



Town of Milton Aquatic Protocols: Swim Teams

This guidance document is an evolving document and as planning continues at the federal, provincial and local levels, information will be updated and added, as required.

General Expectations

- All swimmers, coaches, and spectators are required to wear face masks when they enter the facility, throughout the changerooms, and onto the pool deck. Face masks should only be removed just prior to moving to the point where the swimmers will enter the water.

Cleaning Protocols

- During the day, operations staff will be wiping down touch points in the changerooms where time permits. Aquatics staff will be wiping down touch points (railings, window bench area) frequently throughout the day.
- Full sanitization of changerooms and pool deck will be completed each evening.

Entry to Pool Area

- Admission to the pool area will only begin 10 minutes prior to the start of practice. Swimmers and coaches are asked to not arrive at the facility prior to this time. This is to avoid overlap of participants entering and exiting the pool area at the same time. Swimmers arriving earlier than 10 minutes prior to the start of practice are asked to kindly wait outside of the building.
- Swimmers, coaches, and parents/guardians are to follow posted self-screening guidelines before attending and before entering Town of Milton community centres.
- Swimmers are encouraged to “Come Prepared” by showering at home prior to attending and wearing their bathing suit under their clothes to the facility.
- There will be a sanitizer station available at the facility entrance.
- Swimmers are asked to maintain proper physical distance upon entering the facility. Swimmers can proceed down hallway to changerooms and enter Male or Female Changerooms. In Male/Female changerooms, swimmers can disrobe to their bathing suits (or do so on deck) if they have “Come Prepared” or can change inside a bathroom if they need a full change.
- Swimmers must bring all belongings on deck with them. Lockers will not be available as participants will be exiting through a different changeroom. Swimmers will place their belongings in well-spaced assigned spots on bleacher benches beside lap pool.
- When travelling on deck, swimmers should maintain 2m distance between themselves and other participants on deck.

Exit following Practice

- Following programs, participants will retrieve their belongings from the pool deck while maintaining distancing, and proceed into the Family Changeroom.
- Traffic back into the changerooms will be one-way only since all participants will be entering through Male and Female Changerooms (swim teams, drop-in swims) or the Viewing Area door (swim lessons) directly onto the pool deck.
- Participants can change out of their bathing suit in a private individual change stall, then exit the changeroom and exit building at the entry/exit by the viewing area. When walking through the hallways, participants should keep to the right side of the hall to allow space for those going in the opposite direction.
- Programs prior to practices have been scheduled to end 15 minutes prior to practice in order to provide transition time. Practices have been scheduled to end 10-minutes prior to the hour or half-hour mark in order provide transition time for the next team or program.
- Swim teams are expected to be off the pool deck at the end of their rental time, in order to provide adequate entry and preparation time for the following team or program.

Change Room Measures

- Swimmers are encouraged to follow the “Come Prepared / Hurry Out” approach, in which swimmers are asked to arrive at facility in bathing suits and to limit changing time following practice, in an effort to reduce time and load in change rooms.
- Recommend that swimmers shower at home prior to attending practice and again following practice, in order to reduce time and load in change rooms. This has been approved and recommended by Halton Region Health Department.
- Alternating showers in the shower areas will be decommissioned to ensure that spacing is maintained by those wanting showers when they enter and/or exit the pool area.
- Swimmers who decide to do a full change upon entry are required to do so inside one of the washroom stalls in the male or female changerooms since families may be entering through the male/female changerooms for other programs.
- Washrooms are available if needed, but participants are encouraged to use washrooms at home before and after programs if possible.

Staff Protective Measures

- Aquatic staff will be encouraged to wear non-medical face masks when they are unable to maintain 2 meters of physical distancing.
- Operational staff will wear non-medical face masks when in public areas of the facility and when they are unable to maintain 2 meters of physical distancing.

Parents/Guardians at Practices

- The glass viewing area outside of the pool will usually be closed to parents/spectators as it will be used as an entry area for swimming lessons.
- During practices, only one parent/guardian of each swimmer is permitted on deck as a practice spectator. Spectators must enter and exit through the changerooms, following the same routes as the swimmers, and must sit in their swimmer's designated space on the gallery benches beside the lap pool.

Additional Notes

- Exterior doors on the pool deck will remain closed to allow the pool facility's ventilation system to operate under ideal conditions.
- To limit the risks of transmission, pool equipment will not be available for use during swim practices.