

COVID-19 Policies and Expectations

This summer, we will be implementing changes based on the most recent guidelines related to COVID-19. Please know that while some of these changes may appear inconvenient, it is of the utmost importance that we strictly follow the guidelines in order to continue to operate.

Please read all of these guidelines carefully. Unfortunately, there is not currently any flexibility around these guidelines. We will update them as needed based on any changes we are made aware of. If the guidelines change, you will receive an email with updates.

Here are the guidelines and expectations for swimmers and parents:

1. Swimmers **MUST** be registered to participate.
2. **ONLY** the swimmers will be allowed at practice.
3. Swimmers **MUST** leave all personal items at home or in their cars, except those needed for workout: cap, goggles, noseplugs, towel, and water bottle. Locker rooms will not be available and other personal items will not be allowed in pool areas.
4. Swimmers **MUST** complete the [health check-in process](#) and apply hand sanitizer every day prior to entering the pool area. If requirements are not met, the swimmer **MAY NOT** workout.
5. Swimmers are encouraged to wear face masks for the duration of their time inside the school. Face masks are not needed while training in the pool. The school will not have masks available for use. Please provide your own mask, bandana or other appropriate face covering.
6. Swimmers **MUST** bring their own filled water bottle. Drinking fountains will not be available. Sharing of water bottles is strictly prohibited.
7. Swimmers **MUST** maintain proper social distancing in all training situations.
8. Swimmers **MUST** refrain from sharing/touching/passing any equipment between people. All used equipment must be placed in the appropriate location for sanitization at the end of practice.
9. Swimmers should apply hand sanitizer or wash hands upon leaving the training area and prior to leaving the school.
10. Swimmers **MUST** leave school immediately upon completion of their training. Congregating inside or outside the school is prohibited.
11. Parents **MUST** immediately report any [COVID-19 symptoms](#) occurring in their household to Cathy Taylor email: taylor.catherine@slpschools.org, phone: 952.928.6780.

Here are the things you can expect from us:

1. Practices will be planned and organized to allow social distancing of 6 feet or greater.
2. Groups will be built using a 9:1 swimmer to coach ratio in order to keep a close eye on swimmers and give them friendly reminders to stay apart.
3. Swimmers will remain with the same group each day to limit their exposure to others.
4. For the time being, the swimmers will not be using any equipment in the pool area.
5. We will do our best to minimize contact while arriving and departing by having swimmers maintain social distancing and entering and leaving the pool area one at a time.
6. Coaches will be tracking attendance and health check-in data in order to properly notify families of swimmers in the event they have been exposed to people who display symptoms of COVID-19. Your personal data will only be accessible to the synchronized swimming coaches and Community Education personnel.