



Frederick Area Swim Team

Rules and Procedures for the 2020 Winter Season

- Swimmers will stay in their cars until a Coach comes to take them into the pool.
- Swimmers will wear masks into and out of the pool area.
- Swimmers will be given a marked spot on the deck to place their equipment bags.
- Swimmers will come in their swimsuits and leave in their swimsuits. No locker rooms will be available.
- A bathroom will be available for emergencies; after each use the bathroom will be cleaned.
- Swimmers may not share any equipment: goggles, paddles, water bottles, etc.
- There will be no kick boards or pull buoys used in the training. No shared equipment.
- Swimmers will start in the water at their designated spot and will remain 6 feet apart. Practices will be limited to 30 swimmers and no lane lines will be used.
- Swimmers will leave the pool at a different door than where they entered.
- Swimmers will proceed to their cars and not congregate in the parking lot.
- Parents will not congregate in the parking lot. It is recommended that you drop off your swimmer and pick them up after practice. Parents may not be on deck.
- Coaches will take their temperature every morning and send results to me. Results will be kept for 1 year.
- Parents must monitor their swimmer's health and if the swimmer shows any symptom of illness, they must stay home, and contact the head coach.

Let's work together to keep everyone safe!

Cheryl