



Lake Linganore Dolphins (LLD) Health Screening and Expectations

Please review the health screening and expectations for all LLD practices, meets, and team activities below.

Expectations for Swimmers:

- Do not come to the pool if you are exhibiting symptoms of illness.
- Per LLA, there are no restrictions on the use of face masks and they are not required. It is the discretion of each family whether to use a face mask at the pool facility.
- Come to practice with a full water bottle. Do NOT share water bottles.
- Come to practice with the required equipment.
- Pick-up your personal items when practice ends.

Expectations for Families:

- Do not send swimmers to the pool if they are exhibiting symptoms of illness.
- Parents can stay at the pool during practices. Per LLA, there are no restrictions on the use of face masks and they are not required. It is the discretion of each family whether to use a face mask at the pool facility.

I have read and agree to review the Health Screening and Expectations with my swimmer(s).