

## Updated COVID Guidelines Effective October 13

### **NO CHANGE**

- Masks must be worn while in the building, and while waiting to enter the building, unless one is in the water.
- Masks must be worn while working out in the gym.
- Masks must be worn while in the locker rooms, unless one is showering.
- Masks must be worn while spectating either competitions or practice sessions.
- At least 6 feet of social distancing must be maintained at all possible times.

### **CHANGES:**

#### **TEMPERATURE CHECKS/CHECK IN PROCESS**

- COM will discontinue temperature checks upon entry as of Tuesday morning October 13.
- Each program will continue to check in members.
- Specified entrances and exits are still required.

#### **LOCKER ROOM RESTRICTIONS:**

- With the exception of Lesson participants, there are no restrictions on locker rooms, other than masks are required while in the locker rooms, unless one is showering.
- Lesson participants will continue to use the family restroom for changing, and/or the front lobby restrooms.

#### **DRYLAND ADULT CLASSES**

When able to maintain 6 feet of distancing, face masks will not be required, during class only.

#### **GUEST POLICY**

Non-member guests will be allowed to use the facility. All guests will pay a \$10 daily fee, be required to complete a COVID waiver, and adhere to all rules of membership.

#### **SPECTATORS DURING COMPETITIONS**

- Spectators will be allowed on a limited basis for competitions.
- Masks will be required of spectators at all times.
- There will be NO contact between athletes & spectators at any time while in the building.
- Use supplied sanitizing supplies to clean your area before and after use.
- Spectators should stay in their seats as much as possible.
- Bleachers seating will be marked to social distance spectators. There will be no seating in the areas marked in red.
- Spectators should stay in their seats as much as possible.

### Swim Team Spectators

- Enter and Exit at rear stairwell F7
- Spectators are limited to one or two spectators per athlete, based on the number of athletes participating in the meet. Information on number of spectators will be provided prior to the meet. This number includes children and/or siblings.
- Handicapped spectators will enter at the main from FMH Lobby (F1) to use the elevator. Handicapped spectators will sit in handicapped spaces and will be accompanied by a maximum of one companion.
- Spectators can sit in sections specified in meet information. Additional details will be provided at check in if necessary.
- Folding chairs are allowed on the upstairs mezzanine area for a maximum of two people sitting together, in marked areas only. Social distancing is required, spaces are limited.
- Spectators may use the restrooms upstairs.

### Dive Team Spectators

- Enter at main lobby entrance M2 and exit at main lobby exit M1
- Spectators are limited to 2 people per athlete for small sessions (45 or less), and 1 person per athlete for larger sessions. This includes children and/or siblings.
- Handicapped spectators will be seated on deck and will sit in handicapped spaces and will be accompanied by a maximum of one companion.
- Spectators will sit in the EAST bleachers only.
- Spectators may use the front lobby restrooms.

### **ATHLETES DURING COMPETITIONS**

- Masks will be required at all times.
- There must be NO contact between athletes & spectators at any time while in the building.
- Spaces will be marked for athletes to maintain social distance.

### Swim Team Athletes

- Athletes will sit in sections as listed in meet information.
- Athletes will enter from the front or middle stairwell, and information will be listed in meet information.
- Athletes will only use locker rooms/rest rooms on main level.
- Barricades will be placed between spectators and athletes section.

### Dive Team Athletes

- Athletes may sit in the upper bleachers on the WEST Side only.
- Athletes will enter from the M9 entrance.
- Athletes use Abell hallway locker rooms on main level.

### **SPECTATORS DURING PRACTICES**

- Each athlete is allowed one spectator, once per week, during regular practice time on either Tuesday or Wednesday.
- Masks will be required of spectators at all times.

- All spectators will clean up after themselves, including removal of any trash or food items.
- No athlete/parent contact is permitted inside the building. Athletes will continue to enter and exit the building at their designated areas.
- Use supplied sanitizing supplies to clean your area before and after use.
- Swim Team Spectators will enter and exit at F1 only and check in upon arrival.
- Dive Team Spectators will enter M2 and exit M1 only and check in upon arrival.

### **SWIM AND DIVE TEAM CHECK IN**

Waiting areas will be designated for athletes inside the building during inclement weather, marked for social distancing. Masks are required.

### **SWIM TEAM DRYLAND PRACTICE**

Swim team will work out upstairs on the mezzanine area, maintain 6 feet distance between one another and wear face coverings, and use individual equipment or sanitize between shared use.

### **DIVE TEAM DRYLAND PRACTICE**

Dive team will use the pool deck, and some areas of the dryland room for approved workout groups. With the exception of trampoline, dry boards and dry land dive tower, exercise and drills must be done by divers on their own personal yoga mat. All equipment must be cleaned after each usage. At all times, athletes will maintain 6 feet distance from one another, or wear face coverings. Divers using dry boards and dry land dive tower must use their own personal yoga mat to be placed on top of existing landing mat, to land on. Before using any equipment in the dryland gym, athletes will wash hands and/or use hand sanitizer.

### **OUT OF TOWN COMPETITORS**

Out of town competitors will be required to fill out the COVID release and questionnaire prior to participating at COM.