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| <b>GENERAL</b>        | UPDATE CELL PHONE INFO - IN CASE SWIMMER MUST DEPART PRACTICE UNEXPECTEDLY<br>UPDATE MEDICAL/BIO INFO  |
| <b>BEFORE ARRIVAL</b> | CHECK IN FOR PRACTICE - "COMMIT" ON THE PRACTICE EVENT PAGE<br>FILL YOUR WATER BOTTLE AT HOME<br>MINIMAL ITEMS IN YOUR SWIM BAG (BRING MEDICATIONS AS NEEDED)<br>GO TO THE BATHROOM AT HOME  |
| <b>UPON ARRIVAL</b>   | WEARING SWIMSUIT - NO CHANGING ON SITE PRIOR TO PRACTICE<br>WEARING FACEMASK<br>ENTER BUILDING 5 MINTUES PRIOR TO PRACTICE START TIME<br>PARENTS MUST PARK IN THE MAIN LOT AND WALK TO THE LOWER DOOR<br>SWIMMERS ENTER BUILDING THROUGH LOWER ENTRANCE BY SOCCER FIELD<br>DUE TO SAFETY PROCEDURES IT IS EXTREMELY IMPORTANT TO ARRIVE ON TIME  |
| <b>UPON ENTRY</b>     | ONE PARENT MAY ENTER THE BUILDING TO ASSIST THE ATHLETE PRIOR TO PRACTICE<br>ALL SWIMMERS AND PARENTS MUST GET A TEMPERATURE SCAN AND SANITIZE THEIR HANDS<br>ONCE THE ATHLETE IS IN THE POOL AREA PARENTS MUST DEPART THE BUILDING<br>SWIMMERS MUST MAINTAIN SOCIAL DISTANCING BEFORE AND AFTER PRACTICE<br>SWIMMER COMMITMENT LOG FOR THE DAY WILL BE VERIFIED<br>SWIMMERS WHO ARE NOT CHECKED IN WILL BE SENT HOME<br>MASKS WILL REMAIN ON AT ALL TIMES IN HALLWAYS AND LOCKER ROOMS<br>SWIMMERS WILL ENTER POOL AREA WITH MASKS AND SWIM BAGS<br>SWIM BAGS PLACED AT BOTH ENDS OF THE POOL BASED ON LANE ASSIGNMENTS<br>SWIMMERS WILL BE DIRECTED BY THE COACH TO REMOVE MASKS AND PLACE THEM IN SWIM BAGS |
| <b>PRACTICE</b>       | LANES WILL BE ASSIGNED<br>SAFETY PROCEDURES AND STAFF DIRECTIVES MUST BE STRICTLY FOLLOWED<br>VIOLATIONS OF SAFETY OR STAFF DIRECTIVES WILL RESULT IN SWIMMER SENT HOME<br>SLIP-IN ENTRY INTO THE POOL TANK<br>SWIMMERS WHO COUGH OR SNEEZE MUST COVER THEIR FACE<br>SWIMMERS WHO COUGH OR SNEEZE REPETITIVELY WILL BE SENT HOME   |
| <b>DEPARTURE</b>      | SWIMMERS DISMISSED FROM POOL BY COACH<br>TOWEL OFF QUICKLY, FACE FIRST, PUT ON MASK IMMEDIATELY<br>PARENTS MAY REENTER THE BUILDING TO ASSIST WITH CHANGING AFTER PRACTICE<br>LOCKER ROOMS USE FOR CHANGING INTO STREET CLOTHES ONLY NO SHOWERS, NO GROOMING<br>NO LOITERING OR GATHERING UPON EXIT<br>SWIMMERS MUST BE PICKED UP IMMEDIATELY AT CONCLUSION OF PRACTICE - <b><u>NO WAITING</u></b>   |