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| GENERAL | UPDATE CELL PHONE INFO - IN CASE SWIMMER MUST DEPART PRACTICE UNEXPECTEDLY UPDATE MEDICAL/BIO INFO |
| BEFORE ARRIVAL | MAKE SURE YOU HAVE GOGGLES, A TOWEL, AND SWIM CAP IF NEEDED FILL YOUR WATER BOTTLE AT HOME MINIMAL ITEMS IN YOUR SWIM BAG (BRING MEDICATIONS AS NEEDED) GO TO THE BATHROOM AT HOME |
| UPON ARRIVAL | WEARING SWIMSUIT - NO CHANGING ON SITE PRIOR TO PRACTICE WEARING FACEMASK ENTER BUILDING 5 MINTUES PRIOR TO PRACTICE START TIME DUE TO SAFETY PROCEDURES IT IS EXTREMELY IMPORTANT TO ARRIVE ON TIME PARENTS COMPLETE HEALTH CHECK IN UPON ARRIVAL |
| UPON ENTRY | PARENTS MAY ENTER EPCC AND WATCH PRACTICE. MUST REMAIN 12 FEET APART AND IN BLEACHERS SWIMMERS AND PARENTS PROCEED TO SOCIALLY DISTANT "X" MARKINGS ON BLEACHERS. SWIMMER COMMITMENT LOG FOR THE DAY WILL BE VERIFIED SWIMMERS WHO ARE NOT CHECKED IN WILL BE SENT HOME SHOES AND ALL OUTER WEAR IN SHOULD STAY IN YOUR BLUE X AREA MASKS WILL BE WORN TO SHOWERS. REMOVED. REPLACED IMMEDIATELY AFTER SHOWER SWIMMERS DIRECTED TO SHOWER LINE IN PUBLIC SHOWER AREA BRING FULL WATER BOTTLE, GOGGLES, CAP TO SHOWER - READY TO SWIM AFTERWARD CLEANSING, FULL SOAK SHOWER WILL BE REQUIRED (SWIM CAPS MAY BE WORN) SWIMMERS DIRECTED TO THE POOL DECK FOR LANE ASSIGNMENT |
| PRACTICE | LANES WILL BE ASSIGNED SAFETY PROCEDURES AND STAFF DIRECTIVES MUST BE STRICTLY ENFORCED VIOLATIONS OF SAFETY OR STAFF DIRECTIVES WILL RESULT IN SWIMMER SENT HOME MASKS WILL BE WORN TO THE EDGE OF THE POOL. REMOVED AND PLACED IN BAGGIES. SLIP-IN ENTRY INTO THE POOL TANK SWIMMERS WHO COUGH OR SNEEZE MUST COVER THEIR FACE SWIMMERS WHO COUGH OR SNEEZE REPETITIVELY WILL BE SENT HOME USE OF BATHROOM ONLY BY PERMISSION - BE SURE TO WASH HANDS RECOMMENDED THAT SWIMMERS HAVE A SMALL TOWEL IN THE BAGGIE TO DRY FACE |
| DEPARTURE | SWIMMERS DIRECTED TO THEIR BLUE X SWIMMERS WISHING TO USE THE LOCKER ROOM WILL BE ASSIGNED IN SMALL GROUPS LOCKER ROOM USE WILL BE LIMITED TO 2 MINUTES CHANGING WILL OCCUR MASKED, IN A SOCIALLY DISTANT MANNER, ON "X" IN LOCKER ROOMS UNDERGARMENTS, SHIRTS, PANTS AND TOWELS ARE THE ONLY ITEMS ALLOWED IN LOCKER ROOMS ONCE IN STREET CLOTHES ATHLETES WILL IMMEDIATELY RETURN TO THE BLUE X IN THE BLEACHERS SWIMMERS DIRECTED OUT OF THE POOL AREA, AND OUT OF THE BUILDING NO LOITERING OR GATHERING UPON EXIT |