

Safety Procedures

For the safety of our team and families, all coaches, swimmers, and parents must abide by the procedures below. These policies are based off guidelines from the CDC and New Jersey governor. We appreciate your cooperation.

- **Parents will not be allowed inside the YMCA during the program.** Parents with a pre-designated volunteer role may be allowed inside as necessary, but must be screened as a staff member and follow all staff procedures. When dropping off a swimmer, parents must watch them enter the pool area before leaving in order to ensure they have passed their screening. If they fail the screening, swimmers will be sent back to their parents.
- Before being admitted to the building, all coaches, swimmers, and volunteers must pass the following screening every day:
 - You must have your face covered upon arrival, including mouth and nostrils. Swimmers may remove this covering only when necessary to enter the water. During arrival, departure, bathroom breaks, and any other activities outside the pool, swimmers must keep their faces covered. Coaches and volunteers must keep their face covered throughout the duration of the program. Persons arriving without an appropriate face covering (one which attaches to the face without needing to be held by the hands) will be refused entry.
 - Have your temperature scanned. You will be sent home if it is 100.4 or higher.
 - You will be asked the following “yes” or “no” questions. (If the answer to any of the questions would be yes, please do not come to swim practice. You will be sent home for one “yes.” Exceptions may be granted based on local/state health department guidelines, but must be approved by the head coach and may still require quarantine and/or submission of test results. Any exclusion policies of the facility we are practicing at will still apply.):
 1. Has any medication been used to lower your temperature?
 2. Within the past 14 days, have you been in close contact (within 6 feet for 10 minutes or more) with anyone diagnosed with COVID-19?
 3. Does anyone in your household have symptoms of respiratory illness (e.g. fever, cough, shortness of breath)?
 4. In the past 14 days, have you visited any areas out-of-state which are on the New Jersey COVID-19 travel advisory list?
- Immediately upon or after screening, hands must be washed or sanitized. Hand sanitizer will be provided. Coaches/volunteers must wash or sanitize their hands at least every 30 minutes while working at practice.
- Any person who exhibits fever or respiratory illness symptoms during practice must leave immediately if transportation is available, or must be isolated from the group and parents called to pick them up as soon as possible.
- Any person excluded due to the daily screening process, or due to showing signs of illness during practice, must provide a note from their healthcare provider before returning, stating that their presence at practice is not a risk to others.
- High-touch items and areas will be disinfected before and after each practice.
- Marked spaces will be available for swimmers to place their belongings during practice; each space must be at least 6 feet apart. Swimmers cannot share the same space unless they are siblings living in the same household.
- During swimming, swimmers will be spaced so that their starting/ending position after each repeat is at least 6 feet apart. The following are examples of some, but not all, techniques that may be used to ensure social distancing inside the pool:
 - Circle swimming with different starting positions for swimmers. For example, four swimmers in a lane with one on each end, and two swimmers starting/finishing all repeats in a “midpool” position at different 15-meter markers. No more than four swimmers will be assigned to a single lane simultaneously.
 - One-way 25s from a start, followed by exiting the pool and walking around.
 - “Snake” swimming, so that all lanes are one-way traffic (i.e., swim down in lane 1, back in lane 2, down in lane 3, back in lane 4...).
- Locker rooms will not be available. Bathrooms are available for emergency bathroom breaks, but swimmers are recommended to use the bathroom before leaving home. Swimmers must wear shoes and a face covering in the bathroom. Swimmers must arrive and leave with their suit on; changing must take place at home. Please bring warm clothes to wear over your suit to the car, as you will need to have your suit on under your clothes when exiting the building.
- Distancing requirements will not apply between siblings who live in the same household.
- No equipment will be provided, and no equipment will be shared. Swimmers should plan to buy their own pull buoy, kickboard and flippers, and have them ready for practice by the end of the first week. Swimmers should bring and label their own water bottles. Absolutely no sharing of water bottles.