



## General COVID-19 Safety Policy for ALL IAM facilities

### ***Before swim practice:***

- Do not attend practice if you do not feel well or live with someone who does not feel well!
- Take your temperature within an hour of practice.
- Use the restroom at home prior to arriving.
- Be prepared to arrive and leave in your suit. Not all facilities are permitting locker room use for showers/changing. No lockers in any facility are available for use.
- “Deck-changing” under a towel is not permitted.
- Fill your water bottle at home and label with your name. Some facilities will permit using their water fill stations. No water fountains are available for use.
- Bring your own gear and label with your name.
- Wear a mask or face covering from your car and at all times while in the facility and when leaving pool deck/facility to go back to your car.
- Sanitize your hands when you enter and exit the facility

### ***Arrival to swim practice:***

- Arrive no earlier than five minutes prior to the start of practice with your suit on under your clothes and wearing a mask.
- All coaches and swimmers need to pass the “wellness screening” upon arrival to the pool facility. *Some facilities will be taking your temperature.*

1. Is your temperature 100.4 degrees or higher today? Yes or No

2. Did you have or have you been exposed to anyone with a confirmed case of COVID-19 in the last 14 days? Yes or No

3. Have you experienced any symptoms such as fever, muscle achiness, cough, shortness of breath, loss of taste/smell, or other respiratory symptoms in the last 14 days or did you live with someone with those symptoms? Yes or No

4. Have you traveled in the last 14 days to an area that would require you to be in self-quarantine? Yes or No

If you answered YES to any question above, you are not permitted to enter the facility until released to do so by a health care professional.

- Place your belongings on deck at least 6 feet apart and in designated area.

- All coaches on deck will wear a mask for the duration of the practice. Swimmers- The face mask is the last thing you take off before entering the water and the first thing you put on when getting out of the water!
- All coaches and swimmers must maintain at least 6 feet distance at all times in the facility, in the pool, and on the facility campus.
- No congregating on deck to socialize before (or after) practice.

***During swim practice:***

- Swimmers will maintain at least six feet apart for their start/stop positions in the pool. See [pool diagram](#).
- No sharing of water bottles or gear.
- Swimmers/coaches who begin to cough/sneeze for any reason must move away from others until coughing/ sneezing dissipates. You may be asked to leave the facility.
- Do not make physical contact with others such as shaking hands or giving a high five.
- Maintain appropriate social distancing from other athletes when taking a break between sets on the wall or mid-pool.
- If you need to clear mucus from your nose or throat, get out of the pool and use a kleenex. Do not shoot mucus into the pool, gutter, or deck area.

***After swim practice:***

- Put your mask on first when exiting the pool.
- Once you have your belongings, exit facility as directed.
- No congregating on deck to socialize after practice.
- Sanitize your hands.

Please report to IAM at [info@indyaquaticmasters.com](mailto:info@indyaquaticmasters.com) if you have a confirmed positive test for COVID-19 or if you have been exposed to or live with someone with a confirmed positive test for COVID-19.

## **Additional Facility-Specific Requirements**

### **IU Natatorium**

[Safety Video](#)

- Check-in required in the Pro Shop.
- Lockers will not be available for use. While the locker rooms will be available to change, all personal items must be stored on the wooden bench located on the main

competition pool deck. Only showers, toilets, and sinks that are not marked in the locker rooms can be used.

- No equipment such as kickboards, pull buoys, paddles, etc., will be available for use.
- Please bring a water bottle and use our bottle fill stations. Please do not use our water fountains.

## **Lawrence North**

### [Safety Policy for Lawrence Township Schools](#)

- Enter the south entrance off Hague Road. Enter facility through Door 10 on the west side of the school. [MAP](#)
- A LST staff member will take your temperature every morning when you walk in the door (Touchless thermometer).
- Lockers are not available for use. However, you may shower/change in the locker room area.

## **Carmel**

### [Safety Policy for Carmel Natatorium](#)

- Equipment is not available for use.
- Arrive and leave in your suit. Locker rooms are not available for use.
- Place belongings in the designated blue squares on deck.
- Exit through the doors on the deep end of the pool.

## **JCC**

### [JCC Reopening Plan](#)

- Enter through Door #5
- A JCC staff member will take your temperature.
- Adult Men and Women's locker rooms are not available for use at this time. Arrive and leave in your suit.
- No towel service.
- No water fountains.