

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

Last Updated: 8.20.2020

Name of Program: Aquacize / Fit After 50	
Program Summary: Water Exercise classes are offered at the Cambridge pool and are included in our membership. Additionally a daily rate or punch pass can be purchased for attendance.	
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 have the options of Tuesdays OR Thursdays at time of registration. Participants may register for both days as long as space is available.
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 temperatue 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/porgram *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:	*An instructor 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.