



WEST Express Swim Team - Covid-19 Reopening Guidelines for PRMS

- Social distancing at all times, both outside and in the building.
- Anyone who has been sick or experiencing Covid-19 symptoms will not be allowed to enter until cleared by a doctor. Please Stay Home If you are experiencing any of the symptoms listed on the scanning protocol document.
- All Volunteers, Coaches and Swimmers are required to have face masks on to enter the building.
 - Enter the building through Door 7F (by the bus lane) Volunteers will be taking temperatures of swimmers at the door
 - All health-related questions in Entry Procedure Document must be answered NO in order to enter building
- Walking 6 feet apart, swimmers will enter through pool door will be propped open.
- No Locker Rooms available – come to practice prepared to swim.
- Family Locker Room will be available for bathrooms breaks – cleaned after each use by a parent volunteer.
- Swimmers will enter the pool area and be directed to their lane. There will be 1 swimmer per lane in the main competition pool and 1 swimmer per lane in the diving well. There will be 2 coaches on deck at all times when both pools are in use.
- Swimmers must sit and slide entry into the pool.
- No sharing of equipment.
- Swimmers must have:
 - Fins
 - Paddles
 - Buoy
 - Snorkel
 - Filled water bottle — all drinking fountains will be closed
 - Kick-boards will NOT be used at this time
- When practice is done, swimmers will pick up mesh bags and backpacks and walk out the emergency exit door (by the showers on the pool deck) with masks on, again 6 feet apart. Swimmers are not allowed to change out of their swimsuits in the building.
- Coaches and volunteers will clean the pool area as well as all handles and/or anything that needs disinfecting in the period before the next practice starts.
- The next group will be sent in 5 minutes before their practice begins.
- After daily practices are complete Coaches and Parent volunteers will clean any surfaces that Swimmers have been in contact with during the practice sessions.
- Parents are encouraged not to visit practice. We are committed to maintain a safe environment for your swimmers. If you must attend practice please wear a mask and social distance at all times.