



Guide for COVID Mitigation Measures

The YMCA of Greater Des Moines places the highest priority on everyone's safety. To protect all athletes, coaches, officials, volunteers and staff, adherence to COVID mitigation strategies which meet or exceed all CDC guidelines, USA Swimming guidelines, and YMCA swimming guidelines as well as the federal, state, and city regulations regarding sporting events and gatherings are required.

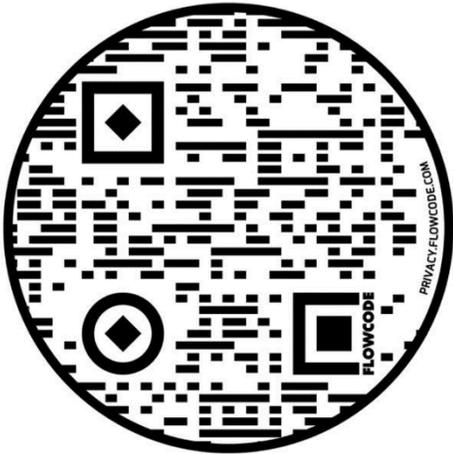
This Guide serves as a quick reference for most of the protocols you need to know to enhance your experience at the facility. Keep in mind that the procedures, protocols, regulations, and recommendations from the medical community are continuously subject to change. Please read and make every effort to follow this Guide with the understanding that staff and volunteers may provide different guidance when you attend your event.

Persons who fail to comply with COVID mitigation procedures required by the YMCA not only pose a risk to themselves and others but may be denied admission and/or participation at the event.

In cooperation with USA Swimming, we are asking all athletes, coaches, officials, volunteers and staff that have completed PCR testing or have received a Covid 19 vaccine to bring a copy of this information with you or it can be emailed to tyrdsm21@gmail.com . PCR testing will **NOT** be a requirement to attend the meet in Des Moines. Everyone attending the meet **WILL** be required to sign a [USA Swimming Covid waiver](#) and complete the YMCA Covid QR questionnaire. The waiver can be emailed to tyrdsm21@gmail.com the QR questionnaire will be shown when checking in at the registration desk. Masks will be always required for everyone in the venue.

Entering/Exiting the Facility

Everyone must be wearing mask and pass COVID screening questions prior to entry. To facilitate efficient entry and to prevent crowding during the admission process, we ask everyone to complete the screening questions PRIOR TO ARRIVAL by following the following [QR Code](#). Complete the form and check your email for your "score". You must show a "score" of 2 to be admitted.



For Deck Access – Deck access is limited only to required persons which includes Athletes & Volunteers participating in the current session, Coaches, Officials and facility staff. Please note that due to the large number of athletes in these sessions, we are asking for those athletes who are not actively competing in a session to leave the facility. *Exception will be made for Thursday, April 29th during distance events in which lap counters will be needed (lap counters MUST be a swimmer participating in the meet or a coach) * Deck Access is provided by using the main entrance of the YMCA on Grand Avenue. You will be directed to the

hallway left of the main desk. You will proceed to the registration desk to verify deck passes and proceed to the pool deck.

Everyone will be asked to exit the facility the same way they entered by using the main entrance of the YMCA on Grand Avenue. Skywalk access is also located at the main entrance.

Locker Rooms

Locker Rooms will be permitted for athlete restrooms and changing only. It is strongly suggested that athletes arrive in their swimsuits. Shower facilities will not be available. Masks MUST be always worn while using the locker rooms. There are some private restrooms also available for athlete use only.

Athlete Seating

Athletes will be directed to the spectator seating area which will provide socially distanced seating. All athletes and coaches are required to always have their masks on in the seating area and on the pool deck. Swimmers will be required to wear their masks to the pool, place them in a provided zip lock bag while in the water, and put them back on when exiting the pool.