



FMC Natatorium
West Competition Pool
Entrance/Exit Procedures

We, the coaching staff of FMC Aquatic, are pleased to announce the start of practice at FMC Natatorium. As it should be, our first and highest priority is the safety of our athletes, our coaches and all of the extended FMC Aquatic family.

In order to observe the guidelines provided by the state and maintain the highest safety standards for our membership, the following guidelines must be followed or FMC Aquatic may choose to or not be allowed to continue offering practice. These policies were created using current CDC guidelines and will be updated as necessary.

Athlete Preparedness

1. Put on your swimsuit at home before you depart. **Locker rooms will not be available.**
2. Use the bathroom before you leave home. We want to minimize the use of public spaces while you are here. Know that all will be sanitized after each use.
3. Arrive no earlier than ten minutes before practice.
4. For now, it's swimmers only in the building. We are limiting the number of people in the facility so no parents and no siblings at this time. *We appreciate your trust as we continue to work in the best interest of your children.*
5. All athletes need masks when entering and exiting the building.
6. A masked, staff member using a no-touch thermometer will take the temperature of every athlete before they enter the building. Athletes who do not meet the screening criteria will not be allowed in the facility. Athletes who are not wearing a mask will not be allowed to enter the facility. Screening procedures are attached below.
7. The first athlete, from each end, that enters the water will stage outside the nearest set of backstroke flags and then face the nearest wall. This will place athletes ~15 feet away from the next nearest athlete in the lane.
8. The athletes outside the backstroke flags will turn around and begin swimming towards the wall they entered from. The other athlete in the lane, stationed on the wall, will lead the lane.
9. If there are more than 4 athletes per lane, the 5th athlete will start in the middle of the pool.
10. After practice, athletes will exit the pool and go to their marked location on the deck. The athletes on the ends of the lane will exit first, then the athletes under the flags.
11. We ask that parents make every effort to provide on-time drop off and pick-up of their athlete(s). This will be key to our success. In order to provide the highest level of cleanliness and safety for all, we need to work together during this transitional period.

Athlete Notes:



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1. Locker rooms, weight room, and offices are off limits. So, remember, put your suit on before you arrive.
2. Bathrooms, of course, will be available when necessary. Disinfectant will be used after every use. Bathrooms off the deck are labeled and will be used. We hope to minimize the use of bathrooms as much as possible.
3. **As soon as you exit the water, please put on a face mask.**
4. Please bring your own equipment and do not share equipment, water bottles, kickboards, goggles, towels or snorkels.
5. Bring your own water bottle filled with water. According to current CDC guidelines, water bottle fill stations are only available, no water fountains.
6. There can be no social activities after practice. Please do not remain at the Natatorium after practice.
7. Athletes and parents must respect these guidelines. If these guidelines are not followed, FMC Aquatic will not continue to hold practices. Safety and compliance are necessary to allow us to work within the guidelines set by the state.

FMC Natatorium Screening Policy

Masks are required for all persons entering the building.

All persons who enter will be screened with the following procedure:

- Step 1: Take temperature of every person entering with your group.
If temperature is 100.0°F or higher, DO NOT enter the facility.
Retest after 10 minutes, if the temperature is still above 100.0°F, no access.
- Step 2: Answer the following questions:
- A) Are you experiencing shortness of breath?
 - B) Do you have fatigue or body aches?
 - C) Do you have a new or worsening cough?
 - D) Have you been exposed to anyone known or suspected to be positive for Covid in the past 14 days?

If the answer is yes to any of these questions, DO NOT enter the facility.

There will be a designated area for athletes who do not meet the screening policy and are waiting for pickup from a parent. Athletes will be a minimum of 12 feet apart.

Entrance Procedure

Members practicing in the west competition will enter the building through the west doors of the front vestibule.



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Athletes will be screened at the door before entering the building.

Athletes will walk directly onto the pool deck after entering and turn right.

Swim bags can be placed on the south and west walls.

Exit Procedure

When exiting, athletes will exit through the front lobby using the east doors.

Parents will form a pickup line in the north driveway, in front of the building.

There will be many athletes exiting at this time, we ask that you do not park and pull forward.

A map is attached.



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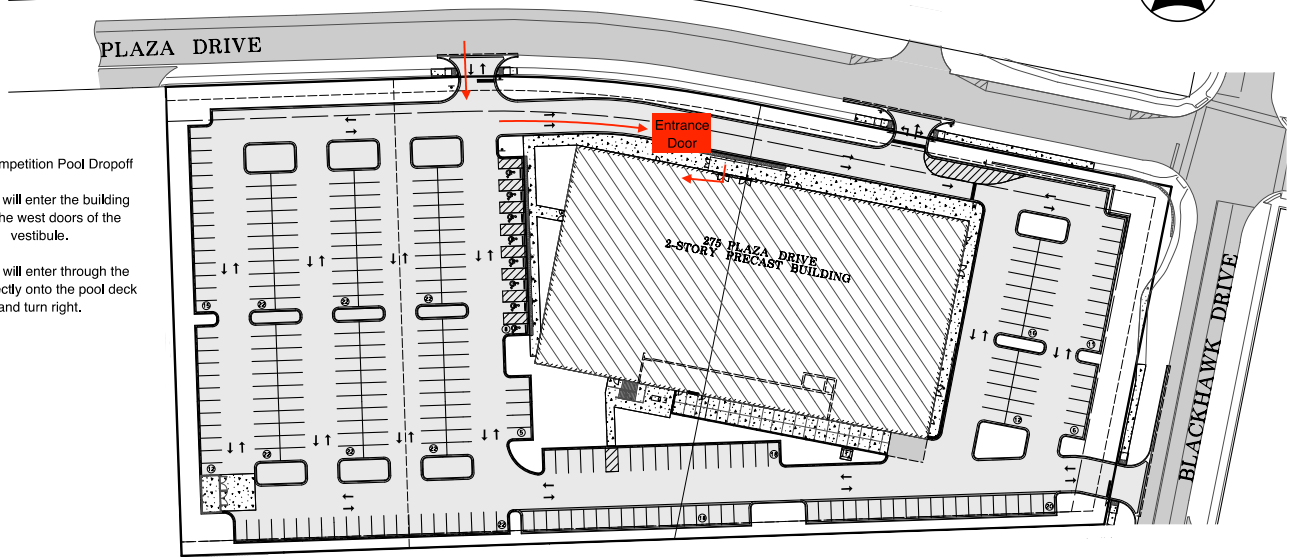
West Competition Pool Dropoff



West Competition Pool Dropoff

Athletes will enter the building using the west doors of the vestibule.

Athletes will enter through the lobby directly onto the pool deck and turn right.



West Competition Pool Pickup



West Competition Pool Pickup

Athletes will exit the building using the east doors of the vestibule and turn right.

Parents pickup can form a line in front of the building.

You can exit on either Plaza Dr. or Blackhawk Dr.

DO NOT PARK IN THE FRONT OF THE BUILDING

