



# COVID-19 Guidelines for Entering and Exiting Facility and Swim Meet

	Entering / Exiting	
Swimmers	Coaches	Parents
Swimmers are required to wear a mask that covers the mouth and nose when entering and exiting the facility to minimize contact with coaching staff and on-site personnel.		Parents will not be allowed in the facility unless assigned to a specific volunteer position.
Swimmers must enter and exit the facility at least 6 feet apart and not enter as a group, unless they are living in the same household.	Coaching staff will not have any physical contact with swimmers. The only exception is for the administration of first aid to a swimmer.	Follow parking lot procedures at each a facility. ALL Parents must remain in their vehicles. No parents will be permitted inside the facility to spectate.
Swimmers cannot enter the facility until 15 minutes prior start of warm-up session. If swimmer arrives early, they must stay in their car and not congregate in the parking lot	All doors will be propped open to make sure no one touches doors upon entrance and exit. These doors will be wiped down after each group leaves and arrives.	Swimmers must be picked up no later than 15 minutes after the conclusion of practice or heat. Swimmers waiting on parents should stand 10 feet apart from one another, unless standing with someone in own household.
	Swim Meets	
Swimmers should arrive prepared to swim dressed in appropriate suit, goggles, cap and towel.	Use hand sanitizer upon entry to deck	All parent contact is through computer or video via live streaming
Sharing water bottles, practice equipment, or using non-approved facility equipment is strictly prohibited.	All communication with swimmers will be done no less than 8 feet apart from any swimmer, coach, or staff.	
Only one swimmer at a time will be able to have access to a bathroom. The facility will be cleaned after each person uses the facilities.	Sanitize all water bottles/ notebooks before being brought on pool deck.	

<p>Swimmers shall wear masks at all times and report to the ready bench area no earlier than 2 heats prior to their race. Masks shall be worn behind the blocks and until the deck referee blows the multiple whistles for your heat.</p>	<p>Coaches will stand at a minimum of 8 feet back from the edge of pool to create social distancing space.</p>	
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<b>General Health Guidelines</b>		
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<p>Before swimmers come to the facility, their parents will be instructed to take the temperature of all swimmers.</p> <p>Any swimmer experiencing any symptoms of any illness (or exposure to someone who has any symptoms) will be told to remain at home and seek medical treatment as needed.</p> <p>If any swimmer does have a fever or any symptoms of COVID-19, they may not attend a swim meet.</p>	<p>Do not come to a swim meet if you are sick. Take temperature before coming on deck and note any symptoms that are consistent with COVID-19.</p>	<p>Parents must monitor children's health by taking temperature prior to coming to the facility each day.</p>
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