

Field House **Lap Swim** 2020
COVID-19 Plan

Tentative opening day September 1st

Sign up:

1. Swimmers will need to pre register for the sessions ahead of time using our Max Galaxy Software program. <http://mhsfieldhouse.maxgalaxy.net/Home.aspx> only 12 or 16 swimmers will be allowed per session depending on which lanes are open at a time which allows for 2 swimmers per lane.

Arrival to pool:

1. Upon arrival members/customers will be met at the pool entrance front desk and the [Daily COVID screening](#) form will be completed by the front desk attendant. The following questions are included:
 - a. Do you have
 - i. Temperature over 100
 - ii. Cough
 - iii. Shortness of breath
 - iv. Chills
 - v. Headache/sore throat
 - vi. Contact with anyone with these symptoms
 - b. If any of the answers are “yes” the participant will be sent home
2. Participants will be asked to arrive:
 - a. Wearing swimsuit
 - b. With own water bottle
 - c. With minimal personal items
 - d. Swimmers are encouraged to bring a duffle bag or equivalent to store their items on the pool deck.
3. Once screened, participants will be asked to wash hands in the locker room bathrooms (one person in the bathroom at a time, others waiting 6ft apart outside of the bathroom), then enter the pool area and place their personal items on one of the designated X's that will be placed 6ft apart. While not in the pool participants will need to wear protective face masks or shields, please bring your own. Locker rooms will be open for an entrance into the pool area. With showers and bathrooms available. Lockers will not be used.

During Lap Swim:

1. Swimmers will be designated 2 per lane, one at the shallow end one at the deep end of the pool. They will maintain 6ft social distancing throughout all of practice.
2. Swimmers must bring their own equipment for their session,
3. Swimmers will need to use their personal water bottles, no sharing.
4. Personal items must be brought to the pool deck and may not be left in the locker rooms.

Post Lap Swim:

1. Restrooms and shower areas will be open. Participants must adhere to 6' of distancing in these areas. Participants will enter locker rooms through only the lobby area.
2. Following sessions, staff will clean and sanitize any high touched surfaces that participants may have come in contact with throughout the session (doorknobs, X's for waiting, etc.)

Staff:

1. Staff will be screened when entering the Field House facility
2. Staff will wear masks when participants are NOT in the water
3. Staff will clean following the session.

It is advised that anyone coming in contact with someone that has been tested positive for COVID-19, self-quarantine for 14 days to monitor. Therefore, if someone attending Lap Swim Sessions tests positive for COVID-19 the remaining sessions will be canceled and additional sessions will be considered following a 14 day wait period. We will notify all participants that have attended sessions that there has been a confirmed case so that those who have come in contact may self-quarantine.

If a participant is experiencing symptoms but has not tested positive they are expected to NOT return until:

- a. **No fever for 72 hours**
- b. **All symptoms are gone**