

◆ IMPORTANT Excel Team Reminders Covid-19 Facility Protocols ◆

All swimmers and coaches must wear a face mask/face covering to enter facility and at all times while in the building. The only exception to this requirement is when you are swimming or showering.

Note: If you get out during workout to go to the bathroom, put your face mask back on.

You must be able to answer “no” to the following four Covid screening questions before entering facility:

1. Have you knowingly been in close contact in the past 14 days with anyone who has tested positive for Covid-19 or who has or had symptoms of Covid-19?
2. Have you tested positive for Covid-19 through a diagnostic test in the past 14 days?
3. Have you experienced any symptoms of Covid-19 in the past 14 days?
4. Have you traveled within a state with significant community spread of Covid-19 for longer than 24 hours within the past 14 days?

When you enter facility, identify yourself to front desk personnel as a member of Excel Swimming.

There are no other check-in or sign-in front desk requirements.

A large white board in lobby area indicates which locker room is open to walk through.

Front desk personnel typically allows everyone to enter facility at least 10 minutes before workout start time.

Excel swimmers are usually given priority to enter facility first/early.

Suggestion: Wear your swim suit to the pool to expedite getting out onto pool deck.

Do not leave ANYTHING (clothes, shoes, jacket, swim bag, etc.) in locker room. Bring all personal belongings with you onto pool deck. Alternating locker rooms are closed during workout for cleaning/sanitizing. Once locker room is closed, you would not be able to access your belongings.

You can use all locker room amenities (shower, restroom, sink, etc.) after swimming.

Look for pool deck signage, barricades and cones that indicate where you can walk and in what direction to go to access our Excel assigned swimming lanes.

IMPORTANT: Make very sure that you legibly PRINT YOUR FIRST & LAST NAME on the Excel pool deck attendance clipboard before jumping in to swim each day you attend workout. This list is then submitted to Nassau County after workout each day. The County and DOH must be able to read your full name to be able to compare it to the Excel contact tracing list. The pool deck clipboard is typically placed on top of a garbage can (very “classy” location!) next to our assigned swim lanes.

Be early for workout when we assign lane positions to keep everyone spread out and safe during workout.

Do not share anything. Clearly label your training equipment, especially your water bottle!

Following these protocols will permit our team to stay healthy & safe, and to continue swimming together!

If you must travel, let Lisa Baumann know and discuss testing & quarantine requirements upon your return.