



COVID-19 Safety Guidelines Swim Lessons

1. Participants must be swim ready.
2. Participants will social distance as much as possible.
3. Equipment will be disinfected throughout the day.
4. Participants and staff will be encouraged to use hand sanitizer provided by NOR.
5. Participants and staff will be encouraged to wash their hands after each practice session.
6. Restrooms are open to all.
7. **Due to CDPH guidelines, no competition is permitted at this time. This program will consist of drills only.** Should conditions change, parents will be advised.
8. Additional guidelines may be implemented as directed from local or State health officials.