



UBC Aquatic Centre COVID-19 Procedures

- 1) Prior to arriving at the UBC Aquatic Centre, swimmers must conduct a Self-Assessment for COVID-19. This can be done using the BC COVID-19 App or at the following link: <https://bc.thrive.health/covid19/en>
- 2) Swimmers should NOT arrive at the pool more than 15 minutes prior to the start of the training session. Swimmers MUST arrive wearing a mask. Upon arrival, a VPSC coach or volunteer will conduct a COVID Pre-Screening questionnaire and attendance with the swimmer outside the entrance of the facility.
- IMPORTANT:** Parents should not leave until their swimmer has completed their check-in with the coach and the facility.
- 4) Swimmers should NOT arrive at the pool less than 5 minutes prior to the start of the training session. Swimmers who are late will not be able to enter the facility.
- 5) Swimmers should arrive “swim ready” meaning their swimsuit is on underneath their clothes. Swimmers will NOT be permitted to use any benches, lockers or the change room facilities. Swimmers are only permitted to have a cap, goggles and a pre-filled water bottle for workout. No other equipment will be permitted.
- 6) Once Check-In has been completed with the VPSC coach, swimmers will line up by the main entrance to the pool, maintaining proper social distancing. Swimmers will be checked in before entering the facility by a UBC employee. Upon entering the facility swimmers will be asked to sanitize their hands and head onto the pool deck following the directions of the UBC Aquatic Centre facility and staff. At no time should a VPSC swimmer enter the facility without a VPSC coach.
- 7) Upon entering the facility each swimmer will grab one of the CLEAN baskets that are provided for patrons of the pool. Each swimmer will take their basket to the end of their lanes following the arrows and pathways laid out on the pool deck. Personal items should be placed in their baskets at the end of their lane, and nowhere else in the facility.
- 8) All swimmers will be required to take a cleansing shower using the showers located on the deck of the pool. All swimmers will need to continue to wear their masks while walking to and from the showers, as well as if they are needing to visit the washrooms during practice time.
- 9) Coaches will direct swimmers on how they will prepare to enter the water and swim during workout in order to maintain appropriate social distancing throughout all of the activities during the session.
- 10) Upon completion of the session, swimmers will be asked to towel off and gather their personal items from their basket at the end of their lane. Swimmers will then follow the arrows and directions to place their USED basket in the designated area and then will follow the signage to exit the facility.
- 11) If a swimmer develops symptoms for COVID-19 at a training session, your swimmers coach will reach out and they will need to be picked up immediately from practice. Our VPSC COVID-19 Officer (covid19officer@vancouverpacificswimclub.com) will reach out, in order to communicate our policies and the next steps for your swimmer.