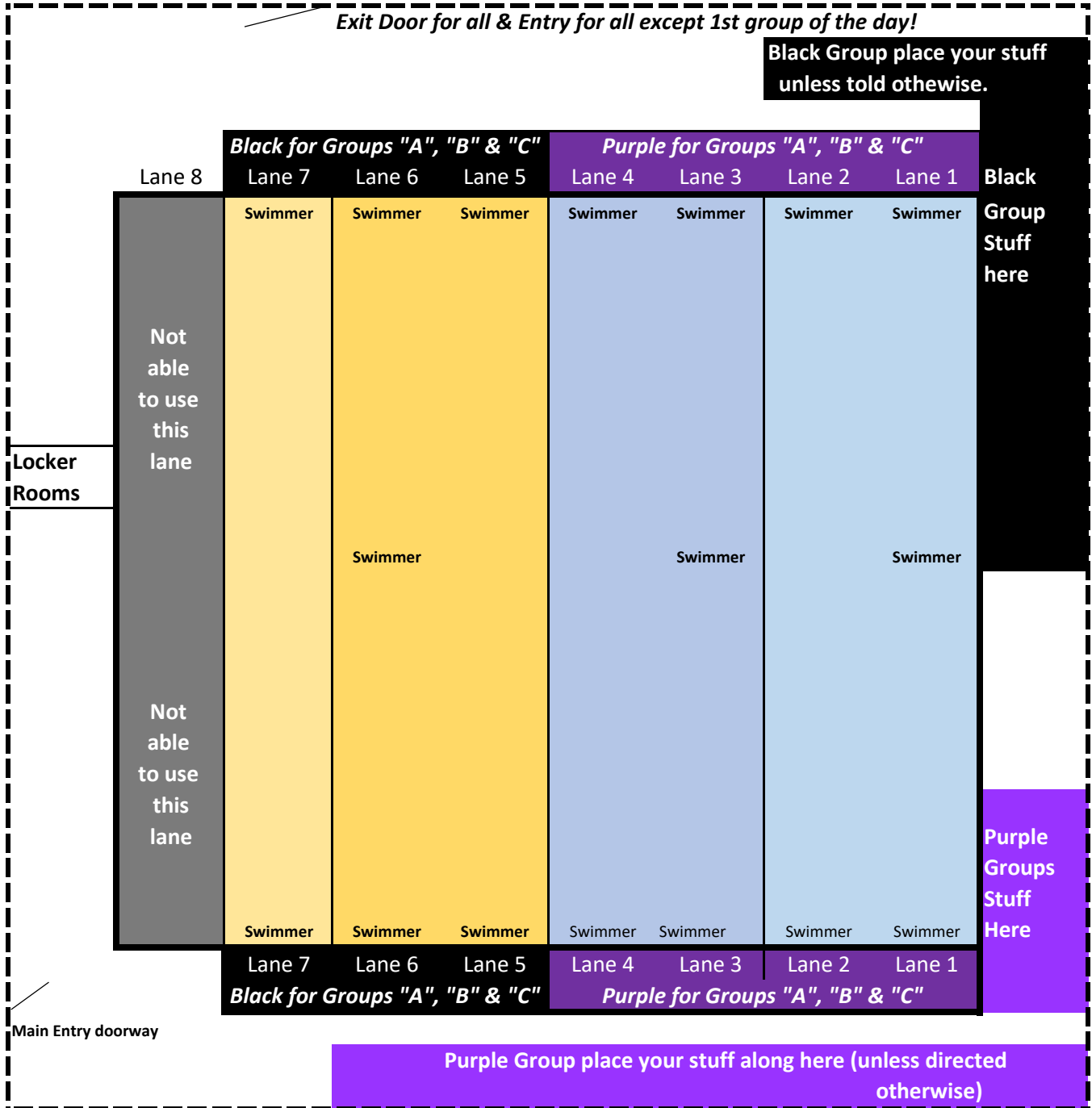


Guesstimate of EAST YMCA set-up

@ Lussier Family East YMCA (711 Cottage Grove Rd, 53716)



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East Swim Team Guidelines

The CDC has issued guidance that it is safe to swim as the virus cannot be spread via properly chlorinated and maintained pool water. All YMCA pools meet or exceed the health standards set by the CDC.

- 1) All **athletes must wear masks** when they enter and are inside the facility and on deck. They may only remove their mask immediately prior to getting in the water. They must put their mask back on immediately after they exit the water.
- 2) Coming in temperature and health will be screened. Individuals with an elevated temperature of 100.4 or higher will not be permitted in the building. All athletes must sanitize their hands when entering the building, there is a hand sanitizer station located at the membership desk area.
- 3) We ask that swimmers arrive only **five minutes** before their scheduled practice time to keep occupancy numbers within guidelines and walkways clear. **WEAR YOUR MASK!**
- 4) Swimmers/parents avoid congregating before & after practices. Swimmers must maintain social distance at all times, even when in the water.
- 5) Swimmers will be asked not to use the locker rooms-come ready to swim, please enter the pool area from the hallway by family locker rooms. Swimmers will need to bring belongings out to the pool area (no locker usage) - and place by the 6 foot markings. Please use bathroom facilities before coming to the Y.
- 6) There will be a max of 2 swimmers per lane (or 5 per double lane). 2 Swimmers per lane - One swimmer starts and ends set at deep end, one swimmer starts and ends set at shallow end or 4 Swimmers per double lane - same as 2 swimmers per lane, plus 1 other swimmers staggered. We need swimmers to slide into the water and exit at their designated lane.
- 7) Swimmers will exit the building as soon as possible following their practice. All swimmers will exit through **the emergency pool door leading to the circle driveway.**
- 8) **All subsequent groups (after the first group of the day)** arriving and exiting will utilize the emergency pool door leading to the circle driveway.
- 9) Please bring water bottles filled with water - water fountains will not be available. The YMCA will not allow any of our equipment to be used.
- 10) Follow all instruction from YMCA staff and your coaches.
- 11) Please bring any equipment you wish to use while in the water (including your own filled water bottle).
- 12) If an athlete is presenting or complaining of any other symptoms besides a temperature at or above 100.4F (such as dry cough, chills, sore throat, diarrhea, etc.) coaches reserve the right to pull the athlete out of the water and to contact the parents.