



General COVID-19 Safety Policy for ALL IAM facilities – Updated March 2022

- Do not attend practice if you do not feel well or live with someone who does not feel well!
 1. Do you have any of these symptoms that are not caused by another diagnosed chronic condition such as allergies? • Fever greater than 100.4 degrees F or chills • Cough • Shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • Headache • Recent loss of taste or smell • Sore throat • Congestion • Nausea or vomiting • Diarrhea
 2. Have you been in close contact with anyone with COVID19 in the past 14 days if unvaccinated or 10 days if fully vaccinated? Close contact is being within 6 feet for 15 minutes or more over a 24-hour period with a person; or having direct contact with fluids from a person with COVID-19 with or without wearing a mask (i.e., being coughed or sneezed on).
 3. Have you had a positive COVID-19 test for active virus in the past 10 days, or are you awaiting results of a COVID-19 test?
 4. Within the past 14 days, has a public health or medical professional told you to self monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection?

If you answered YES to any question above, you are not permitted to enter the facility until released to do so by a health care professional. For questions about isolation or quarantine guidelines, please follow current [CDC guidelines](#).

- Fill your water bottle at home and label with your name. Some facilities will permit using their water fill stations.
- Bring your own gear and label with your name.
- Masks are optional at all facilities as of March 2022.
- It is recommended to sanitize your hands before and after practice.
- If you are not [up to date on COVID-19 vaccines](#), it is recommended to stay at least 6 feet away from other people, especially if you are at [higher risk of getting very sick](#) with COVID-19.
- No sharing of water bottles or gear.
- Swimmers/coaches who begin to cough/sneeze for any reason must move away from others until coughing/ sneezing dissipates. You may be asked to leave the facility.
- If you need to clear mucus from your nose or throat, get out of the pool and use a kleenex. Do not shoot mucus into the pool, gutter, or deck area.

Please report to IAM at info@indyaquaticmasters.com if you have a confirmed positive test for COVID-19 or if you have been exposed to or live with someone with a confirmed positive test for COVID-19.

Additional Facility-Specific Requirements

North Central High School

- Locker-rooms are available to change/shower and for restroom use.
- Park in the student/visitor lots that run along the west side of the school or across the street near the Northview Middle High School. Do not park in the lot right outside Door 24 near the tennis courts. This lot is reserved for school buses only. [MAP](#)
- Enter through Door 24. Go down the hallway and turn to the right to enter the Natatorium.

IU Natatorium

[Safety Video](#)

- Check-in required in the Pro Shop.
- Locker rooms and lockers are available for use.
- No equipment such as kickboards, pull buoys, paddles, etc., will be available for use.
- Please bring a water bottle and use our bottle fill stations. Please do not use our water fountains.

Lawrence North

[Safety Policy for Lawrence Township Schools](#)

- Enter the south entrance off Hague Road. Enter facility through Door 8 on the west side of the school. [MAP](#)
- Locker rooms and lockers are available for use.

Carmel

[Safety Policy for Carmel Natatorium](#)

- Masks no longer required.
- Equipment is not available for use.
- Locker rooms are available for restroom use.

JCC

[JCC Reopening Plan](#)

- Enter through Door #5
- Locker rooms and lockers are available for use. No towel service.
- No water fountains.