**IMPORTANT INFORMATION FOR LEARN TO SWIM**

**PARTICIPANTS AND PARENTS**

***Check in for 10:00 class begins at 9:30 and for the 11:10 class at 10:50.***

**Must have a mask at check in**

**Temperature check**

**Sign sheet that states neither parents or participants have any symptoms below:**

* + 1. Fever or chills
    2. Cough
    3. Shortness of breath or difficulty breathing
    4. Unexplained Fatigue
    5. Unexplained Muscle or body aches
    6. Headache
    7. New loss of taste or smell
    8. Sore throat
    9. Congestion or runny nose
    10. Nausea or vomiting
    11. Diarrhea
* Since your last screening have you come in contact with anyone who has been sick or tested positive for COVID - 19.
* Have you been to Louisiana, New York, New Jersey or Florida?

***CLASS REQUIREMENTS:***

* **Classes of non swimmers must have a parent or sibling to assist and will wear a mask.**
* **Classes with those who are intermediate swimmers will have an instructor who will do a little assisting as possible and attempt to maintain social distance, but will wear a mask.**
* **Students must social distance from instructor and other students**
* **Good** **swimmers, shark plus, who do not need assistance, must maintain social distance to other students as well as their instructor.**

**IMPORTANT INFORMATION FOR FITNESS AND THERAPEUTIC SWIMMERS**

***Check in for 10:00 class begins at 9:45 and for the 11:00 class at 10:45.***

**Must have a mask at check in**

**Temperature check**

**Sign sheet that states they have no symptoms below:**

* + - 1. Fever or chills
      2. Cough
      3. Shortness of breath or difficulty breathing
      4. Unexplained Fatigue
      5. Unexplained Muscle or body aches
      6. Headache
      7. New loss of taste or smell
      8. Sore throat
      9. Congestion or runny nose
      10. Nausea or vomiting
      11. Diarrhea
* Since your last screening have you come in contact with anyone who has been sick or tested positive for COVID - 19.
* Have you been to Louisiana, New York, New Jersey or Florida?
* **10 SWIMMERS MAXIMUM FOR 45 MINUTES IN 6 LANES.**
* **MAINTAIN 6 FEET OF SOCIAL DISTANCE WHEN AT THE WALL.**
* **START AND STOP AT OPPOSITE ENDS OF THE POOL WHEN POSSIBLE.**

**IMPORTANT INFORMATION FOR FITNESS AND THERAPEUTIC SWIMMERS**

***Check in for 10:00 class begins at 9:45 and for the 11:00 class at 10:45.***

**Must have a mask at check in**

**Temperature check**

**Sign sheet that states they have no symptoms below:**

1. Fever or chills
2. Cough
3. Shortness of breath or difficulty breathing
4. Unexplained Fatigue
5. Unexplained Muscle or body aches
6. Headache
7. New loss of taste or smell
8. Sore throat
9. Congestion or runny nose
10. Nausea or vomiting
11. Diarrhea

* Since your last screening have you come in contact with anyone who has been sick or tested positive for COVID - 19.
* Have you been to Louisiana, New York, New Jersey or Florida?