

Dear A+ Participant Family, Coach and Official:

Thank you for your hard work and dedication over the last several months to prepare for competition, training and life as we have begun a New Year. Your responsiveness and caution has been overwhelmingly positive and has enabled our ability to enjoy all that swimming gives our athletes.

At Schroeder, we have endured positive tests among athletes, staff and officials and folks being ruled out for periods because of potential exposures. To date, we have not detected pool-based spread from training or racing. The response from our team has been overwhelmingly positive - so much support and as a whole, regardless of each person's convictions we have embraced personal responsibility to ensure that all feel comfortable and safe at training and competition.

Obviously, as an organization we can't enforce strict policies on what you can or cannot do outside of our pools or competitions. I can only ask that you review the recommendations of health officials, use your best judgement in the coming days, and do your part to keep yourself, the community and our ability to continue offering competitions safely in mind.

Here are some common recommendations.

- Maintain social distancing in public places with at least six feet of separation.
- Avoid large events where social distancing is not possible.
- Wash your hands frequently and use hand sanitizer.
- Avoid physical contact including handshakes, hugging, etc. as you greet & congratulate people.
- When in public wear a face covering. Especially when social distancing is not possible.
- Avoid touching common surfaces.
- When making purchases, consider how to make the transaction touchless.
- Avoid car- pooling -if possible.
- Avoid public transportation -if possible
- Do not use public drinking fountains.
- Do not use common utensils, share drinks or smoking devices.
- Do not travel to known hot spots.

Visit the CDC or your local health department websites for further guidelines.

Thank you again for all you do. Have a safe and healthy weekend and week prior to the meet!

David Anderson

Coach / Director

Walter Schroeder Aquatic Center