

## ▶ Swimmers CANNOT Attend Practice if...

- ▶ They have a fever, dry cough, difficulty breathing, chills, headache, new loss of taste/smell.
- ▶ Anyone in their household has currently tested positive for COVID-19 or they've had "close contact" with anyone who has currently tested positive for COVID-19
- ▶ They have traveled to a "hot spot", per [PA Travel Guidelines](#) in the past 14 days
- ▶ We will NOT be taking temperatures at the entrance; **when you (or your swimmer) enter the facility, you are certifying that you/they have followed all the above guidelines.**

## ▶ Practice Arrival/Departure...

- ▶ **MASKS REQUIRED!**
- ▶ **Arrival Window:** 10-15 minutes prior to published start time!
- ▶ **When You Arrive:** Go to your group's assigned tent; any coach can tell you; **masks must be worn in the tent**
- ▶ **Entering the Water:** Bring your goggles + equipment with you! You will get right in the water from the tent and go to your assigned lane/end from the tent exit.
- ▶ **Exiting the Water:** Once swimmers exit the water they should **put masks back on immediately**, dry off and get dressed (clothes on over suit) in the tent.
- ▶ **Locker Rooms:** Limited to bathroom/emergency use only

## ▶ Parents/Spectators...

- ▶ Are welcome to watch practice but will not be permitted inside the tents.
- ▶ Must wear a mask unless sitting 6 feet apart from others.
- ▶ Entering the facility must adhere to health based restrictions from the first section of this page.

# PRACTICE PROCEDURES—COVID-19

