

## APPENDIX 6: PARENT/GUARDIAN CHECKLIST

(Source: Swim Alberta's Return to In-Person Training and Swimming)

Use the below checklist to help prepare your swimmer for practice.

### Before you Leave Home

- Complete the Alberta Health Daily Checklist (Appendix 1)
- Confirm your swimmer(s) are only part of one sport or performance cohort.
- Check the expected weather conditions.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Use the washroom at home.
- Consider bringing a mask and personal hand sanitizer.
- Consider Activating Contact Tracing App on phone.

### Arrival

- Drop participant at designated location.
- Respect physical distancing guidelines and ensure athletes are only in one sport cohort if established.
- Consider wearing PPE (masks, gloves) at all times.

### After activity is Complete

- No Loitering.
- Respect physical distancing guidelines.
- Pick up participant at designated location.
- Leave location immediately.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat)