General Rules for training October 2020

* 1. Please arrive 15 minutes early, wearing your mask, Head Coach will meet with each athlete to receive health checklist, and fill out Contact Tracing Log
  2. Coach will email training sessions to each swimmer, they can be printed or hand-written and brought to training individually.
  3. Training Groups
* Swimmers divided into lanes based on age, ability and other considerations
* Athletes will stay with their Training Group for the duration of the two weeks
* There cannot be any mixing of training groups. Even if there is an occupancy in another group, athletes cannot mix or switch groups
  1. Enter and exit of pool facility
* Entrance and exits will be clearly marked
* Athletes must enter and exit the pool deck wearing masks in accordance to facility rules so that they do not add risk to each other or athletes or staff
* Safe physical distance posters will be posted and markings on pool deck as per the facility rules.
* Head Coach will monitor safe physical distancing of swimmers upon entry and exit of the pool deck.
* Parents/guardians will drop off swimmers at appointed training session and will pick up swimmers at the end of the appointed training session.
* Athletes will not be permitted to arrive more than 15min before their training block.
* Swimmers and parents/guardians will be discouraged from loitering outside the pool deck and in the parking lot.
* Parents/guardians will not be permitted on the pool deck and will be discouraged from remaining at the pool.  Physical distancing rules will apply.
* Clothing and bags will be placed at safely distanced positions.
* There will be brief locker room access to athletes before/after workouts.
  1. Washroom will be open to swimmers and coaches.
  2. Coaches will review the Health Screening checklist questions with swimmers prior to each session.  Bring a signed hard copy to the first workout.
  3. Swimmers and parents/guardians will be required to advise the Head Coach of any symptoms or changes to responses on the Health Screening checklist by email and before arriving at the appointed training session.
  4. The pool will be used by CBAC for training. No other user group is permitted on deck. Facility may choose to hold some activities during training time.
  5. Facility will provide hand sanitizer and/or hand washing stations. Athletes will abide by pool rules.
  6. Coach will stay on the side of the pool deck, keeping at least 10ft away from everyone at all times or wear a facemask.
  7. Head coach, assistant coaches, swimmers and pool lifeguards only on deck.

EQUIPMENT

* Swimmers are to bring own personal equipment and responsible to sanitize own equipment after use.
* No equipment will be provided on deck. Please visit our online merchandise partners.