

The following healthy living guidelines must be observed by all athletes participating in the fall 2020 season:

1. Observe league standards at all games as set forth in the attached document.
2. Do not attend any practices if you are sick or not feeling well.
3. There will be no sharing of swim caps as the inner lining is likely to not incur the natural disinfection process other gear and equipment will undergo as a result of being immersed in chlorinated water.
4. Instead of post practice meetings, weekly updates will be made via the TeamSnap chat application. All athletes must like or comment each update to communicate to the coaching and volunteer staff that they have received the information.
5. Athletes should not congregate before or after practice.
6. Bring your own water bottles to each practice and game. Sharing of water bottles will not be allowed. The team will not provide any water bottles or snacks.
7. Visitors and spectators are asked to view practice from spectator seating.
8. All athletes and spectators must follow the special Covid-19 rules of each practice and game facility.