Return 2 Play Training Guidelines

Swimming

<table>
<thead>
<tr>
<th>Activity</th>
<th>Sport Risk</th>
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<tbody>
<tr>
<td>Individual Events and Relays</td>
<td>Low: Phase 1,2,3,4</td>
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Guidelines

Phase 1

- Social Distance during group trainings
- Coach maintains social distance during instruction
- No contact in body placement or demonstration of skills
- Specific training groups remain small (10 or less) and consistent
- If a larger group, choose different nights or times to train
- No shared water, towels, equipment, bags, shoes, clothing
- No hydration stations
- Arrive in swimsuits and depart in swimsuits, lessen need to use bathroom/early arrival to change
- Post specific Entrance and Exit signs for pool access to lessen cross traffic
- If possible, doors should be opened to lessen common contact points on door handles and bars
- Locker room use should be minimal

Phase 2

- Same as above EXCEPT
  - Relays are allowed to train together
  - Unified partners and athletes should social distance when possible

Phase 3

- Same as above EXCEPT
  - Practice group size can increase to 50 or less; Specific groups remain small

Phase 1: Low Risk Sports: 10 people or less, follow guidelines above
Phase 2: Slight Risk Sports: 10 people or less, follow guidelines above
Phase 3: Moderate Risk Sports: 50 People or less, follow guideline above
Phase 4: High Risk Sports: No Restrictions