**YMCA of Greater Cincinnati Swim Team**

**Return to the Pool**

**Ensure Athletes are Safe**

**Athletes are NOT permitted to attend practice if…**

●**They are showing any of the symptoms of COVID-19. They have a fever, cough, shortness of breath or difficulty breathing, chills, headache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC.**

●**They think they could have COVID-19.**

●**They have tested positive and are currently showing symptoms of COVID-19.**

●**They are awaiting the results of testing for COVID-19.**

●**They have been in close contact with anyone in the 4 categories above.**

***ATHLETES MUST COME TO PRACTICE WITH:***

**Cloth face mask is encouraged in common areas**

**Practice equipment (NO SHARING)**

**Water bottle (NO SHARING)**

**Wearing a swimsuit**

**Showered and have used the restroom at home**

**Entering and Exiting YMCA and Pool**

**1. Wait at entrance for screening/temperature**

**2. Sanitize hands**

**3. Set personal items down in designated space on pool deck**

**4. Go to assigned lane**

**5. Swim practice**

**6. Dry off & Retrieve items**

**7. Exit using appropriate door**

**Return to the Pool Instructions:**

**1. Wait at the Entrance for Screening - Athletes will enter through the lobby. They will have their temperature taken and sanitize their hands upon entry. We strongly encourage cloth masks to be worn until you have reached the pool deck. Athletes will stand on pre-assigned markers to maintain social distancing. \*\*The locker rooms will be closed. Per YMCA and USA Swimming Rules, there will be no deck changing. Athletes need to plan to arrive and leave in their swimsuit.**

**2. Go to Assigned Lane -Each athlete will be pre-assigned a lane. Lanes will be marked with numbered cones. Personal items will be placed in assigned location or basket provided. Baskets will be sanitized after each use by swimmer after they have collected personal items. Spray bottles will be provided.**

**3. Swim Practice -Swim practices will have at least 1 coach and 1 lifeguard on deck.**

**Coaches will be wearing masks.**

**Athletes will need to bring all of the required practice equipment and Water bottle. There will be NO sharing of equipment and NO borrowing of equipment.**

**4. Leaving Practice -Athletes will dry off on deck and retrieve belongings. Please sanitize your area with spray provided. Exit using the appropriate door. Coaches will dismiss athletes 1 at a time to maintain social distancing. Athletes will follow marked pathway, maintain social distancing at all times, and w Athletes are expected to be picked up directly at the end of their practice slot.**