

COVID Safety Protocols: RAM reserves the right to alter COVID-19 protocols based on local, state, and national guidelines at the time of the event. Any updates will be posted on this page and emailed to registered swimmers prior to the event.

- RAM is not requiring COVID-19 vaccination for participation in this meet, however, RAM encourage participants to be vaccinated for COVID-19, but we understand it is a personal decision based on individual factors.
- Do not attend if you're experiencing any symptoms of COVID-19. If you experience symptoms or test positive for COVID-19 within two weeks after the conclusion of the event, please contact meetdirector@swimram.org
- Common areas and surfaces will be sanitized by TAC personnel.
- Relays will be held with one heat of swimmers behind the blocks at one time. Once the relay heat has concluded, relay swimmers need to clear the area before the next heat assembles behind the blocks.