

Lap Swim Tier 3 Guidelines

Updated 11/20/2020

1. Lap swim reservations must be made in advance by emailing amazoncup@stcparks.org.
 - a. Members must be registered by 8pm or before NRC closes the previous business day whichever comes first.
Example: NRC closes at 3pm on Sunday, so all registrations for Monday lap swim must be received by 3pm.
 - b. Any lap swimmers who will be walking **MUST** state that in the email reservation.
 - c. **NO drop-ins ALLOWED**
 - d. Registration is allowed for 1 week at a time. Monday-Sunday.
 - i. Registration will open on Friday for the upcoming week.
2. Lap swim is **ONLY** allowed for members. No guests are permitted.
3. Members may only register for one week at a time.
4. Lap swim participation is limited to 12 swimmers at a time.
5. Members must come dressed to swim.
6. Members must maintain adequate physical distancing (6 ft.) between each other.
7. Members should come to the facility no more than 10 minutes before swim time.
8. Members **ARE REQUIRED** to wear a face covering at all times when in the facility.

This is the entering and exit plan for lap swim that must be followed:

1. Park in the NRC lot and walk to the NRC front entrance.
2. Members **ARE REQUIRED** to wear a face covering at all times when in the facility and may be removed prior to you entering the pool.
3. Enter the pool using Door #11. Walk to the double doors on your right side and enter into pool there.
4. After you finish swimming, you will exit into the back lobby, walk back towards the front entrance and exit at Door #11.
5. All swimmers must be cleared from the building before the next group of lap swimmers enter. There is 15 minutes between groups.
6. The bathrooms in the back lobby will be available.
9. All swimmers must come in their swim suits with their **OWN** equipment.
10. Locker rooms are not available at this time.
11. Place your belongings in one of the designated spots.
12. NRC will **NOT** be providing any equipment to use.