WHITE ROCK WAVE (MASTERS SWIMMING CLUB)
RETURN TO SWIMMING POLICY AND PROCEDURES
(COVID-19)

For Surrey Sport and Leisure Complex (SSLC)
16555 Fraser Hwy., Surrey

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Head Coach: Craig Slater craigslater02@gmail.com Cell 604-535-7723
President: Linda Stanley Wilson lindasw@mac.com Home 604-542-3003
COVID Officer: Debbie Dunn wrwavereg@gmail.com Cell 604-351-3402

www.whiterockwave.com
In an effort to facilitate the safe return to the pool and the sport of competitive swimming, WHITE ROCK WAVE has implemented the following guidelines, operational procedures and policies that all members must adhere to in order to ensure best practices during this time of "new normal". These policies are built from the resources from the following groups and the "5 principles".

- BCSSA Return to Swimming and Aquatic Sports
- Swim BC Return to Swimming- Swim BC
- Swimming Canada Return to Swimming -SNC
- BCPRA Restarting Operations
- Via Sport Return to Sport
- WorkSafeBC Return to Safe Operations

**Five Principles For Every Situation**

<table>
<thead>
<tr>
<th>Personal Hygiene</th>
<th>Stay Home if You Are Sick</th>
<th>Environmental Hygiene</th>
<th>Safe Social Interactions</th>
<th>Physical Modifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Frequent handwashing</td>
<td>• Routine daily screening</td>
<td>• More frequent cleaning</td>
<td>• Meet with small numbers of people</td>
<td>• Spacing within rooms or in transit</td>
</tr>
<tr>
<td>• Cough into your sleeve</td>
<td>• Anyone with any symptoms must stay away from others</td>
<td>• Enhance surface sanitation in high touch areas</td>
<td>• Maintain distance between you and people</td>
<td>• Room design</td>
</tr>
<tr>
<td>• Wear a non-medical mask</td>
<td>• Returning travellers must self-isolate</td>
<td>• Touch-less technology</td>
<td>• Size of room: the bigger the better</td>
<td>• Plexiglass barriers</td>
</tr>
<tr>
<td>• No handshaking</td>
<td></td>
<td></td>
<td>• Outdoor over indoor</td>
<td>• Movement of people within spaces</td>
</tr>
</tbody>
</table>

**Disclaimer**

- While the Provincial Government has limited the liability risk to teams during the COVID-19 (BC Liability protection announcement), safety for everyone is still first and foremost.
  - It is up to each and every person to reduce the infection, or spread of COVID-19
  - It is the responsibility of each and every person to assess the risk, and decide their own personal risk of participation within the team
- While all efforts are made to provide the best possible information available, members should understand that this is a live document and updates or changes may happen
  - Currently this document is based off BC Restart Plan "Phase 3"
- The WHITE ROCK WAVE will do its best to keep the membership up to date with the ever changing environment, however it is the responsibility of the membership to stay informed
How Coronavirus Spreads

- Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:
  - respiratory droplets generated when they cough or sneeze
  - close, prolonged personal contact, such as touching or shaking hands
  - touching something with the virus on it, then touching the mouth, nose or eyes before washing the hands
- Current evidence suggests person-to-person spread is efficient when there is close contact

(Source used - Government of Canada public health)

Symptoms of COVID-19

- The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. These symptoms include:
  - Fever
  - Chills
  - Cough
  - Shortness of breath
  - Sore throat and painful swallowing
  - Stuffy or runny nose
  - Loss of sense of smell
  - Headache, muscle aches
  - Fatigue and loss of appetite
- People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe. Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people, those with compromised immune systems or chronic health conditions. (Source used - Swim BC - Return to Swimming)
- For a complete understanding about COVID-19, please refer to one of the many credible sources including:
  - Fraser Health
  - BC Centre for Disease Control

WHITE ROCK WAVE COVID-19 Officer

- WHITE ROCK WAVE has created a White Rock Wave COVID-19 Officer position. This person is responsible for:
  - monitoring the overall health of the team
  - keeping apprised of COVID-19 updates within the province
  - assist in the development of WHITE ROCK WAVE’S plan, education and enforcement
  - registering participants
  - overseeing compliance (sign-in, safety protocols required, etc)
Best Practices for Athletes

1. Prior to participating in any session, athletes must educate themselves by reviewing and acknowledging their understanding of the guidelines and protocols.

2. Keep a minimum of 2 meters from anyone outside their household at all times.
   a. Swimmers are not to assist other swimmers outside their household with equipment such as goggles, caps, suits, etc.
   b. Coaches will not be performing physical manipulations/corrections on athletes.
   c. The coach will wear a mask during each dryland and workout session. In a medical emergency, the coach will wear gloves in addition to a mask.
   d. Swimmers will maintain appropriate distance from facility staff members throughout the duration of the time spent at the facility.

3. Do not greet others with any actions (handshakes, hugging, high fives) that involve physical contact.

4. Do not share food, drinks, or equipment with teammates.

5. Avoid touching their eyes, nose and mouth.

6. Frequently wash hands with soap and water or, if not accessible, use hand sanitizer.
   a. Hand sanitizer is part of an athletes required equipment.

7. Cough or sneeze into sleeves.

8. Athletes must follow the entry and exit policies for SSLC (Appendix D & E).

9. Athletes must follow the directions of the WHITE ROCK WAVE coaches and facility staff with regards to physical distancing procedures in place.
   a. Failure to follow staff direction, facility procedures, and WHITE ROCK WAVE procedures may result in the removal of the athlete from the group training environment.
   b. Athletes must follow physical markers (cones, signs, lines, stickers, etc.) that indicate appropriate spacing while on deck or in dryland areas.

10. Athletes are to act responsibly and promote appropriate behaviour on social media with their peers.

11. Athletes are encouraged to remain in the local community throughout Phase 3.

Arrival Protocol

- Swimmers should arrive no earlier than 10 mins before their scheduled swim time.
  - Swimmers that arrive earlier are asked to remain in the vehicle until the appropriate time (or signaled by the coach to leave their vehicle).
  - Swimmers who are being dropped off will do so at the drop off parking lot designated for that practice and proceed to their designated dryland zone (see Appendix D and E).
    - Should swimmers drive to the pool themselves, they will park their car at the designated parking lot for the duration of the practice.
- Upon arrival, swimmers will proceed to a well-marked designated area outside of the facility and be met by a coach (see Appendix D and E).
- Physical distance rules are in effect at all times.
- Swimmers are asked to show up with suits already on.
- Swimmers should use washroom facilities at home before arriving at the pool location.
Equipment

- Swimmers must ensure that they are dressed appropriately for swimming activities. This includes all weather conditions.
- Required equipment includes:
  - Goggles
  - Pull buoy
  - Pool workout attire
  - Water bottle (swimmers must have a water bottle prefilled at home before arrival)
  - Fins
  - Garbage bag (for rainy days)
  - Sunscreen (applied before arrival to workout)
  - Hand sanitizer
- The only swim equipment accepted are pull buoys and fins (no mesh bags, etc.).
- The use of snorkels will not be permitted at any time.
- Swimmers are asked to place their swim bag in designated spots as noted in Appendix D and E, and then move to assigned lanes and slot allocation.
- Swimmers will not be permitted to share equipment.

Lane Assignments and Density

- Lane density (number of swimmers in the pool) has been determined by a number of factors, including physical distance requirements, city policy and other regulatory bodies.
  - At this time WHITE ROCK WAVE will operate at the capacity of 4 swimmers per single lane (see below).
- Swimmers' lane assignment and lane placement (within the lane) has been determined by the coaches, creating the best “training lane” available.
  - Each swimmer is given a group and lane placement.
  - Swimmers must stay in their respective allocated placement.
  - Swimmers will not be able to overtake each other during workouts.
  - Coaches will continually assess lane and group placements and will make changes to ensure sufficient social distancing measures if necessary.

We will have 8 single lanes with a maximum of 4 swimmers per lane as follows:

<table>
<thead>
<tr>
<th>Day of Week</th>
<th>Group</th>
<th>Recommended Time</th>
<th>Recommended Space</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>WR Wave</td>
<td>6:30 - 7:30 PM</td>
<td>8 X 25 M - Deep</td>
</tr>
<tr>
<td>Tuesday</td>
<td>WR Wave</td>
<td>8:00 - 9:00 PM</td>
<td>8 X 25 M - Shallow</td>
</tr>
<tr>
<td>Thursday</td>
<td>WR Wave</td>
<td>8:00 - 9:00 PM</td>
<td>8 X 25 M - Shallow</td>
</tr>
</tbody>
</table>
Post Swimming Protocol

- Swimmers are not allowed to access the changing rooms or showers.
- Swimmers must leave the pool immediately and follow exit procedures
  - Swimmers are not allowed to linger on the pool deck or in the dryland zone.
  - Swimmers must walk to designated pick-up parking lots at their numbered marker.
  - If swimmers need to leave early they must inform their coach.
- As per Safe Sport guidelines and club policy, NO DECK CHANGING is permitted
  - Swimmers must remove dryland clothing in designated dryland zones before entering pool vicinity.
- Swimmers must take all swim equipment home with them after each session to be sanitized.

Protocols for Maintaining a Safe Training Environment

- If everyone continues to follow the “5 Principles”, the chance of a COVID-19 outbreak is low at this time. However, if an outbreak occurs with any member of the WHITE ROCK WAVE team (Swimmers, Parents, Coaches) the team protocols for illness and/or positive tests is Appendix A.
- Before in person participation all WHITE ROCK WAVE Members (swimmers and volunteers) will be required to update their registration agreement by signing the following documentation.
  - INDEMNITY AGREEMENT (Under the age of 19) (Appendix B)
  - INDEMNITY AGREEMENT (19 years and older) (Appendix B)
  - SWIMMER PARTICIPATION AGREEMENT (Appendix C)
General Notes
During this time of “new normal”, it is more important than ever that coaches take a leadership role with the daily operations of the team, including health screening, attendance, and the general well-being of the team.

Best Practices for Coaches
1. Prior to participating in any session, coaches must participate in a Zoom orientation meeting to address guidelines and protocols.
2. Coaches should arrive 15 mins before each session to set up.
   a. Set up will include directional flow signs/markers, placement of bag markers, lane ropes, flags, pace clock etc...
3. Keep a minimum of 2 meters from anyone outside their household at all times.
   a. Coaches are to refrain from assisting other swimmers outside their household with equipment such as goggles, caps, suits, etc...
   b. Coaches will not be performing physical manipulations/corrections on athletes.
   c. Coaches will wear a mask during the workouts session.
   d. In a medical emergency, the coach will wear gloves in addition to a mask.
   e. Coaches will maintain appropriate distance from other coaches and facility staff members throughout the entire duration of the time spent at the facility.
      i. This includes pool storage areas when accessing equipment.
4. Avoid greetings with actions (handshakes, hugging, high fives, etc) that involve physical contact.
5. Avoid touching their eyes, nose and mouth.
6. Frequently wash hands with soap and water or if not accessible, use hand sanitizer
   a. Hand sanitizer is available for coaches ’use
7. Cough or sneeze into sleeve
8. Coaches must follow the entry and exit policies for SSLC Pool.
9. Coaches must follow the directions of facility staff with regards to physical distancing procedures in place.
   a. Failure to follow staff direction, facility procedures, and WHITE ROCK WAVE procedures may result in the removal of the coach from the group training environment.
10. Coaches will ensure all athletes have left the pool facility before leaving themselves
11. Coaches are encouraged to act responsibly and promote appropriate behaviour on social media with their peers.
12. In accordance with Provincial Health Officer Orders, the Coaches will collect the first and last names and telephone number (or email address) for each individual who participates in or attends the event for contact tracing purposes. The contact tracing information will be kept for 30 days after the event.

WorkSafeBC Requirements
- Mitigating of risk:
  ○ WHITE ROCK WAVE has taken all efforts to reduce risk and encourages all staff to forward any potential “issues” that have been missed or not addressed to the COVID-19 Officer and President.
  ○ When applicable, coaches will perform any administrative tasks from home (including writing out their practice plan on the whiteboard).
● Equipment provided:
  ○ Hand sanitizer for staff (swimmers are required to supply their own)
  ○ PPE (mask and gloves).
    ■ Coaches are required to wear a mask while coaching under normal circumstances.
    ■ Coaches are required to wear gloves, in addition to a mask, if:
      ● Their own safety is at risk.
      ● Have to break the physical distance of 2 meters.
      ● Attending a first aid incident.
  ○ Whiteboard to write out practices (coaches are responsible for their own whiteboard markers).
● Equipment not provided:
  ○ Stopwatch.
  ○ Whistle (working outdoors may be required for first-aid situations).
  ○ Rain gear.
  ○ Whiteboard markers.

Facility Requirements
● Coaches are required to ensure that swimmers follow any protocols, procedures, or policies that the facility has set out. This may include:
  ○ Ensure swimmers are clear of any dirt or grass before entering the pool deck and pool.
  ○ Coaches are responsible for setting up and taking down club pool equipment.
    ■ Lane ropes.
    ■ Flags.
    ■ Physical distancing markers.
    ■ Pace clock.
  ○ Only 1 coach is permitted in the storage room at a time.

Monitoring and Attendance
● Coaches are responsible to record daily attendance

Outbreak Response Procedure for Coaches
● The WHITE ROCK WAVE Illness and Positive Test Protocols that apply to the athletes applies to coaches as well.
● All coaches are required to read through these protocols before participation in training sessions.

First Aid Expectations
● In the event of a first aid incident, it is the responsibility of the coaching staff present to assist the lifeguards when at a facility (under their direction).
● In the event of a first aid incident during dryland, coaches must follow WorkSafeBC protocols and wear PPE. In the event of a major emergency, contact the lifeguards.
● Any incident must be recorded using the facility’s incident report plan.
● Head Coach and the club President must be notified immediately.
● Gloves and a mask must be worn while attending any incident that involves a coach to be closer than 2 meters.

Program flow
● Group changeovers would look like:
  ○ Swimmers arrive no more than 10 mins before the session starts.
  ○ When the swimming session ends, swimmers have 5 mins to clear the pool and deck.
  ○ The coaches have 15 minutes between swimming sessions to sanitize high touch point surfaces (markers, ladders, pace clock).
Inform an individual in a position of authority (Coach or COVID-19 Officer) immediately if, your swimmers feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

Assessment:
- Coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice/activity.
- If members are unsure, please have them use the BC COVID-19 Self-Assessment Tool.

If a member is feeling sick with COVID-19 symptoms:
- They should remain at home and contact Health Link BC at 8-1-1.
- If they feel sick and/or are showing symptoms while at practice they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
- NO member may participate in a practice/activity if they are symptomatic.

If a member tests positive for COVID-19:
- The member will not be permitted to return to practice until they are free of the COVID-19 virus.
- Any member who worked/practiced closely with the infected member will also be removed from club activity for at least 14 days.
- Ensure work/practice area is closed off, cleaned and disinfected immediately and any surfaces that could have potentially been infected/touched.

If a member has been tested and is waiting for the results of a COVID-19 test:
- As with the confirmed case, the member must be removed from the work/practice area.
- The BCCDC advises any person who has even mild symptoms to stay home and call 8-1-1.
- Other members who may have been exposed will be informed and removed from the work/practice for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- The works/practice space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have been potentially infected/touched.

If a member has come in to contact with someone who is confirmed to have COVID-19:
- Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
- Once the contact is confirmed, the member will be removed from the workplace/practice for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the member will also be removed from the workplace for at least 14 days.
- The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

Quarantine or Self-Isolate conditions:
- Any member has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any member who is quarantined or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.
ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS FORM
(FOR ADULT PARTICIPANT AND MINOR PARTICIPANT)

Please read this document carefully

This acknowledgment and assumption of risks form must be signed before participating in any Activity sanctioned or organized by Swimming Natation Canada, Swim BC, or Swim BC Member Clubs

As a participant, or on behalf of a minor participant, in the Activities organized, recognized or sanctioned by Swimming Natation Canada (“SNC”), Swim BC or a Swim BC Member Club (“Club”) I hereby acknowledge and agree to the following terms and conditions respecting my/their participation in any Activity.

Introduction
As a participant, or on behalf of a minor participant, in the Activities organized, recognized or sanctioned by SNC, Swim BC or Swim BC Member Clubs, I, the undersigned

_________________________ (name of adult participant)

OR ______________________ (name of a parent or legal guardian of a minor participant),
acting as ______________________ (parent or legal guardian)

of ______________________ (name of minor participant),

hereby acknowledge and agree to the following terms and conditions respecting my/their participation in any Activity.

Definitions

1. “Activity” or “Activities” means any in-person or virtual activities such as events, training camps, programs, competitions, physical training performed or conducted in water or outside water, recognized, organized or sanctioned by SNC or Swim BC or Swim BC Member Clubs.

2. “Agreement” means this Acknowledgement and Assumption of Risk.

3. “Injury or Health-related problem” means any injury, health-related issue or illness including mental health issues diagnosed by a medical practitioner.

4. “Members” means the members listed in Section 3.01 of Swim BC bylaws dated October 10, 2019 or Section 2.1 of SNC’s bylaws dated July 29, 2019, as revised.

5. “Minor” means the minor participant named in the Introduction.

6. “Organization” means collectively, SNC, Swim BC, Swim BC Member club and their respective coaches, directors, officers, committee members, members, employees, volunteers, participants, agents and representatives.

7. “Registrant” means a participant and all individuals or entities of SNC including those individuals and associations, incorporated or unincorporated, as described in SNC’s national registration policy, procedures and rules manual who have met the requirements of registration and the registration has been completely processed and registrants or registered participants of Swim BC or a Member Club.

8. “Club” means a Member club that is registered with Swim BC.

9. “Water” means any outdoor or indoor pools, artificial or natural water basins used for swimming.

Description of Risks

10. As a participant, or parent or legal guardian of a Minor participant in the sport of swimming and the Activities of the Organization, the undersigned agrees to the following terms and conditions.

11. I am, or the Minor is participating voluntarily in the sport of swimming and the Activities of the Organization. In consideration of my participation or the Minor’s participation in the sport of swimming and the Activities of the Organization, I hereby acknowledge that I am aware of and hereby accept the risks, dangers and hazards inherent and associated with or related to the sport of swimming and any Activities of the Organization, including any Injury or Health-related Problem, which can be severe and even fatal. These risks, dangers and hazards may include, but are not limited to, an Injury or Health-related Problem resulting from:
a. Exertion and stretching of various muscle groups or strenuous cardiovascular activity in or out of water;  
b. Vigorous physical exertion or physical contact in or out of water;  
c. Slips or falls due to uneven, slippery or irregular surfaces, including on the pool deck, in dressing rooms or other facilities or rooms at an aquatic venue and at any physical facilities in and around open water venues;  
d. Failure to properly use any piece of swimming related equipment or the mechanical failure of any piece of equipment;  
e. Concussions or aggravated related symptoms;  
f. Spinal cord injuries which may result in permanent paralysis;  
g. Travel to and from training or competitive events and associated non-competitive events which are an integral part of the Organization’s Activities;  
h. Infectious sources such as COVID-19, as defined by the relevant municipal, provincial or federal health Authorities;  
i. Extreme weather conditions which may result in heatstroke, sunstroke or lightning strikes;  
j. Unforeseen events.

12. Furthermore, I am aware:  
a. That an Injury or Health-related Problem sustained can be severe and even fatal;  
b. That I or the Minor may experience anxiety during an Activity of the Organization;  
c. That the risk of Injury or Health-related Problem is reduced if the rules established for participation are followed; and  
d. That the risk of Injury or Health-related Problem increases with fatigue.

13. In consideration of the Organization allowing me, or the Minor to participate in Activities, I confirm that I have not been advised by a medical doctor that my or my child’s physical condition prevents me or my child from participating in the Organization’s Activities.

Medical Assistance In case of an Injury or Health-related Problem, I authorize the Organization, for myself or the Minor, to obtain all necessary on-site medical assistance for the medical situation, including transportation by ambulance or by other means to a hospital.

Acknowledgement and signature

I have read this Agreement, and by signing it, I understand that it is binding upon myself, my heirs, executors, administrators and representatives. If this Agreement is signed electronically, I acknowledge and recognize that the electronic signature constitutes my official signature and that I am the person who completed this Agreement.

For a Minor participant or registrant

Name of the Minor: ___________________________ Date of birth: ___________________________

Name of parent or legal guardian (Print): ___________________________

Signature of parent or legal guardian: ___________________________

Signed in (City): Date: ___________________________

For Adult participant or registrant

Name: ___________________________

Signature: ___________________________

Signed in (City): Date: ___________________________
Appendix C

WHITE ROCK WAVE Participation Agreement

This agreement applies to all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at Club activities.

All Participants of WHITE ROCK WAVE agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and the return to play (RTP) protocol.

☐ I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.

☐ I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.

☐ I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).

☐ I agree to continue to follow social/physical distancing protocols of staying at least 2 meters away from others.

☐ I agree to not share any equipment during practice times.

☐ I agree to abide by all of my clubs COVID-19 Policies and Guidelines.

☐ I understand that if I do not abide by the aforementioned policies/ guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.

☐ I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.

☐ I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Name: __________________________  Parent or Guardian Name: __________________________

Date: __________________________

Signature of Participant (over 18 years of age): __________________________

Signature of Parent / Guardian (if participant is a minor): __________________________
### SSLC Pool Specific Procedures

<table>
<thead>
<tr>
<th>Facility Bathing Load</th>
<th>SSLC Pool</th>
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</thead>
<tbody>
<tr>
<td>● Phase 3: 50 people per facility maximum.</td>
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</table>

<table>
<thead>
<tr>
<th>Entry procedure onto deck</th>
<th></th>
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<tbody>
<tr>
<td>● Swimmers designated by the coach from will proceed to Lane 1 and once positioned designated swimmers will then proceed to Lane 2 and then continue to Lane 8.</td>
<td></td>
</tr>
<tr>
<td>● Swimmers proceed around the deck to their marked station while maintaining physical distancing.</td>
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</tr>
<tr>
<td>● Remove shoes and any dryland clothing at this time.</td>
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</tr>
<tr>
<td>○ Showers will not be available.</td>
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<tr>
<td>○ Bathroom facilities can only be used one person of each gender at a time by notifying the coach first.</td>
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</tr>
<tr>
<td>● Place the swim bag against the wall or other designated spot (as SSLC staff directs) in line with your marked station (marked with their number inside a square or similar).</td>
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</tr>
<tr>
<td>● Place fins, pullbuoy, water bottle at pool edge (marked with their number inside a circle or similar designation).</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Handwashing Location</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>● Swimmers are required to have their own hand sanitizer.</td>
<td></td>
</tr>
<tr>
<td>● Sinks with soap available for restroom use only.</td>
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</tr>
<tr>
<td>● One swimmer of each gender at a time in the washroom.</td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Swimmer Position</th>
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</thead>
<tbody>
<tr>
<td>● Up to 8 groups will be present at all time slots.</td>
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<tr>
<td>● Each group will contain 4 swimmers of similar speeds.</td>
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<tr>
<td>○ Swimmers in lane 1 will swim in the eastern 2 lanes.</td>
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</tr>
<tr>
<td>○ Swimmers in lane 2 will swim in the western 2 lanes.</td>
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</tr>
<tr>
<td>○ Etc.</td>
<td></td>
</tr>
<tr>
<td>● Once ready, swimmers are to remain at their bag until instructed (marked with their number inside a square).</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Entry Procedure into pool and swimming</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>● Once instructed, swimmers will enter the pool.</td>
<td></td>
</tr>
<tr>
<td>● To start the set, Swimmer 1 leaves their station while the remaining swimmers at the wall will move to the subsequent station. 5 seconds after the Swimmer 1 leaves, Swimmer 2 sets off (from start station 1). After Swimmer 2 leaves, the remaining swimmers move to the next station. 5 seconds later, Swimmer 3 leaves (again from station 1), etc.</td>
<td></td>
</tr>
<tr>
<td>● Upon completion of the set, swimmers return to their marked stations to rest and hydrate.</td>
<td></td>
</tr>
<tr>
<td>Washroom Procedure</td>
<td>Lightning/Clear Pool Procedure</td>
</tr>
<tr>
<td>-----------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>● Washroom access is extremely limited.</td>
<td>● Swimmers will clear the pool, proceed to their bag marker, and follow lifeguard instructions.</td>
</tr>
<tr>
<td>○ Swimmers should use the washroom at home before leaving their house.</td>
<td>● Maintain physical distancing at all times while clearing the pool and moving out of the facility.</td>
</tr>
<tr>
<td>● Swimmers must give notice to their coach before using the washroom in order to</td>
<td></td>
</tr>
<tr>
<td>notify the lifeguard to open the washroom.</td>
<td></td>
</tr>
<tr>
<td>● Swimmers shall leave their water at their station and return to their station.</td>
<td></td>
</tr>
<tr>
<td>● 1 swimmer of each gender is allowed at a time in the washroom.</td>
<td></td>
</tr>
<tr>
<td>● Must wash hands with soap before returning to the workout. If soap is not</td>
<td></td>
</tr>
<tr>
<td>available they must use their hand sanitizer.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Exit Procedure Water</td>
</tr>
<tr>
<td>● Swimmers in Lane 8 leave the pool first, go directly and pick up their swim</td>
<td>● Swimmers wait in the pick up waiting area, whilst maintaining 2 m separation at their</td>
</tr>
<tr>
<td>bags and leave in their assigned order directly through the gate, whilst</td>
<td>designated markers.</td>
</tr>
<tr>
<td>maintaining 2 m separation. Next, swimmers in the next adjacent lane and so on</td>
<td></td>
</tr>
<tr>
<td>leave the pool, go directly to their swim bags and leave in order directly</td>
<td></td>
</tr>
<tr>
<td>through the gate whilst maintaining 2 m separation.</td>
<td></td>
</tr>
<tr>
<td>● Swimmers wait in the pick up waiting area, whilst maintaining 2 m separation</td>
<td></td>
</tr>
</tbody>
</table>