

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

Last Updated: 11.23.2020

**Status: ON HOLD**

**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 #10 - all individuals must wear masks when inside, indoor gatherings of any size prohibited. Outdoor gatherings limited to 10 people. Organized programs and activities which bring people from different households together at the same time, for the same activity are prohibited.**

<b>Scheduling:</b>	*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.
<b>Facility Entrance:</b>	*Participants will enter through the "Pool Entrance" doors located on the northeast side of the building.
<b>Participant Areas:</b>	*Pool Deck *Bleachers *Locker Rooms
<b>Participant Limitations:</b>	* 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.
<b>Food &amp; Hygiene:</b>	*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.
<b>Personal Equipment:</b>	*Participants are asked to bring their own equipment (as needed); fins, kickboards, pull bouys, paddles,etc.. NO pool owned equipment will be provided.
<b>Shared Equipment:</b>	*NO pool owned equipment will be provided. Participants are asked to bring their own equipment; fins, kickboards, pull bouys, paddles, etc..
<b>Physical Distancing Participants:</b>	*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.
<b>Spectators:</b>	*No spectators allowed for this activity.
<b>Coaches/Volunteers:</b>	*An instructor will be present onsite for all practices.
<b>Support Staff:</b>	*CAP Head Lifeguards and Lifeguards will act as onsite supervisor for all activities in addition to program specific coaches and instructors.