

CSC 2020 COVID-19 Rules and Regulations

These rules and regulations are in place for the 2020 season to protect our members from COVID-19. They are in addition to all existing Conestoga Swim Club rules. **Violation of any of the rules below will result in immediate dismissal from the club for the day. No warnings will be given.** These rules apply to the pool area, grass area, restrooms, tennis courts, paddle courts, and parking lot. Additional tennis and paddle specific rules are posted in the tennis and paddle areas.

1. Do NOT come to CSC if you are ill. This includes but is not limited to fever, cough, runny nose, sore throat, loss of taste or smell, painful discoloration of the toes, unusual headache or fatigue, rash, diarrhea and vomiting in the last 48 hours. A member will be asked to leave if they appear ill.
2. Do NOT come to CSC if someone you live with is ill. This includes but is not limited to fever, cough, runny nose, sore throat, loss of taste or smell, painful discoloration of the toes, unusual headache or fatigue, rash, diarrhea and vomiting in the last 48 hours.
3. Do NOT come to CSC if you have tested positive for COVID-19. Do not return to the club until you have had a negative test and are medically cleared.
4. Do NOT come to CSC if you have been exposed to someone with COVID-19 within the last 14 days.
5. All patrons who have been at CSC shall self-report to the club manager via phone or email if they develop symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days. Manager contact information is listed on the CSC website.
6. All patrons shall wash hands often and cover coughs and sneezes.
7. All patrons are to wear cloth face coverings whenever they are not in the water and when the possibility exists that they will be less than six feet away from another patron. Young children under the age of 5 are not required to wear cloth face coverings.
8. All patrons must make an effort to stay more than 6 feet away from those they do not live with. This includes children. Parents/caregivers are responsible for making sure their children are following this rule.
9. Patrons may not bring the children of other families who do not live in the same household with them to the club.
10. Patrons may bring their own chairs. CSC chairs are not available for use at this time. If you are unable to carry your chair into the club, please ask the manager for assistance.
11. Obey all posted signs and heed all PA system announcements re: COVID-19 precautions.
12. Obey deck layout and seating area guidelines (e.g. any directional arrows around pool area and marked seating on the pool deck) and visual cues to ensure you can remain at least 6 feet apart from those you don't live with, both in and out of the water.
13. Supervise children in the restrooms to ensure adequate hand-washing and sanitary procedures are being followed.
14. Do not share pool toys, food, equipment and supplies with those you do not live with.
15. Obey lifeguards/managers/deck guards/check-in staff direction at all times.
16. Guests are not allowed at this time. Please contact the manager in advance of coming to the pool if you have a childcare need that would violate this rule.
17. The diving board, slide, playground and swings are closed for the time being.

18. Lap lanes are for lap swimming only. Do not sit/stand in the lap lanes. Lap lanes should only be shared with those you live with. Priority will continue to be given to adults swimming laps and the number of swimmers per lane will be limited to no more than 3 at a time.
19. Baby Pool – It is the responsibility of parent/caregiver to keep their child 6 feet away from other children that do not live in the same household.
20. Food sale – Soft pretzels and ice cream will not be sold for the time being. Vending machines will not be stocked.
21. Patrons are not permitted to use the refrigerator in the snack bar at this time. Please utilize personal coolers and be reminded that alcohol is NOT permitted on club grounds and will result in immediate removal from the club.
22. Patrons may be denied entry if club attendance nears safe social distancing limits in the pool, on the deck, or in the surrounding grass. This is at the manager's discretion. If this situation occurs, an announcement will be made to make members aware that others are being turned away. If this becomes a frequent occurrence, policies will be put in place to control club attendance. Please respect your fellow members and plan to stay at the pool for short periods of time during peak hours and weekends to make sure that we do not have to turn people away.
23. Do not talk to or distract lifeguards while on the stand for questions regarding Physical Distancing policies. Their role is to watch the water and protect all swimmers. Please see the Manager for all or any questions. Anyone seen talking to a lifeguard while on the stand will be directed to the Manager.
24. While we will always have lifeguards on duty each member must take responsibility for not only their own safety but their family members as well, including small children. Conestoga has an Arm's Length rule that applies to ALL children 5 years of age and younger. This means that at ALL times an adult will be within an arm's length of their child who is 5 or under. Sitting on the deck or the steps does NOT meet these criteria. You MUST be in the pool with your young child. No flotation devices are permitted at any time. Parents/caregivers are also responsible for their children while in the baby pool.