

GENERAL	UPDATE CELL PHONE INFO - IN CASE SWIMMER MUST DEPART PRACTICE UNEXPECTEDLY UPDATE MEDICAL/BIO INFO
BEFORE ARRIVAL	CHECK IN FOR PRACTICE - "COMMIT" ON THE PRACTICE HEALTH CONFIRMATION PAGE ALL SWIM GEAR MUST BE CARRIED IN A MESH BAG, NOT SHARED WITH OTHERS FILL YOUR WATER BOTTLE AT HOME MINIMAL ITEMS IN YOUR SWIM BAG (BRING MEDICATIONS AS NEEDED) - <u>FOOD IS NOT PERMITTED</u> GO TO THE BATHROOM AT HOME TO REDUCE BATHROOM TRIPS
UPON ARRIVAL	WEARING SWIMSUIT UNDER CLOTHING - <u>NO CHANGING INTO SWIMSUITS ON SITE</u> WEARING FACEMASK 10 MINUTES BEFORE YOUR PRACTICE, DOORS OPEN NO ADMITTANCE AFTER DOORS CLOSE
UPON ENTRY INTO BUILDING	GO TO SOCIALLY DISTANT "X" MARKINGS TO DROP OFF BAGS (ALL) - ON DECK OR GALLERY 4:30 GROUP USES DECK, 6:30 GROUP USES GALLERY TO DROP BAGS SWIMMER PRACTICE HEALTH CONFIRMATION LOG FOR THE DAY WILL BE VERIFIED SWIMMERS WHO ARE NOT CHECKED IN WILL BE SENT HOME PLACE MASKS, SHOES AND CLOTHING IN YOUR SWIM BAG - COLD WEATHER GEAR ALONGSIDE SWIMMERS DIRECTED TO SHOWER IN LOCKER ROOM SHOWER AREA 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 VIOLATIONS OF SAFETY OR STAFF DIRECTIVES WILL RESULT IN SWIMMER SENT HOME 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 - ONE AT A TIME, BE SURE TO WASH HANDS
DEPARTURE	SWIMMERS DIRECTED INDIVIDUALLY TO RETRIEVE MASK, TOWEL, CLOTHING, BAG SWIMMERS WILL IMMEDIATELY PUT ON THEIR MASK UPON ARRIVAL AT BAG AND KEEP IT ON 4 SWIMMERS PER GENDER WILL CYCLE THROUGH LOCKER ROOMS TO CHANGE INTO CLOTHING <u>FAST CHANGING (1-2 MINS) WILL OCCUR IN LOCKER ROOMS</u> - NO SHOWER, NO GROOMING <u>THE ONLY PURPOSE OF CHANGING IS TO TOWEL OFF, GET DRY CLOTHES ON</u> CHANGING WILL OCCUR MASKED, IN A SOCIALLY DISTANT MANNER, ON "X" IN LOCKER ROOMS AFTER CHANGING, SWIMMERS DEPART THE BUILDING EXPEDITIOUSLY NO LOITERING OR WAITING IN THE LOBBY AREA - <u>TRANSPORTATION MUST ALREADY BE PRESENT</u> SWIMMERS MUST BE PICKED UP IMMEDIATELY AT CONCLUSION OF PRACTICE - <u>NO WAITING</u> WE ARE NOT PERMITTED TO CONGREGATE ANYWHERE IN THE BUILDING OR ON THE GROUNDS SWIMMERS WHO DRIVE THEMSELVES MUST PROCEED IMMEDIATELY TO CARS