



# FINS SWIMMING

***Below are important details and instructions that all swimming families must familiarize themselves with prior to attending a FINS Main Program Session:***

- If there are any issues with the weather or anything else that may impact your session, FINS will contact you via email. If you do not hear from us, your session will take place as scheduled.
- Please arrive for your session 5-10 minutes early!
- Please enter through the **SIDE GATE** at **Old Farm Pool (1 Swim Club Way, Rockville MD. 20852)**. You will find the side gate in the main pool parking lot.
- Swimmers will enter the pool deck by themselves. A coach will greet swimmers at the side gate and check them into practice.
- Prior to every session, swimmers will complete a "**COVID Screener Questionnaire**" with the help of a coach. This COVID Screener can be previewed on the FINS home page. You can see it by clicking [HERE](#). This screener may not be filled out ahead of time, and will be filled out by the swimmer with the help of a coach prior to the start of every session.
- While swim sessions are in progress, **parents are asked to wait in the parking lot or return in a timely manner to pick-up their swimmer at the end of their session. Parents will not be allowed on deck during a swim session.** Swimmer's will exit out of the side gate with the help of our coaches guidance upon the completion of their session.
- Coaches will be socially distancing from swimmers at all times. **Coaches will be wearing masks at all times.** Swimmers are encouraged to wear masks upon arrival at the pool. Coaches will not be able to help swimmers with caps and/or goggles.
- Swimmers are encouraged to arrive IN their bathing suits and only have with them: Goggles / Caps / Towel / And a full water bottle. **At the end of each session, swimmers are asked to exit the pool immediately.** Bathroom use is reserved for emergencies only but is available to all swimmers. There will be a designated area for swimmers to place their belongings while they are in the water. This area will be sanitized prior to and after each session.
- ***Thank you! And please email us at [Summer@finsswimming.com](mailto:Summer@finsswimming.com) with any questions that you might have.***

