

BeFirst Swim Team (B1ST)
GUIDELINES POOL AREA (COVID-19)

Entry and Exit will be through the back door directly onto the pool deck, there will be no one from **B1ST** permitted into the main fitness facility at any time.

At the door our swim team coaches will be taking the temps of all swimmers entering the building. Anyone showing any signs of a fever will not be permitted into the building for practice that day and guardians will be informed of next steps

All swim coaches will wear face masks during practice

The pool locker rooms will be available for the swimmers, but they will be spaced out to every other locker to enforce distancing while preparing for practice and to leave afterwards.

All sinks and paper towels dispensers have been swapped out to touch-less and there will be hand sanitizer provided in the locker rooms and on the pool deck

We are encouraging all parents and guardians to drop off and pick up for practice/lessons.

All swimmers must bring their own towels, no items are to be left at the swim facility over night

Pool chemical levels will be taken several times a day to ensure the water is within appropriate levels (standard operation)

AFC Fitness Feasterville will provide a lifeguard on the pool deck for all practices - the lifeguard will be in a face mask at all times during their shift

AFC Fitness Feasterville does not serve food or drink, all swimmers will be required to bring their own water bottles.

After each practice the swim team coaches and manager will do a deep clean of the pool deck and locker rooms with a CDC approved disinfectant that has already been purchased by AFC and is on site.

All swimmers must follow the all **AFC Feasterville** policies, guidelines pool area and Pool Rules of **AFC Feasterville** which are available through the web site www.afcfitness.com , in your contract with **AFC Feasterville** or deck pool.

Signature(s)

Date

Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

Athletes and families who travel during phase one and two will need to self-isolate for 14 days before returning to practice.

Athletes should not swim if they or anyone with whom they reside:

Are exhibiting any symptoms of the coronavirus;

Mild to severe respiratory illness with fever, cough and difficulty breathing, or other symptoms identified by the CDC;

Have been in contact with someone who has tested positive for COVID-19 in the last 14 days.

SWIMMING SAFELY

Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.

Do not share equipment.

Bring a full water bottle to avoid touching a tap or water fountain handle.

If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.

Arrive as close as possible to when activity begins. • Avoid touching gates, fences, benches, etc. if you can.

Do not attend practice if you, or a member of your household does not feel well.

WHEN SWIMMING

Follow directions for spacing and stay at least six feet apart from others.

Do not make physical contact with others, such as shaking hands or giving a high five.

Avoid touching your face.

Avoid sharing food, drinks, or towels.

Maintain appropriate social distancing from other athletes when taking a break.

Wear your suit to and from practice.

No congregation after swimming.

Signature(s)

Date