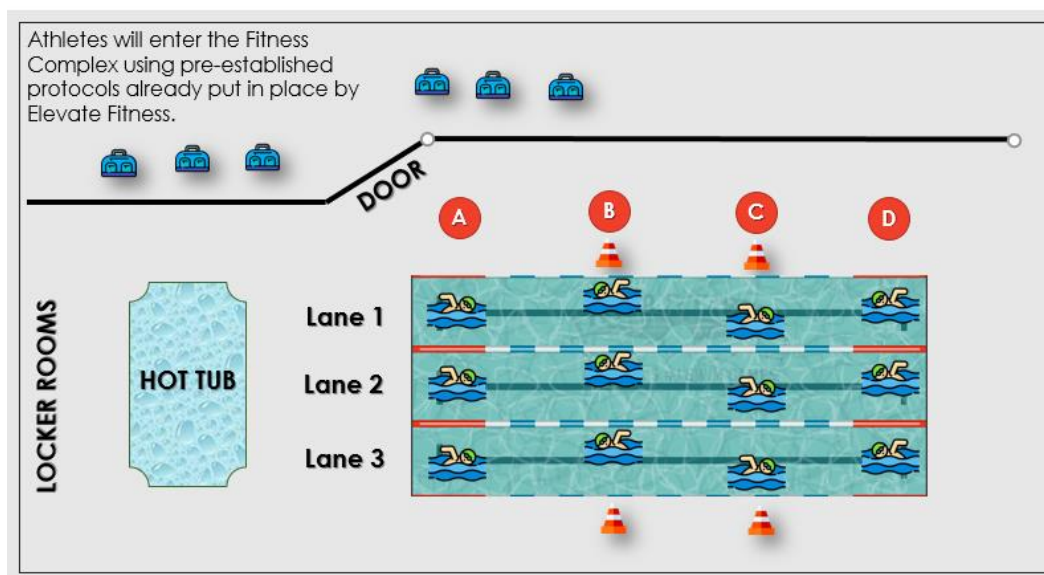


ELEVATE FITNESS COVID PLAN

SWIMMER ARRIVAL –

- Swimmers must wear a mask at all times they are in the facility unless they are in the pool.
- Swimmers should enter the facility no earlier than 5 minutes before their scheduled time.
- Only parents that are Elevate members that have reserved a spot in the gym can enter the building.
- ALL swimmers MUST present a [DAILY COVID](#) form to the front desk upon arrival.
- Swimmers should come to the facility in their swimsuits prepared to train.
- Bags will be left on benches outside the pool area. Equipment bags **can be** brought into the pool.



DURING TRAINING SESSIONS –

- Swimmers will be assigned a lane number AND the letter of their “home” location. “Home” locations are staggered so that athletes will be able to maintain distances.
- At no time should more than one swimmer in the same lane be at the wall at the same time.
- Bathrooms are available for use if necessary.
- Bring a water bottle. The water temperature is on the warmer side...hydration is key!

SWIMMER EXIT –

- At the conclusion of a training session, swimmers should exit their lane and gather all equipment.
- Facemasks should be worn immediately after leaving the pool.
- After picking up bags from the bag-drop location outside the pool area, **swimmers may use the changing rooms located adjacent to the bag drop area or the locker rooms if they prefer.**
- Swimmers should avoid congregating in the facility and should exit expeditiously.