

2021 GNBC Swim Team COVID Protocols

What to Expect:

- When you arrive:
 - The pool side doors (on the left side of the building) will be used for entry and exit.
 - Prior to entering, swimmers and/or parents will sign a waiver. **Please do NOT come to practice if you are not feeling well.** Temperature needs to be 100.3 or below. If possible, please sign the attached waiver before coming. <https://drive.google.com/file/d/1qimNG0jgERFjsuC20Yb4jmSmA0-zP1fR/view?usp=sharing>
 - One spectator (who has completed the COVID waiver) may accompany the swimmer into the building. You may want to bring a chair in the event that your child's group location on deck is not at a set of bleachers.
 - Swimmers will be directed to put belongings at designated locations (at 3-foot distances), remove outer clothing, then hand sanitize (available at pool) or wash hands before entering the pool. **Please arrive in your swimsuits whenever possible.**
 - Locker rooms will be available on a very limited basis. **Showering is not yet permitted in the locker rooms.**
- Lap Swimming:
 - Each swimmer will have a designated spot in the lane to start and end each set. There will be up to 6 starting spots per lane, usually:
 - At the end of the lane, orange cone, flags, red cone, blue cone, or middle cone.
- When you are done:
 - Climb out, wash your hands and/or hand sanitize.
 - Go to your where you put your belongings and get dried off.
 - Use the side door exit (by the spectator seating) to exit.