

## **Pleasant Hill Dolphins Practice Check In at PHEC**

As we move practices to the Education Center Pool on Monday, May 17, we wanted to provide information about how check-in and other procedures will change.

### **Parking**

All Dolphins swimmers, parents and coaches should park in the main parking lot (between the track and campus) or the blacktop area by the tennis courts. Dolphins should NOT park in the Adult Ed Parking lot at the Ed Center. The gate on the Adult Ed side of the pool will be locked and you will not be able to enter the pool from the Adult Ed parking lot. We (and Adult Ed) appreciate your cooperation in leaving the Adult Ed Parking lot open for Adult Ed students.

### **Swimmers**

Swimmers should arrive at the pool in suit, ready to swim. Please arrive no more than 5-10 minutes before practice. Swimmers who arrive more than 10 minutes before practice will not be admitted to the pool deck. Swimmers will enter the pool at the gate by the basketball courts. Once checked in, swimmers should go to the following staging areas and wait to be called to the pool by their coach:

- Mini's should go to the shallow end of the pool, at the lawn
- 6 & unders should go to the deep end bleachers
- 7/8s should go to the picnic table
- 9/10s should go to the deep end bleachers
- 11/12s should go to the deep end bleachers
- 13+ should go to the water fountain

Please see the map below for more information.

Face coverings are required when waiting to enter the facility and while on the pool deck. Face coverings can be removed only immediately prior to entering the water and must be reapplied immediately upon exiting the pool. Exit the facility at the gate by the tennis courts.

### **Parents**

Parents may watch all practices from the bleachers along the north end of the pool. Enter the pool at the gate nearest the bathrooms. Please stay away from the edge of the pool. In addition, please note the following mandatory COVID protocols:

- Mask required for everyone, except while in the water.
- Social Distance from non-household members.
- Stay home if sick.
- Wash your hands often.

Exit the facility at the gate by the tennis courts.

Remember, filming of any kind is not allowed during practices. Practice is a time for kids to learn, not to perform, and coaches need the swimmer's complete attention. You are welcome to take photos and videos at meets as long as they are not taken from behind the blocks.

## Bathrooms

The bathrooms at the Education Center Pool are immediately adjacent to the pool. Bathrooms should be used in the event of an emergency only. Please follow all MDUSD rules/signs for bathroom use. Please, NO changing in the bathrooms. All 10 & under swimmers must be escorted by a parent when using the bathroom.

