

Cardinal Hill Swim Team COVID-19 Prevention Protocol

General:

- *Social distancing is to be practiced by all.
- *No goggles are available to borrow. If needed, please bring your own.
- *Bathroom will be open if needed.
- *Parents or family members accompanying swimmers are to remain on the upper concrete deck and/or grass area close to the fence line during practice. Please do not stay by the edge of the grass near the pool. We are trying to minimize distractions for the swimmers and coaches.
- *The gaga pit, basketball court, baby pool, and toys are not available.
- *Please follow all current mask guidelines.

Prior to arrival:

- *All swimmers and family members must self-monitor for symptoms of COVID-19 daily. If anyone is not feeling well, please do not attend!

During practice:

- *Wear your suit to and from practice if possible.
- *Social distancing should be followed while waiting for your turn to swim.
- *No spitting, high fives, fist bumps, or touching of any kind.
- *Pay attention to the coaches. We will be using the entire pool during the morning practice. We will only have several lanes during the evening practice.

After practice:

- *Please leave as soon as reasonably possible after practice. The swim team must exit before the pool can open. We have a short window to get the lane lines put away and clean frequently touched surfaces before the pool opens at 11:00.