



CDST COVID-19 Safety Precaution Rules and Regulations Agreement

(Valid Until End of COVID-19 Practice Period)

PREPARING TO SWIM

- 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.
- Do not share equipment.
- 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.
- Arrive as close as possible to when activity begins.
- Avoid touching gates, fences, benches, etc. if you can.
- Do not attend practice if you, or a member of your household does not feel well.
- Body temperature check at the gate.

WHEN SWIMMING

- Follow directions for spacing and stay at least six feet apart from others.
- Do not make physical contact with others, such as shaking hands or giving a high five.
- Avoid touching your face.
- Avoid sharing food, drinks, or towels.
- Maintain appropriate social distancing from other athletes when taking a break.
- Wear your suit to and from practice. No changing at pool bathroom
- Only one person use the bathroom at a time. Disinfect is required after each use.

AFTER SWIMMING

- Leave the facility as soon as reasonably possible after practice.
- Wash your hands thoroughly or use a hand sanitizer after leaving the pool.
- 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.
 - No congregation after swimming.

I have read, understand, and agree to the above rules and regulations. By signing this agreement, I will abide by these rules. I will accept all consequences following the violation that my child or I have taken part in if ever.

(Print name of Parent/Guardian)

(Signature of Parent/Guardian)

(Date)

I have read, understand, and agree to the above rules and regulations. By signing this agreement, I will abide by these rules. I will accept all consequences following the violation that I have taken part in if ever.

(Print name of minor)

(Signature of minor)

(Date)