

Cambridge Community Activities Program
Safe Return - COVID-19 Program Modifications

Last Updated: 8.20.2020

Name of Program: Blue Fins Stroke Clinic	
Program Summary: The Blue Fins Stroke Clinic is a new offering to support the Cambridge Blue Fins swimmers during this time while the traditional swim team is unable to be offered. Blue Fins Stroke Clinic is open to those who have swum for the Cambridge Blue Fins within the last two years. The goal of the clinic is to help swimmers improve their stroke technique and performance through the use of drills and small group instruction. All four competitive swim strokes will be worked on. Swimmers will have the option of a Wednesday clinic or a Thursday clinic. At this time we ask that swimmers only register for one of the days unless space is available after the registration deadline. Clinic spots are limited to 8 per age group per day; we must have 8 to run each age group.	
Current state orders affecting this program: Dane Co.Public Health Order #8 - all individuals must wear masks when inside, maximum group size of 10 (indoors) and 25 (outdoors) will be permitted, physical distancing must be maintained, no competitions	
Scheduling:	*15 minutes will be scheduled between each pool activity. *Participants will NOT be permitted to remain in the school OR pool facility between school and the start of Blue Fins practice. *Participants are asked to arrive no earlier than 5 minutes before their scheduled practice.
Facility Entrance:	*Participants will enter through the "Pool Entrance" doors located on the northeast side of the building.
Participant Areas:	*Pool Deck *Bleachers *Locker Rooms
Participant Limitations:	* All participants must self screen for a temperature of 100.4 or higher or any other COVID-19 symptoms and are not allowed to attend if exhibiting * Participants are not able to attend if they have been exposed to a positive case of COVID-19 for 14 days from the exposure and must be symptom free for 72 hours * Participants should arrive 'swim ready' (dressed in their swimming attire and no more than 5 minutes from the start of their class/program *Masks/face coverings are required of all individuals while on in the facility and on the pool deck up until the point of entry into the water.
Food & Hygiene:	*No food is permitted on the pool deck, only water. *Participants must bring their own water bottle, the shared water fountain will only be available for filling/refilling individual containers. *Participants are asked to hand sanitize upon entry to the facility. Hand sanitizer will be located at the entrance to the pool.
Personal Equipment:	*Participants are asked to bring their own equipment (as needed); fins, kickboards, pull bouys, paddles, etc.. NO pool owned equipment will be provided.
Shared Equipment:	*NO pool owned equipment will be provided. Participants are asked to bring their own equipment; fins, kickboards, pull bouys, paddles, etc..
Physical Distancing Participants:	*Participants are asked to socially distance 6' from one another at all times while in the facility. *Participants from the same household are requested to share a lane.
Spectators:	*No spectators allowed for this activity.
Coaches/Volunteers:	*A coach will be present onsite for all practices.
Support Staff:	*CAP Head Lifeguards and Lifeguards will act as onsite supervisor for all activities in addition to program specific coaches and instructors.