

**2020 COVID-19
Safety Plan and Procedures
Riviera Club**



Updated

General Requirements for attending practice

- *Do not attend practice if you don't feel well or you live with someone who does not feel well.*
- *Follow our Safety Procedures.*
- *Ensure your billing account is current and up-to-date.*
- *Complete an online COVID-19 Liability Release Form prior to attending practice (available on our website).*
- *Sign-up to reserve your practice slot (available on our website).
Deadline is noon the day before each practice*



Prior to leaving for practice

- 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. Locker-rooms will not be available for showers or changing after practice. “Deck-changing” under a towel is not permitted.
- Fill your water bottle at home and label with your name.
- Bring your own gear and label with your name.
- Wear a mask or face covering when entering facility and leaving pool deck.
- Please bring your own hand sanitizer if you have it. Sanitize your hands when you enter and exit the facility.



UPDATED: Upon arrival to the pool facility

- Arrive no earlier than ten minutes prior to the start of practice with your suit on under your clothes and wearing a mask.
- Approach the North Gate near the playground to enter.
- All coaches and swimmers need to pass the “wellness screening” upon arrival to the pool facility.
 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? 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.



Updated: Preparing to swim

- Enter through the North Gate ensuring your mask is on and proceed to the deck with your belongings.
- Place your belongings on deck at least 6 feet apart.
- All coaches on deck will wear a mask for the duration of the practice.
- All coaches and swimmers must maintain at least 6 feet distance at all times.
- Coaches will direct swimmers as you come on deck where to enter the lanes and the starting position (wall or mid-pool).
- Lanes will be assigned according to your average 100 yard pace.
- No congregating on deck to socialize before or after practice.



During swim practice

- Spaced throughout and within the lanes to maintain social distancing requirements. Diagram provided.
- Enter the pool on the right side of lane (while facing the pool). Exit on left side of the (while facing the pool)
- No sharing of water bottles or gear.
- Athletes/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.



Updated: After Swim Practice

- Exit the lane as directed.
- Collect your gear and belongings.
- Put on your mask and sanitize your hands.
- Leave the facility through the North Gate where you entered. You are not permitted into the locker-rooms for changing or showering. No “deck changing” behind a towel.

If you would test positive for COVID-19 or live with someone who tests positive for COVID-19 and have been attending practices, please report to IAM as soon as possible by contacting us at info@indyaquaticmasters.com

Thank you for your understanding and cooperation!

