



**Mercerwood Shore Club**  
**Summer Swim Team 2021 – Phase 3 Guidelines for Practices**  
**(May 25 – June 30)**

**Schedule – May 25 – June 19:**

- |                     |        |               |
|---------------------|--------|---------------|
| • 12U's & 13 & Over | M – F  | 4:00 – 4:45pm |
| • 10U's             | M – F  | 4:45 – 5:30pm |
| • 8U's              | M – F  | 5:30 – 6:00pm |
| • Mini – Mantas     | T & Th | 6:00 – 6:30pm |

**Arrival/Departure**

- Please enter through the gate from the south parking lot when arriving for practice
- Please arrive 5 minutes prior to practice
- Upon arrival check in with swim coach(es) who will assign you a lane
- Please exit through the main stairs and out the main clubhouse entrance
- Please have your swimsuit, goggles and swim cap (if wearing one) on by the time you arrive

**Additional Items:**

- Coaches will have swimmers enter their lane one at a time
- Please be sure to continue to social distance
- Please wear a mask if you are unvaccinated
- Stay hydrated by bringing your own water bottle to practice. Bring something warm to put over your suit after you swim

**Please stay at home and do not attend practice if any of the following apply:**

- Have you been in close contact with a confirmed case of COVID-19?
- Are you experiencing a cough, shortness of breath, or sore throat?
- Have you had a fever in the last 48 hours?
- Have you had a loss of taste or smell?
- Have you had vomiting or diarrhea in the last 24 hours?
- If a swimmer answers yes to any of the above questions or has a temperature above 100.4°F they will be sent home.