

MEDFORD 1ST PRACTICE PLEASE READ - Required Forms & Procedures

We are so excited to see you on the Medford pool deck in our Pandemic Practice Training Groups. Since we are returning to swim during pandemic times there will be a few things that look and feel different. **Please review the ECCC COVID-19 Operating Policy with your swimmers and family members.**

MEDFORD PRACTICE REMINDERS:

- Only participating swimmers and coaches are to enter the pool. All additional swim family members are asked to remain in the parking lot.
- Swimmers are to enter through the side of Kennedy Fitness (this would be the rear pool door on the pool deck)
- Swimmers should arrive **no earlier or later than 5 minutes prior to session start & ready to swim (minimal warm-ups, swim parkas, coats)**. See Schedule [HERE](#).
 - Swimmers arriving later than 5 minutes to session start will not be admitted to practice. Due to health and safety checks, there is NO FLEXIBILITY TO THIS PROCESS.
 - Ready to swim means fully dressed in swim attire. There is no use of locker rooms outside of emergency purposes.
- 6-foot social distancing should be maintained throughout the facility and practice sessions, at all times.
 - Athletes will each be provided a section to place their items. All items need to go in their bags; shoes, jackets, warm-ups included. (please go over with your athletes...no clothing piles please)
- Swimmers should wear a face mask upon arrival and stop at the entrance for temperature checks.
- To minimize surface contamination we are asking that each swimmer only brings minimal items to the deck and in gear bags. PLEASE KEEP IN MIND NO ONE CAN SHARE GEAR. Everyone should have a gear bag that contains:
 - Water bottle
 - Kickboard
 - Paddles
 - Training swim fins
 - Pull buoy
 - Goggles & spare
 - Swim cap & spare
 - Waterproof sealable bag (ziplock) for: ■ Face mask ■ Keys ■ Asthma inhalers ■ Hand sanitizer ■ Any other pertinent items needed for practice

We appreciate everyone's effort in maintaining a safe environment for our swim family!

SIGNED ORIGINALS OF THESE FORMS MUST COME WITH YOUR ATHLETE TO THE FIRST SESSION:

- [Kennedy Fitness Guest/Employee Registration/Waiver](#)
- [Kennedy Fitness COVID-19 Notice](#)