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 FaceBook, Twitter, and Instagram. Or you can download the UK Recwell app onto your iPhone or Android, available from the App Store. The UK Recwell app will provide current information about all Campus Recreation facilities.

Phase 1 Reopening
All current Wildcat Masters members will be required to submit a new membership application. In order to swim during either the Sunday Team Practice or Campus Rec Lap Swim, you will have to reserve a lane online (see below). The membership fee will be $35/month for UK affiliates and $50/month for non-UK affiliates. During Phase 1, memberships will be on a month-to-month basis. Team Practices will be offered on Sundays, 10am-11am and can accommodate 44 members. If the 10-11am practice fills up a second Team Practice will be provided, but only if the 10-11am is filled.

Phase 1: 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 Student, Faculty and Staff has a LOGIN. Go to the UK Campus Recreation and Wellness and click on Rec Well Services. If you're a UK affiliate, click the LOGIN button at the top right. If you're a non-UK affiliate, click LOCAL to login. Once you get to the login page, if you’re a UK affiliate, you use your LinkBlue ID to login. If you’re a non-UK affiliate, use the email address you provided when you joined and the temporary password “12345.” (You will change your password for future logins.) Once you’re logged in, click Aquatic Programs and then click which time and day you would like to reserve a lane, for either Lap Swim or Sunday Team Practice. You will receive an email confirmation after you have reserved your lane.

Phase 1: Membership Eligibility Training Options
Sunday Team Practices will consist of a 60-minute swim and 15-minute locker room access (for showering and changing 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. During team training, two persons will swim in each lane, starting at opposite ends. There will be a total of 22 lanes available for Sunday Team Practice. Should the 10-11 a.m. Sunday practice fill up (maximum of 44 signups), an 11 a.m.-noon practice will be added.

Other options for Wildcat Masters team members: Recreation Lap Swim during Phase 1
Lanes can be reserved for Lap Swim for 30 minutes of swimming plus 15 minutes of locker
room access. Only one person per lane for Lap Swim. **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 shower and changing time after your swim. There will be 22 lanes available for lap swimming per half-hour slot. Please bring your own swim equipment if you have it. Wildcat Masters members can swim one person to a lane for 30 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 reopening of 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 reopening 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 them when moving to the 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 exiting of the pool.
7. There will be an online Lane Reservation system to reserve your **Sunday 60 minute team training time.** Please log in to the https://recwellservices.uky.edu/. Click Aquatic Programs to reserve your Wildcat Masters members swim time.
8. There will be an online Lane Reservation system to reserve your **Lap Swim for 30 minutes.** Please log in to the https://recwellservices.uky.edu/. Click Aquatic Programs 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. The email subject line for your Lane Reservation login email will be **RECWELLSERVICES Login.** Use this in your search if our email did not come to your Inbox in your email.
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. You can also use the UK Recwell app to reserve a lane if you have downloaded the app
to your phone (see above).
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. You will have access to the balcony area if
requested, but 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 maintain social distancing when
in locker rooms.
19. Occupancy will be limited to TWO PER LANE for Phase 1 Sunday team
training/practices. Each person will be 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 on which to place your
mask, training equipment, and towel while swimming.
22. Please enter and exit on the same end of the lane from which you started your swim.
23. High touchpoints are being cleaned with a CDC approved cleaning agent effective
against the COVID-19 virus.
24. Limited number of showers will be open.
25. Subject to Change without notice: Access to locker areas/changing area.
26. Toilets, sinks and showers are available in Lancaster Aquatic Center.
27. Limited number of Daily Use lockers will be available. Please use the provided spray
bottles to sanitize before and after use.
28. Towels available for check out. All towels are laundered with a CDC approved detergent.
29. CDC approved disinfecting wipes are available for use in the shower area. Please
dispose of wipes in the trash container.
30. 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.
31. Users are encouraged to bring their own pull buoys and fins. However, 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.
32. Goggles are not available.
33. Blue stretching mats are not available.
34. Black foam rollers are not available
35. Water fountains are not available. Touchless water bottle filling stations are open.