

PHASE 1 PROCEDURES FOR PRINCESS ANNE

Families are not to send their children to practice if any family member with whom they live is sick with COVID-19. Swimmers will also not be permitted to attend practice if they have a fever. Parents should monitor their children for any symptoms of COVID-19 or any sign of fever. If a swimmer has a fever, he/she is prohibited from practicing.

Princess Anne Family YMCA Protocols

- The YMCA building will be closed. Swimmers will only have access to the pool and the outdoor restrooms.
- Swimmers will not be permitted to change. They should arrive in swimsuits and leave in swimsuits. There will be no locker room or changing room access. Deck changing is prohibited.
- Swimmers should bring enough water for their entire practice as the water fountain will be turned off.
- Parents will drop off swimmers at the gate closest to the YMCA building and should be ON TIME for practice.
- In the event of inclement weather, parents should remain within a 5 minute radius of the pool. There will be no shelter available in the YMCA if thunderstorms should occur.
- Parents are not permitted to enter the pool area. They should instead wait in their cars if they wish to stay on the premises.
- Swimmers will line up, 6 feet apart, and wait until it is their turn to be admitted onto the deck.
- YMCA staff will scan swimmer membership cards so swimmers MUST bring their keycards for admittance. There will be no front desk services available. YMCA memberships must be reactivated prior to attending practice. Parents can reactivate suspended memberships by emailing membership@ymcashr.org
- YMCA staff will take temperatures of swimmers and staff with forehead scanners upon entry.
- Swimmers will be directed by the coaching staff as to where to stow their backpacks and which lanes to enter.
- Swimmers must stay 6 FEET APART at all times. There will be no clumping in groups. Swimmers need to be diligent about observing social distancing rules.
- Swimmers should not touch fences or other structures. Swimmers should refrain from touching their faces.
- Coaches will not be permitted to assist with swim caps or goggles so swimmers should cap themselves or get assistance from a parent.
- Outdoor restrooms will be available for swimmers to use. Only 1 swimmer is permitted in the restroom at a time. Swimmers must use the disinfectant spray bottles provided to spray the area used before leaving the restroom.
- Swimmers will train 1 to a lane. Swimmers need to stay in the center of their lanes and not hang on the ropes to chat with teammates in adjacent lanes.
- Swimmers doing dryland workouts must be at least 6 feet apart from teammates. There will be no exercises that require partners or activities that require swimmers to touch or come within 6 feet of each other.
- Coaches will inform swimmers as to what type of equipment they need to have for dryland exercises.
- Swimmers need to remain at least 6 feet away from their coaches.
- Parents will pick up swimmers near the exit gate by the outdoor showers and bath house.
- Swimmers will not be permitted to wait in groups for their rides. They will wait at the end of their lanes and be dismissed 6 feet apart.
- Swimmers CANNOT leave their mesh bags at the pool. Equipment must be carried to and from practice daily. Any items left behind (equipment, water bottles, caps) will be discarded on a daily basis.
- Swimmers should disinfect all swimming and dryland equipment daily.
- Parents should be waiting in their cars for swimmers when they finish practice.