

1. Recommend delayed re-start not before June 15<sup>th</sup>.
2. Recommend Temperature Checks for first 21 Days (99.6 or higher conservative, definitely if 100.4 or higher)
3. Recommend 1.5 Hour Cap for Senior Swimmers for first 21 days (Allows for cleaning every 2 hrs)
4. Recommend waiting at least 14-21 days after senior swimmers' restart swimming before Junior Swimmers
5. Recommend 1-hour cap for junior swimmers for first 21 days (clean every 2 hours)
6. Recommend Consistent groups with close congregates scheduled together. (AKA household/neighborhood)
7. Coach always remain socially distanced. Highly recommended coaches/volunteers/Lifeguard stay with consistent practice groups ie. Coach Kirtis always coaches group A,C,H with Parent volunteer Lori with lifeguard Branden. Coach Matt always coaches group B, D, G with Parent volunteer Sue and Lifeguard Jacob.
8. All equipment goes home no equipment stays at facility
9. Recommending No Snorkels tentatively for the next several months.
10. Adhere to USA Swimming protocols for practice capacity based on pool size.
11. Coaches and Volunteers wear masks and swimmers wear mask up until pool time.
12. No Locker room use, come dressed leave wet.
13. Single Use restrooms if possible or monitor locker room usage ie. 1 at a time per gender restroom only. Balance Safe Sport guideline.
14. Recommend parents outside or Restricted parent access to 1 parent per child in designated area within sight but distanced from athletes.
15. Child shows any signs or symptoms or anyone in household child/family self-isolate (NO Practice)
16. No use of communal equipment (Bring own or no equipment)
17. No Drinking Fountains and posted stating closure.
18. Water bottles clearly marked in designated area to ensure no cross contamination.

### **Facility Recommendations**

#### Recommended Pool Signage:

- The danger of exposure to the Coronavirus that causes COVID-19 exists.
- By entering the pool you take personal responsibility for your own protection and personal hygiene.
- Do not use the pool if you have a cough, fever, or other symptoms of illness or exists within your household.
- Maintain at least 6 feet between you and others who are not part of your household.
- Avoid touching eyes, nose, and mouth.
- Wash hands thoroughly and frequently.
- A face covering is recommended when not in the pool.

Recommend pool remain at 1.5 vs. 1.0 to ensure levels do not fluctuate below a level in which the virus is deactivated. Recommend testing prior to each practice.

If windows and doors can be open highly recommended.

Lifeguards in elevated stands highly recommended (No roving or low chairs)

Facility invest in Bag-Valve Masks in case of respiratory emergency.