Wildcat Masters
Plan for Return to Training Fall 2020

During this early phase of reopening, our Wildcat Masters members should expect limited hours, capacity, and amenities. We recommend you follow our Campus Recreation and Wellness FB, Twitter, and Instagram. Please download our UKRecwell app. This will provide current and update information for our Campus Recreation facilities. All Wildcat Members will be required to signup for a lane reservation to swim at Lancaster Aquatic Center during team practices and during Campus Recreation Lap Swim hours.

All current members will be required to re-submit a 20-21 membership application.

**Phase 2 Reopening:**
Monthly Membership Fee of $35 for UK affiliates and $50 for Non-UK affiliates will include **Sunday Team Practices** and individual non coached training during Campus Recreation **Lap Swim**. Memberships will be sold on a month to month option during Phase 2 Reopening. Team Training will be offered on Sundays, 10am-11:30am (44 members).

**Phase 2: Reserving Your Lane**
Members must access UK [Campus Recreation and Wellness](#) and click on **Rec Well Services** to reserve lane space. Every person who is a current member of Wildcat Masters and/or a UK affiliate has a LOGIN. You must Login first to reserve a lane. Click the top right LOGIN button. Those who are non-UK affiliates and Wildcat Masters member, click the LOCAL to Login. Please use your email (provided when you joined) to Login and a temporary password (12345) to access the Rec Well Services. Click **RESERVATIONS** and then click **REC SWIM**. Then select which time and day you would like to reserve a lane. You will receive an email confirmation after you have reserved a lane.

**Phase 2: Membership Eligibility Training Options**
**Sunday Team Practices.** During Phase 1, there will be one team practice a week on **Sundays**. Team practice will be a 90 minute swim with 15 minute locker room access (shower & change after practice). **All team members must reserve a lane to swim during Sunday Team Practice.** Arrive ready to swim with your suit on and spend limited time preparing to swim! Please be conscious of 15 minute locker room access. Team will train 2 persons per lane (starting at opposite ends) with a total of 22 lanes available for Sunday practice.

**Other options for Wildcat Masters team members:** **Recreation Lap Swim during Phase 2** will be 45 minutes lap swim reservation and 15 minute locker room access in Lancaster Aquatic Center. Recreation Swim is available Monday - Friday, 1st reservation 5:15pm and last reservation at 7:15pm. Your Lane Reservation secures one person per lane. **Wildcat Masters members and any UK affiliate must reserve a lane to swim during Recreation Lap Swim.** Please arrive ready to swim and be prepared for limited changing time after your swim. There are 22 lanes to swim. Please bring your own swim equipment. Wildcat Masters members can swim one person to a lane for 45 minutes during Campus Recreation Lap Swim hours.
To ensure compliance with Commonwealth of Kentucky and Center for Disease Control regulations, Fayette County Health Department and KY Healthy @ Work for Public Swimming and Bathing Facilities, the following will be in effect for the re-opening of the Lancaster Aquatic Center and will remain in use until further notice. We thank you in advance for your cooperation with each of these as we work to make our re-opening as safe as possible.

1. All staff will wear face masks. Lifeguards in lifeguard stands and stations will not be required to wear face masks, but will be required to wear when moving to next stand and station.
2. Staff will be monitored for illness when reporting for work, and will not be allowed to work if signs of COVID-19 are present.
3. Disinfectant wipes and hand sanitizer are available throughout our natatorium and inside bathrooms and locker rooms.
4. Water fountain systems will be tested prior to reopening to ensure contamination is not present.
5. Face masks are required for entry and must be worn in all common areas. That includes all lobbies, hallways, service counter area, offices, deck area, and locker rooms.
6. Users may remove their masks, when entering the water, but must put the mask back on immediately upon exit of the pool.
7. There will be an online Lane Reservation system to reserve your Sunday 90 minute team training time. Please log in to the https://recwellservices.uky.edu/. Click Reservations to reserve your lap swim lane time.
8. There will be an online Lane Reservation system to reserve your Lap Swim 45 minute. Please log in to the https://recwellservices.uky.edu/. Click Reservations to reserve your Lane Reservation swim time during Campus Recreation Lap Swim Monday - Sunday.
9. You must login to https://recwellservices.uky.edu/ with your UK LinkBlue or Wildcat Masters Login (your email which you would have submitted on your membership application). Look for an email close to or by opening day. Please check your junk or spam folder if you have not received it by then.
10. Subject line for Lane Reservation login email will be “Lancaster Aquatic Center Login Information”.
11. You can call our Membership Sales @ 859-257-7940 if you are unable to find this email.
12. For Wildcat Masters who are non UK affiliates, you will receive a login and password with their membership. Your email, which you provided at signup, will be the method for login. Password will be set at a default of 12345. At your first login, you will use this default, but then will be required to change.
13. Another method to reserve a lane for practice will be downloading the UK Recwell app to your phone.
14. Upon arrival in the lobby area, you will swipe your ID at the table. There are physical distancing waiting indicators on the floor to indicate your position if there is a line to swipe your ID.
15. The lobby is no longer a waiting area. We prefer you wait outside the building after your swim if you are meeting others.
16. Lobby benches have been removed to ensure required physical distancing wherever possible.
17. Please bring your own water bottle. Drinking stations will be closed, but touchless bottle fill stations will still be available.
18. Traffic flow has been marked on the lobby floor. Please be aware of social distancing when in locker rooms to maintain better physical distancing.
19. Occupancy will be limited to TWO PER LANE for **Sunday team training/practices**. Each person starting their practice from opposite ends of lane.
20. Occupancy will be limited to ONE PER LANE for **Campus Recreation Lap Swim** hours.
21. There will be chairs on deck to indicate physical distancing and for your mask, training equipment, and towel while swimming.
22. Please enter and exit on the same end of the lane where you started your swim.
23. High touchpoints are being cleaned with a CDC approved cleaning agent effective against the COVID 19 viruses.
24. Limited # showers will be open.
25. **Subject to Change without notice**: Access to locker/changing area. Toilets, sinks and showers are available in Lancaster Aquatic Center.
26. Limited # of Daily Use lockers will be available. Please use the provided spray bottles to sanitize before and after use.
27. Towels available for check out. All towels are laundered with a CDC approved detergent.
28. CDC approved disinfecting wipes are available for use in the shower area. Please dispose of wipes in the trash container.
29. CDC approved disinfecting wipes are available for use when disinfecting toilet stall before and after use. Please dispose of wipes in trash containers and not in the toilets.
30. Users are encouraged to bring their own swim equipment. We will have available kickboards, pull buoys & fins for those who do not have them. Equipment will be sanitized after every use. There will be a SANITIZED bin and USED bin for shared equipment such as kickboards, pull buoys & fins.
31. Goggles are not available.
32. Blue Stretching Mats are not available.
33. Black Foam Rollers are not available.
34. Water fountains are not available. Touch-less water bottle filling stations are open.