

COVID PROTOCOLS FOR ALL BAM SWIMMERS

Swimmers must adhere to facility rules, regulations & COVID protocol (please check their websites) and swimmers must adhere to the COVID Protocols below:

ARRIVING AT THE POOL

- Arrive 10 minutes before the workout
- Wear a mask before entering the facility, keep it on until ready to enter the water & put it back on immediately after getting out of the pool
- 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
- Bring your own equipment in a contained bag & do not share equipment
- Place equipment bag in assigned container or location
- Include in your bag; hand sanitizer, water bottle, wash cloth sized towel if you need to sneeze or cough do so in this cloth, swim equipment (paddles, buoys, fins), gel etc.
- 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 on deck and into the wash cloth while in the water
- Arrive as close as possible to when activity begins
- Avoid touching gates, fences, benches, etc. if you can
- When parking, leave a space between cars if possible, keep 6 ft apart in the parking lot and when lining up to enter the pool and when exiting the pool

WHEN SWIMMING

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- Follow directions for spacing and stay at least six feet apart from others (see diagram below)
- Do not make physical contact with others, such as shaking hands or giving a high five
- Avoid touching your face
- Do not share equipment, food, drinks or towels
- Maintain appropriate social distancing from other athletes when taking a break
- Wear your suit to and from practice

AFTER SWIMMING

- Leave the facility as soon as possible
- Use your hand sanitizer immediately after getting out of the water
- Wash your hands thoroughly as soon as possible
- Do not use the locker room or changing area
- Shower at home, wear your suit to and from practice
- No extra-curricular or social activity should take place within the pool facility or in the parking lot