

# **Lap Swim Phase 4 Guidelines**

*Updated 9/1/2020*

1. Lap swim reservations must be made in advance by emailing [amazoncup@stcparks.org](mailto:amazoncup@stcparks.org).
  - a. Members must be registered by 8pm the night before for any daytime swimming they want to attend.
  - b. Members must be registered by 2pm the day of for any evening swimming they want to attend.
  - c. Any lap swimmers who will be walking **MUST** state that in the email reservation.
  - d. **NO drop-ins ALLOWED**
  - e. Registration is allowed for 1 week at a time. Monday-Sunday.
    - i. Registration will open on Friday for the upcoming week.
2. Lap swim is **ONLY** allowed for members. No guests are permitted.
3. Members may only register for one week at a time.
4. Lap swim participation is limited to 12-24 swimmers per time frame.
5. Members must come dressed to swim.
6. Members must maintain adequate physical distancing (6 ft.) between each other.
7. Members should come to the facility no more than 10 minutes before swim time.
8. Members should wear face covering whenever not exercising (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).

This is the entering and exit plan for lap swim that must be followed:

1. Park in the NRC lot and walk to the three sets of double doors on the front side of NRC.
2. Masks must be worn into the building and may be removed prior to you entering the pool.
3. Enter the pool using **DOOR #8** which leads directly into the pool. (the rest of the center is strictly off limits)
4. After you finish swimming, you will exit through Door #10 on the pool deck.
5. All swimmers must be cleared from the building before the next group of lap swimmers enter. There is 15 minutes between groups.
6. The bathrooms in the back lobby will be available.
9. All swimmers must come in their swim suits with their **OWN** equipment.
10. Locker rooms are not available at this time.
11. Place your belongings in one of the designated spots.
12. NRC will **NOT** be providing any equipment to use.