

ABERDEEN SWIM CLUB RULES AND GUIDELINES
FOR THE YMCA

- Wash your hands with disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not attend practice if you or a member of your household does not feel well.
- Parents will not enter the building unless you have a YMCA membership and are entering the building to workout. Only athletes are allowed entry into the pool.
- After leaving their respective cars, athletes walk in separately, 6 feet apart.
- Swimmers should arrive no earlier than 10 minutes before practice.
- Drop off at front door (west main entrance), entering the pool area through the lobby.
- All participants and coaches will be temperature checked by YMCA staff at the front entrance upon arrival. Anyone with a fever of 100.0 or higher will need to leave and will not be allowed back for 72 hours.
- Athletes should arrive at the pool prepared to swim. No locker-rooms, showering or deck changing. Athletes are to wear their suit to the pool.
- Athletes are assigned their own swim equipment bag to bring to each practice.
- Athletes need to come to practice prepared with a full water bottle as there will be no water fountain available on site.
- If a swimmer needs to use the bathroom they may use the one in the front lobby.
- Athletes will place their belongings on the south wall bench next to the pool, spots will be marked 6 feet apart.
- Swimmers then will report to their assigned lanes.
- Positioning: Two swimmers per lane, one at each end. Swimmers must finish at the end of the pool on the black T so that they are consistently six feet apart. ASC will follow the USA Swimming social distancing practice layout in the pool.
- Athletes will exit via the side door by the pool at the south side of the building, one at a time as the coach dismisses them, keeping with social distancing.
- Athletes cannot loiter after practice.
- Parents must be ready to pick athletes up as soon as practice finishes.
- Swimmers that do not follow these rules will be removed from the group.
- The YMCA pool is grounded. Practice will be conducted during mildly inclement weather - if the weather becomes severe we will clear the pool and shelter at the Y.