

# Muskoka Aquatic Club

## Health and Wellness Policies

### General Information:

- All swimmers must be registered MUSAC and Swim Ontario members
- Swimmers must pass the screening process to access the facility
- Swimmers must follow all deck and changeroom signage
- Parents must comply with all new regulations
- Members are required to sign all attestations, risk acknowledge forms, Rowan's Law, code of conducts and the parent hand book guidelines
- Due to health and safety concerns, MUSAC reserves the right to suspend any member found to be violation of any current or amended policies

### Registration:

- Sign up and registration must be done through the club website [www.musacswimming.ca](http://www.musacswimming.ca)
- Time slots will be staggered to minimize interaction between swimmers on deck
- Swimmers are not permitted to participate in additional practices outside of those they have signed up for
- Registration will be open on a month to month basis and will occur on the 15<sup>th</sup> of each month
- September registration is open to returning membership only
- The Minnows program will not be offered at this time

### Screening:

- The screening area will be located at the side pool access doors near the track in Bracebridge
- Swimmers are permitted to access the screening area 10 minutes prior to their swim start time
- Requirements:
  - Mask worn to the pool
  - Daily questionnaire
  - Temperature check

- Swimmers will not be able to participate if they fail to comply with the screening process or do not pass the screening requirements

#### Parents:

- Parents will not be permitted in the facility
- Parents will drop off and pick their swimmer in the designated areas only
- Parents must be available to pick up their swimmer at any point during the outlined screening, practice, and departure times

#### Swimmers:

- Swimmers will train 6 per double lane, 3 swimmers beginning from the shallow end and 3 from the deep end
- Lane assignments are to the coach's discretion and will not change within each month
- Swimmers are asked to swim to the outside lanes and maintain distance on the wall
- Sharing of equipment between swimmers is not permitted
- No facility equipment can be borrowed

#### Masks:

- Masks must be worn into the screening area and on deck and only taken off prior to entering the pool
- Masks must be put back on immediately upon exiting the pool
- Masks are not required when in the pool.
- Swimmers may keep non-medical face coverings on until they enter the pool
- Each personal face mask should be stored in a labelled disposable bag during activity

#### Changerooms and Belongings:

- Changerooms, lockers, washrooms and showers are not available to the swim team currently
- Swimmers are asked to shower prior to practice and to come in their swimsuit and leave in their swimsuit
- Swimmers bags must remain on the designated X markings on the pool deck floor
- Equipment bags and equipment must remain in the designated area determined by the coach at the end of the lane
- Swimmers will have 10 minutes following their practice to exit through the Family Change room and out the facility back door
- All equipment must return home with the swimmer and be disinfected

