



Jackson Hole Stingrays COVID Practice Protocol

***DO NOT** come to practice if you are experiencing a fever, sore throat, body aches, fatigue, cough, shortness of breath, runny nose or new loss of taste or smell.

* If you have a temperature over 100.4, you will **NOT** be allowed to practice.

*Swimmers will not attend JHSR practice if they have had known exposure to COVID-19. Swimmers will report any known exposure to COVID-19 to JHSR board or head coach. Swimmer will follow CDC guidelines and quarantine for the recommended number of days from date of known exposure, or until the Teton County Health Department releases them, before returning to JHSR.

*Swimmers will not attend JHSR practice or meets if they have a pending COVID-19 test due to an exposure or symptoms.

*Swimmers will report a positive COVID-19 test to JHSR board or head coach and will follow Teton County Health department and head coach guidelines regarding returning to practice.

*Come to practice with your swimsuit **ON** under your clothes.

*Entry to the pool will be through the front doors.

*Swimmers will exit through the front doors.

*Swimmers may use the locker rooms to change after practice, but should maintain appropriate social distance where possible.

***MASK** usage will follow the current Teton County health guidelines. Although the JH Stingrays reserve the right to require more stringent mask requirements, if deemed necessary or appropriate.

Bring your own water bottle and **do not share with others.

*Limited **LOCKER ROOM** use is available. Swimmers can use the shelving where the bleachers used to be to store their belongings. LOCKER ROOMS can be used to change out of wet clothes.

*In general, **NO** parents will be permitted on the pool deck, unless the Teton County Rec Center allows greater capacity and usage.

*If you feel that you or your swimmer cannot follow these protocols, please do not bring them to practice.

***Please remember the Rec Center could cancel our practices at any time if we cannot follow these protocols. This is a privilege they are extending to our team and we do not want to lose it!**