from practice. Please make sure that your contact information is up to date in the event that the club must contact you.
3. **Spectators:** The stands are currently open to spectators during practice. A determination about spectators at meets will be made based upon the most current information and guidelines.
4. **Arrival/Departure Location/Time:** Swimmers will **enter** the building **at door C** (as typical). Swimmers may leave via door C or by exiting through the southeast pool door that leads to the parking lot. We encourage swimmers to arrive no earlier than 15 minutes early or 10 minutes late.
5. **Masks:** Everyone must wear a mask prior to entering and consistently until exiting the building. Swimmers may remove masks just before they enter the pool. Use of masks will also be required at all meets.
6. **Locker rooms:** Swimmers must arrive at the pool in their suits. However, locker rooms will be open for changing after practice. Swim bags are allowed. Swimmers may not stay in the locker room for more than 10-minutes after practice.

We understand some of the above requirements may be inconvenient or a point of contention to some, but we are guests of the Lake Central High School Aquatic Center, and these are facility and USA Swimming requirements by which we must abide. Please adhere to the facility rules so that all swimmers will continue to have the privilege of use of the Aquatic Center.

Parent Name: _____

Parent Signature: _____

Swimmer Name/s: _____