

Help us keep our community safe!

Public Health Guidelines

- Any person that is **sick or experiencing COVID-19 or flu-like symptoms should stay home** and cannot attend a practice/event within the VMAC.
- **Physical distancing of 6 feet** should be maintained at all times, including while entering and exiting the facility.
- **Groups may not congregate on any Adams 12 property before or after practices and/or events.** Coaches and participants should immediately return to their vehicle and depart the site upon conclusion of practices and/or events.
- **Face coverings must be worn** when arriving and leaving the facility by all coaches and participants. Swimmers may remove their mask upon getting into the water, and must place their mask in a sealed container or in their bag. Coaches must wear a mask at all times while in the VMAC.
- **All participants must come dressed to swim as changing areas will not be available.**
- **Locker rooms will be open for restroom use ONLY.** The showers and changing areas will be closed.
- **Pool equipment will not be available for use.** Please bring your own, in addition to your own water bottle as **water fountains will not be available.**
- Everyone is encouraged to **wash their hands frequently.** Hand sanitizing stations are available as well.