

**Mariners at Drew
See Protocol Below
Starts 5/10/21**

High School Group
Monday 7:30-9:00
Wednesday 7:30-9:00
Friday 6:30-8:00
Sunday 9:00-11:00

Middle School Group
Tuesday 4:15-5:45
Thursday 4:15-5:45
Friday 8:00-9:00
Sunday 11:00-12:00

Micro, Mini and Novice Groups:
Monday 6:30-7:30
Wednesday 6:30-7:30
Sunday 12:00-1:00

Drew University Protocol:

1. **[DAILY ALL ATHLETES MUST FILL OUT THIS PRE-SCREEN](#)** and show a screen shot OR **[bring this form filled out to turn in](#)**
2. Enter through the pool door where we will have a check in. You must show proof of prescreen, get temperature taken (over 100.4 will be sent home) and sanitize hands.
3. We will exit through the lower lobby where social distancing must take place as we wait for pickup. Just like in normal times, there is NO parking or waiting at the roundabout. It is for quick rolling pickup only.
4. Bathrooms are for emergency use only – no locker room use.
5. Face Masks **MUST** be worn at all times except when swimming and any time you cannot maintain a distance of 10 feet from other participants. Bring a plastic bag for your mask to keep it dry at the end of the lane.

Protocols:

Madison Area YMCA Mariners Return To Swim V8 – Start Phase 4 Updated 1/14/21

Facility:

1. We will do everything we can to sanitize any touch points between usages.
2. We have to follow any rules that are given to us from the facilities we use.
3. If we have any concerns about the sanitization at said facilities we will address it immediately.

General Rules:

- 1. If anything is making you uncomfortable in regards to your safety you must be comfortable saying something immediately.**
- 2. In order for this to work, everyone must be familiar with all rules and follow them.**
- 3. If you don't feel well stay home. Fever of 100.4* or above, cough, unexplained muscle soreness, shortness of breath, difficulty breathing, chills, headache, sore throat, new loss of taste or smell, etc... means stay home.**
- 4. Stay home if anyone in your home has the symptoms listed above, has Covid 19, is awaiting a test result for Covid 19 or has visited with anyone who has symptoms or is awaiting a test result.**
- 5. If you have traveled on a public plane or traveled to states or countries on the NJ Quarantine list you must follow all state mandated quarantine protocol before returning to swim.**
- 6. You must have an active Madison Area YMCA Membership, be registered from the program on Active and have read and signed all waivers before coming to practice. We will need to adhere to strict participant numbers so drop in's cannot be accommodated at this time.**
- 7. If you do not "pass" any of these screenings or your temperature is above 100.4 you will be sent home.**
- 8. You must socially distance and wear a mask while waiting in line for the wellness screen and when on facility premises. Please maintain a minimum of 10 feet between you and anyone you do not live with.**
- 9. Nothing can be shared between swimmers. Please bring extra goggles and caps.**
- 10. Entrance and Exits will be staggered and one way one way to ensure no one is passing. See Drew Protocol.**
- 11. Kickboards will not be used. Bring fins, (MS and HS, bring a snorkel and paddles if your group requires it) every day. Also bring an easily identifiable water bottle.**
- 12. Only swimmers will be allowed in the pool area.**
- 13. We will not touch lifeguard stands, ladders, or anything deemed unnecessary.**
- 14. When we use starting blocks, they will not be sanitized, but you will immediately be entering the chlorinated pool just after so do not touch your eyes, face, mouth or goggles until you have already been back in the pool.**
- 15. There should be no passing and no stopping except in your assigned station. If, however, you are approaching a wall that someone is on the wall, if you flip turn you should be fine. If you open turn, you must turn away from that person.**

Stations/Swimming:

We will have no more than 5 athletes per lane, 1 at shallow wall, 1 at shallow flags, 1 in middle, 1 at deep flags 1 at deep wall. This is your station and is the only place you can stop. There should be no passing during swims but we can swap stations as needed.

Please do not congregate and socialize at the pool or on pool deck.

Once pods are set, starting stations must be determined and we enter the pool in this order: 1. Middle, 2. Flags, 3. Ends.

Pods can swap stations every time we move to a new set.

We will exit the pool in this order: 1. Ends, 2. Flags, 3. Middle.

Observation:

We are asking that anyone who wishes to observe practices does so from outside the fence or through a window.

PHASES:

PHASE 4 (Starting January 2021)

- Phase 4 is for if and when we return to almost fully “normal” operations
- Team will continue to be divided into multiple groups to allow for smaller group size and better social distancing until further notice.

**** These plans are only tentative and will continue to be updated as guidelines and recommendations change.***

[*Link to register For All Groups: This is open NOW!](#)

If you have any membership questions, you can reach out to membership@madisonymca.org or by phone M-F 8am-4pm by calling the Welcome Center at 973-822-9622.