



We have been fortunate to be able to run our program at almost full capacity. To maintain this the club will be working to provide the safest environment possible to help contain any viral infection possibilities. We ask all swimmers and parents to please help and encourage the following rules and procedures.

Pool Rules

- Changerooms are only available for emergency and bathroom needs. Swimmers should arrive in their swim suit.
- Hot tub and sauna are not open
- No parents are allowed on deck at this time
 - Exception: Unless they are on deck functioning for club purposes
 - Swim lesson participants will be allowed one parent on deck in the designated spot

Arrival (first 15 minutes of practice)

- Swimmers will meet in front of the Sports Centre in our designated area in front of the main entrance. We will have a table and when weather dictates tents set up in our meeting area.
- The evening before practices all swimmers will be emailed a health questionnaire. We ask that this be completed before arriving for practice. If it is not filled out, swimmers will be put through the health screening questions, but for efficiency sake if everyone completes it online we can start much more promptly.
- Swimmers will be provided with hand sanitizer upon arrival
- Coaches will put swimmers through pre-practice activation
- Swimmers will be given lane assignments for the days practice
- Swimmers will enter the Sports Centre and proceed on deck through the family change room corridor and then proceed to their designated lanes/area they were given outside
- Baskets will be provided to each swimmer to put their clothes/personal items in

During Practice

- Each group (cohort) are to stay distanced while in the facility. Groups in adjoining lanes will start from opposite ends of the pool. When sharing the same end as a different group swimmers are to maintain as much distance as possible.
- No sharing of equipment, water bottles, goggles between teammates. Make sure you arrive with your cap and goggles (and spares of both) and water bottle each practice. We will be using less training equipment this year.
- Swimmers should refrain from spitting, splashing and other behaviours that do not maximize hygienic behaviour.

Departure

- Following practice swimmers will collect belongings from their basket and exit the facility out the glass doors leading to the front entrance parking lot.