



# MJCC Stingrays

Mittleman Jewish Community Center  
at the Schnitzer Family Campus  
6651 SW Capitol Highway, Portland, OR 97219  
P: 503.244.0111 | F: 503.245.4233 | [oregonjcc.org](http://oregonjcc.org)

## Stingrays Covid Procedures

Swimmers are assigned practice times, and may only come at that time. Silver and Bronze practice twice a week for a half hour; Gold practices two or four times a week for 45 minutes. Friday “race day,” 4:15-5pm, will be on a rotating schedule.

### General information and equipment:

- In order to maximize use of our time and space, practice times are assigned based on swimmer availability rather than level. We will be running multiple workouts simultaneously, so that each swimmer is still being asked to perform at the appropriate skill level.
- Swimmers should be on the pool deck at the start of their assigned time.
- Each swimmer should bring a towel (no towel service is available) and a water bottle every day; water fountains are only available for refilling bottles.
- All workouts can be done without equipment, and swimmers who wish to use equipment should bring their own. If desired, Bronze swimmers should bring kickboards, and Silver and Gold swimmers should bring kickboards and pull buoys. Check out [www.swimoutlet.com/mjccstingrays](http://www.swimoutlet.com/mjccstingrays) for suggestions.
- Locker rooms are not open, so everyone needs to come and go with their swimsuits on under their clothes. The restrooms in the family changing area will be available for swimmers, but should not be used for changing or showering.

### Covid-19 safety measures:

- All participants must wear a mask that covers the nose and mouth the entire time they are in the building, except when they are in the water.
  - Bandanas and masks with valves (unless another mask is worn over the top) are not acceptable. If a participant desires, a face shield may be worn in addition to but not in place of a mask. We have disposable masks available at the front door, and we also have some special gifts for our Stingrays that we'll hand out on the first day!
  - Swimmers should bring a plastic baggie so that they can place their mask on the pool deck by their lane and keep it safe and dry while they swim.
- Physical distancing will be strictly enforced in and out of the water. Swimmers will be required to swim down the middle of their lane at all times. Siblings sharing an outside lane will use the middle except to pass, and will pass between the middle of the lane and the wall.
  - We know that the masks and the distancing may be very difficult for some of our swimmers, but safety must always be our #1 consideration. We ask that you talk to your swimmer about these things before registering and before their first workout. As always, if we have a participant who is creating an unsafe environment for others, that participant will be withdrawn from the program.



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## Drop-off and pick-up:

- There are no spectators allowed on the pool deck or elsewhere in the building. Parents must wait outside the building during practice, and are welcome to go home and return. Swimmers should only be in the building for their designated practice time; they can arrive about five minutes early to have time to get to the deck and rinse off.
  - Parents of 12 & under swimmers may choose to escort their swimmers to the pool deck and return to the deck at the end of the session to pick them up, but this is not required.
  - Parents of 13 & over swimmers should remain outside the building unless they are signed up for a workout spot in the fitness center.
- Upon entering, MJCC staff will take each participant's temperature and ask a couple of questions: whether they have been around anyone with covid-19 and whether they have any covid-19-like symptoms, including cough, shortness of breath or difficulty breathing, fever or chills, fatigue, sore throat, body aches, headache, or new loss of taste or smell.
  - If your swimmer HAS been around anyone with a diagnosed covid-19 infection in the past two weeks or has any covid-19-like symptoms, please let us know immediately and keep them home, following medical advice and CDC guidelines for quarantine (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>) or isolation (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>), as appropriate.
- At the end of the session, swimmers will leave the building via the side exit that faces the sportsplex.
- We do have several shady places around the parking lot and in front of the sportsplex where you can wait if it doesn't make sense to drive home; please just continue to observe physical distancing between families and wear a mask if you are at all close to anyone else. We want all of our families to stay healthy, and we want to demonstrate that non-contact youth sports CAN happen safely when everyone is on board to handle the entire process responsibly.

Thank you for helping make our new swim season a success!