

## SWIMMING PROTOCOL

General	All members of the group must practice physical distancing – 3 metres between their gear, themselves, etc. in the pool where possible and on the deck.
General	Come ready to begin practice right away – i.e. wear your swimsuit, bring a pre-filled water bottle, etc. Do not assume that dressing rooms will be open. If dressing rooms are open, limit to only necessary uses.
General	Everyone is encouraged to shower at home, prior to training and after training.
General	In early stages of the return, swimmers must be able to safely participate in pool activities without physical support, and only athletes who can swim independently will participate (i.e. no learn-to-swim programs).
General	No loitering in venue or parking lots before/after practice. Following practice, exit the pool as promptly as possible and avoid socializing in the lobby and/or parking lot after your practice.
Local Expectation	<p><b>Maximum number of athletes per program in Level 1:</b></p> <p>OUTDOOR – Must have a ratio of 1 coach to up to 4 athletes, up to a maximum of 10 people. Each coach can monitor a maximum of two lanes with a combined total of 4 athletes. One of these 10 individuals needs to take on the Program Safety Volunteer role.</p> <p>INDOOR – If one or more athletes is 22 years of age or older, there can be a maximum of 1 athlete and 1 coach for a total group size of 2. If all athletes are under the age of 22, there a maximum of 9 athletes and 3 coaches (12 participants total). Each coach can monitor a maximum of two lanes with a combined total of up to 3 athletes.</p>
Coach	No crossover between training groups once the season starts. Coaches must only train the group of athletes they have been assigned to, no substitutions. If a coach is sick or unwell, they will need to inform the athletes that that particular practice has been cancelled.
Coach	Inquire about facility protocols prior to practice and be familiar with procedures. Ensure athletes are aware of these protocols and everyone follows them.
Coach	Do not use whistles.
Coach	Do not share handheld equipment such as stopwatches, clipboards, and whiteboard markers.
Coach	Plan to do dryland training and activation exercises outside if possible, prior to entering the pool.
Athlete	Athletes must arrive no earlier than 10 minutes before the start of practice.
Athlete	All swimmers must wear goggles while in the water.
Pool Lanes	Follow all facility protocols including the number of swimmers allowed per lane. Maintain physical distance of 3 metres whenever possible.
Equipment	For swimming aids and any personal belongings, please follow the facility protocols and procedures.