



Return to Swimming (COVID-19 Information)

We are excited to be able to return to the water and begin training again. It is important that all swimmers and families understand that as we resume training, new health screening, safety precautions, practice protocols, and training schedules will be in place. As our community continues to move through the COVID-19 crisis, these plans will change. Make sure to watch your email for updates. All RMSC families are required to acknowledge our return to training information and complete the registration process before their swimmer(s) are allowed back to the pool for training. Due to the limited nature of the abbreviated summer program, registration is ONLY available to swimmers who participated in the Fall 2019 - Winter 2020 RMSC program at the Rockville Swim and Fitness Center. Note that at this time only certain practice groups will resume. As the situation in our community progresses and restrictions become looser, we will re-evaluate which groups are able to practice.

HEALTH PRECAUTIONS

Athlete Self Screening

Before coming to the facility for practice, athletes and parents are responsible for going through the following self-check questions. All must be “no” in order to come to practice. Even if the swimmer is even feeling slightly ill, they should not come to practice.

Since your last day of practice, have you developed:

- New fever (100° Fahrenheit or greater) or feeling of having a fever? ***Temperatures should be measured by the parent / guardian at home BEFORE coming to the facility***
- New cough that you cannot attribute to another health condition?
- New shortness of breath that you cannot attribute to another health condition?
- New sore throat?
- New Flu-Like symptoms?

Athlete Illness

An athlete who has symptoms associated with COVID-19 should not come to practice until:

- 3 days with no fever **and**
- Symptoms improved **and**
- 10 days since symptoms first appeared*

*Per CDC recommendations available at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

Exposure to individuals with COVID-19

If an athlete has been exposed to an individual confirmed or presumed with COVID-19, they should not come to practice until 14 days* after exposure

*Per CDC recommendations available at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

SWIMMING SAFELY

Generally, RMSC will endeavor to follow CDC guidelines for staying safe and healthy inside and outside the pool.

Personal Swimmer Conduct:

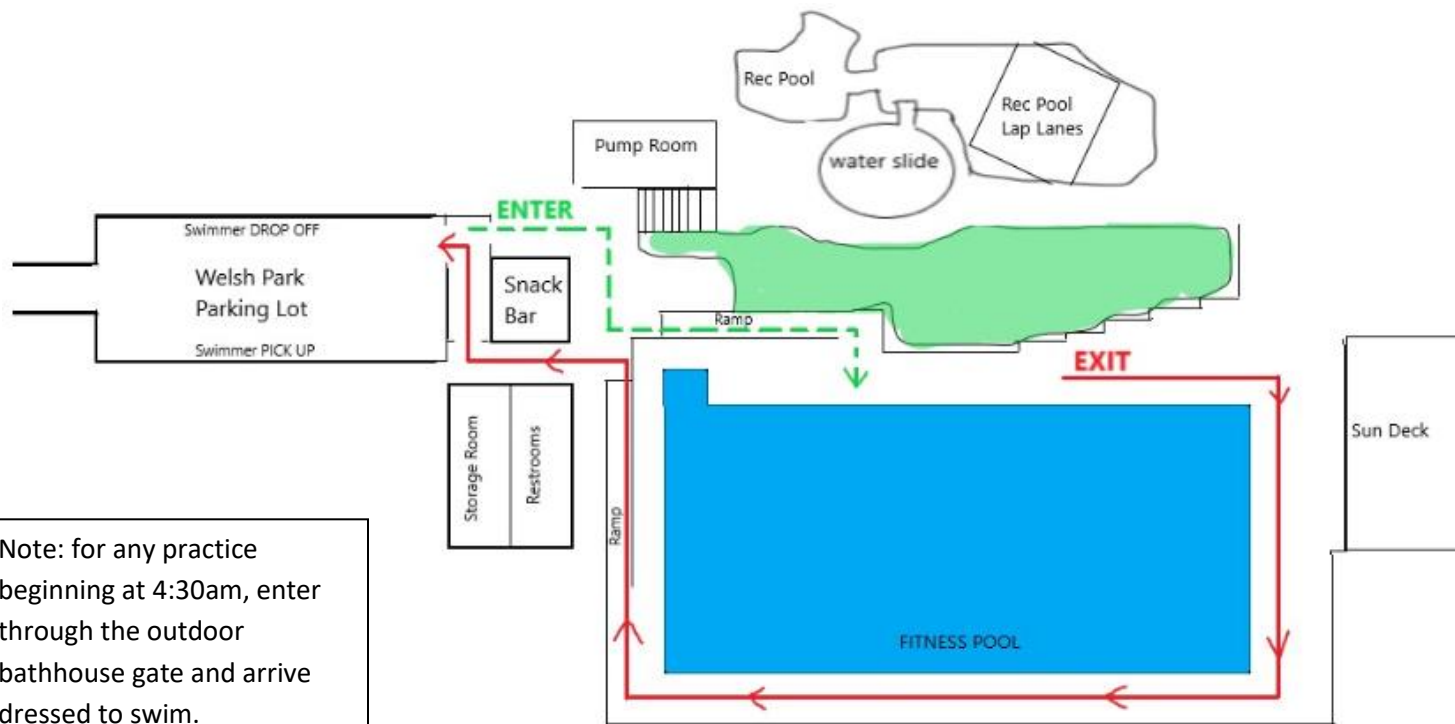
To minimize the risk of transmission and help promote safety, the following personal swimmer conduct is expected. Failure to adhere to these principles will be asked to leave training for the day. If violations continue, further action will be taken up to and including suspension.

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- No person-to-person contact
- Always stay 6 feet apart from others
- No splashing or spitting water at other swimmers and/or coaches
- No horseplay
- Sneeze or cough into a tissue or upper sleeve/arm area
- Wear a face covering whenever possible outside of the water

Before Practice and Arriving at the Pool

- Take a cleansing shower at home before leaving for practice.
- Swimmers should go to the bathroom before leaving home to minimize locker room use at the facility.
- **Arrive wearing your swimsuit and leave in swimming suits. There will be NO deck changing.**
- Wash hands with soap and water for at least 20 seconds.
- Bring a full water bottle to avoid touching tap or water fountain
- Do not arrive to practice early; if you arrive early, stay in your car until five (5) minutes before your designated practice time to avoid unnecessarily congregation at entry points.
- Swimmers, and coaches are expected to wear face coverings when entering and exiting the facility
- Follow instructions on printed map as to entry and exit points and directions.
- When arriving, stay 6 feet apart and arrive no more than 5 minutes before practice is scheduled to begin
- In your swim bag please have hand sanitizer and sanitizer wipers.
- **RMSC swimmers will enter and exit through the gate to the outdoor pool accessible from Welsh Park (behind the snack bar). Follow the map below for entry and exit routes.**





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During Practice

- Attend the practice sessions as instructed by your coach. Groups have been made with specific size limitations. If you have a schedule conflict, communicate with your coach ahead of time.
- Swimmers will not use equipment (e.g., snorkels) during the initial re-opening phase; leave equipment bags at home until told to bring them to practice by your coach.
- We request parents stay in their car to minimize the number of people at the facility.
- We will follow USA Swimming recommendations for lane spacing to maintain social distancing; as a result, swimmer count in the lane will be reduced.
- Maximizing swim time and staying off the wall will decrease opportunities for transmission
- During the initial re-opening phase, dry land training will remain as it has been the last few months. Either one day on site or by way of Zoom.
- If swimmers begin to feel ill or need to cough / sneeze, every attempt should be made to exit the water and do so in an area away from others.
- Refrain from spitting in or around the pool.

At the End of Practice and Leaving the Facility

- When practices finish, coaches will direct the swimmers to exit the pool and follow the exiting procedure.
- Leave promptly when practices finish; no changing or showering at the pool is recommended as locker room use will be minimized.
- Parents / Guardians shall be prompted to pick up their children at the conclusion of practice in the Welsh Park parking lot.
- Avoid gathering in front of the entry and exit points. Please park in a parking spot.
- If waiting for a pickup is needed, make sure that swimmers wait 6 feet apart from others and wear face coverings.
- Parent volunteers are needed to monitor the entry / exit areas. Swimmers should pay attention to any reminders from coaches, facility staff and volunteers.

Minor Athlete Abuse Prevention Policy (MAAPP)

The Rockville-Montgomery Swim Club, as a USA Swimming member club is required to implement the MAAPP in full. **Families must review the policy and comply with applicable sections.** The MAAPP must be reviewed and signed with acknowledgement submitted to RMSC on an annual basis. For more information and to review the required policy visit www.rmscswimming.com/safesport or <https://www.usaswimming.org/Home/safe-sport>. Policy acknowledgement "sign-off" is completed through the registration process.



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RMSC - ROCKVILLE SITE 2020 SUMMER PRACTICE SCHEDULE
(JUNE 22 – AUGUST 7)

START UP SWIM PROGRAM (BEGINNING JUNE 22 – AUGUST 7)

AS WE ENTER THE BEGINNING OF PHASE 2, WE WILL ONLY HAVE PRACTICES FOR SEVERAL GROUPS. AS WE GET TO A LESS RESTRICTED PHASE 2, WE WILL HAVE A DIFFERENT SCHEDULE AND ADD MORE OF OUR GROUPS TO THE PROGRAM.

INSTRUCTIONAL STROKE SCHOOL AND JUNIOR II

THERE WILL BE NO PRACTICES FOR THESE GROUPS DURING THIS PHASE

Important Note: Swimmers will be assigned a practice “sub-group” by their coach while restrictions on lap lane use capacity are in place to ensure we are in compliance with health department directives. Only attend your specified practice time.

JUNIOR 1 (8 LANES)

MONDAY – WEDNESDAY - FRIDAY

GROUP 1	4:00 – 5:00 p.m.	Outdoor Pool
GROUP 2	5:00 – 6:00 p.m.	Outdoor Pool

TUESDAY – THURSDAY

GROUP 3	4:00 – 5:00 p.m.	Outdoor Pool
GROUP 4	5:00 – 6:00 p.m.	Outdoor Pool

SUNDAY

GROUP 3	9:00 – 10:00 a.m.	Outdoor Pool
GROUP 4	10:00 – 11:00 a.m.	Outdoor Pool

SELECT JUNIOR GROUP (8 LANES)

MONDAY – WEDNESDAY - FRIDAY:

GROUP 1	6:00 – 7:00 a.m.	Outdoor Pool
GROUP 2	7:00 – 8:00 a.m.	Outdoor Pool
GROUP 3	8:00 – 9:00 a.m.	Outdoor Pool

TUESDAY – THURSDAY

GROUP 4	6:00 – 7:00 a.m.	Outdoor Pool
GROUP 5	7:00 – 8:00 a.m.	Outdoor Pool
GROUP 6	8:00 – 9:00 a.m.	Outdoor Pool

SUNDAY

GROUP 4	6:00 - 7:30 a.m.	Outdoor Pool
GROUP 5	6:00 – 7:30 a.m.	Outdoor Pool
GROUP 6	7:30 – 9:00 a.m.	Outdoor Pool

We will be able to accommodate 14 more swimmers for the 7:30 Sunday practice



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SENIOR AND SENIOR DEVELOPMENTAL GROUPS (8 LANES)

MONDAY – WEDNESDAY - FRIDAY:

GROUP 1	6:00 – 7:00 p.m.	Outdoor Pool
GROUP 2	7:00 – 8:00 p.m.	Outdoor Pool

ADVANCED SENIOR GROUP (8 LANES)

MONDAY – WEDNESDAY - FRI: (8 LANES)

GROUP 1	9:00 – 10:00 a.m.	Outdoor Pool
GROUP 2	10:00 - 11:00 a.m.	Outdoor Pool
GROUP 3	11:00 – 12:00 p.m.	Outdoor Pool

TUESDAY – THURSDAY (8 LANES)

GROUP 4	9:00 – 10:00 a.m.	Outdoor Pool
GROUP 5	10:00 – 11:00 a.m.	Outdoor Pool
GROUP 6	11:00 – 12:00 p.m.	Outdoor Pool

SATURDAY (8 LANES)

GROUP 4	6:00 – 7:00 a.m.	Outdoor Pool
GROUP 5	7:00 – 8:00 a.m.	Outdoor Pool
GROUP 6	8:00 – 9:00 a.m.	Outdoor Pool

NATIONAL TRAINING GROUP

MONDAY – WEDNESDAY – FRI - SAT: 4:30 – 6:00 a.m. Outdoor Pools

TUESDAY – THURSDAY

GROUP 1	12:00 – 1:30 p.m.	Outdoor & South Pools
GROUP 2	1:30 – 3:00 p.m.	Outdoor & South Pools



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Spring-Summer Swim Team Program Fees (PAYABLE TO: CITY OF ROCKVILLE):

The abbreviated 2020 Summer program runs from **June 22 through August 7 (7 weeks)**. As indicated below, program fees are based on the swimmer's membership status at the Swim and Fitness Center.

Group	Summer Non- Members Program Fee:	OR	Summer Members Program Fee:	AND	Registration Fee
Registration requires <u>two</u> check payments. Both payments should be made via check and delivered to the Coach at the first practice.		Program Fee Payable to: City of Rockville			Registration Fees Payable to: RMSC Parents' Club Inc.
Junior I	\$350	OR	\$280	AND	\$65
Junior Select	\$350	OR	\$280	AND	\$100
Senior / Senior Developmental	\$265	OR	\$212	AND	\$40
Advanced Senior	\$350	OR	\$280	AND	\$65
National Training Group	\$395	OR	\$316	AND	\$100

In order to take advantage of the special pricing for Rockville Swim and Fitness Center Members, the RMSC swimmer must be registered for an active aquatics or full facility membership spanning the entire session of the swim season which is being registered for.

Note: Registration Fees (Payable to RMSC Parents Club) are non-refundable.

FEES FOR HIGH SCHOOL SENIORS AND COLLEGE STUDENTS:

All high school seniors and college swimmers are eligible to pay "COLLEGE REGISTRATION". For \$400.00 per year beginning with the summer season, swimmers remain eligible to practice with and compete for RMSC for a the summer and subsequent fall-winter seasons. This fee is paid in two parts:

- 1) \$100.00 for registration to "RMSC Parents' Club" cover the entry fees and USS registration
- 2) \$300.00 for dues paid to the "City of Rockville."

Scholarship Assistance for the cost of swim team participation is available through the "Debbie Mermelstein Memorial Fund." This fund has been established to promote junior-level swimming at RMSC and is administered by the RMSC Parents Club. The RMSC Parents' Club has also established the Jamie Martens Senior Scholarship Fund to provide similar opportunities for swimmers ages 13 and over. These scholarships are offered to those in need and benefit children who could not otherwise afford to participate in the program. Individuals interested in taking advantage of these funds should contact Head Swim coach Dave Greene at dgreene@rockvillemd.gov / 240-314-8755. Scholarship approvals must be in place prior to registration deadlines.

Office Use Only:
 Date Processed in Rec 1: _____
 Initials: _____
 Date Entered in Database: _____
 Initials: _____



**PLEASE
 PRINT
 CLEARLY**

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RMSC, ROCKVILLE SWIM TEAM REGISTRATION FORM
Please make checks for Registration Fees payable to "RMSC Parents' Club, Inc."
Please make checks for Programs Fees payable to "The City of Rockville"

PARENT / GUARDIAN NAMES _____

_____	_____	_____
Last	First	MI.

Last	First	MI.

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Primary Phone _____ Parent / Guardian 1 Cell # _____ Parent/Guardian 2 Cell # _____

Email (very important): _____

Please send an email message to sengland@rockvillemd.gov to ensure that we have your correct email address on file for newsletter distribution.

SWIMMERS:

_____ M / F DOB _____ GROUP _____

_____ M / F DOB _____ GROUP _____

_____ M / F DOB _____ GROUP _____

Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering this facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Policy Acknowledgement - Minor Athlete Abuse Prevention Policy (MAAPP): I acknowledge that I and all other adults/guardians related to the swimmer have received, read and understood the Minor Athlete Abuse Prevention Policy (available online at www.usaswimming.org/Home/safe-sport). I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of participation with Rockville-Montgomery Swim Club (USA Swimming member club).

I have read, understand and affirm that I, my family and swimmer(s) will comply with the RMSC Return to Swimming COVID-19 Information provided, as well as supplemental coach, staff and/or administrator instructions.

Signature of Participant/Guardian _____ Date _____