**2020 Cottonwood Pirates Swim Team**

**Participation Agreement**

Parents and swimmers, please review the following guidelines together and then sign.

* Swimmers must be kept home from practice if they exhibit symptoms including but not limited to: **cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea**. If a swimmer complains of feeling unwell or exhibits any of the above symptoms, they will be excused from practice. If a swimmer develops symptoms or is confirmed as positive for COVID-19, you should consult their healthcare provider and report such occurrence to the coach or other administrator.
* Swimmers should not arrive early to practice.  They will not be invited onto the deck until their practice time begins. At the conclusion of practice, swimmers are expected to depart the pool deck immediately. Coaches are not responsible for swimmers outside the pool fence area. Swimmers must only enter through the main gate and exit through the side gate.
* Swimmers should use hand sanitizer upon entrance and exit.
* At no time during practice, whether in the water or on the pool deck, will touching other swimmers or coaches be tolerated. No high fives, no hugging, no pulling team mates’ feet, no spitting water, etc.
* Swimmers will be expected to maintain 6 feet distance from all other swimmers and coaches on the pool deck. Cones on the pool deck will be provided to help swimmers know where to stand.
* Because there will be no coaches in the water, swimmers need to refrain from talking with others so that they can hear the coaches’ instructions.
* Bathroom breaks will be limited to emergencies. Please use the restroom at home before practice.
* Swimmers are not allowed to share any personal belongings with each other (googles, towels, water bottles, etc.) Swimmers should bring their belongings in a bag, to be hung on the fence during practice. A drawstring bag works well.
* All swimmers must be swimming independently in the water. Swimmers will not be assisted by a coach except in an emergency

I have read this agreement and understand that if I do not follow these rules, the coaches may dismiss me from practice immediately.

Parents Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Swimmer Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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