NCSS – Genesis Place Guidelines

On the day of the program – Please fill out the Daily Online Health form before you arrive at the pool.

- Arrive no earlier than 15mins before your training time
- Day #1 – Meet your squad coach by the viewing area outside just outside the pool
- After Day#1 – Swimmers will meet at the coach assigned deck area
- Arrive "Beach Ready" (swim suit on)
- Have mask on when entering the building
- Coaches will lead swimmer onto the pool deck from the Dive Tank entrance.
- Swimmers will put their outdoor gear/bag in totes provided. They will be then led to the hot tub area. Swimmers will store their tote on deck.
- NCSS swimmers will only be allowed to use the Executive changerooms for changing or to go to the washroom. They will only be able to access this changeroom from inside the pool area
- Normal changerooms will be off limits to the NCSS group.
- Proceed to the deck with mask covering (Coaches will let swimmers know when they can be removed)
- Follow all direction and signs when in the pool
- Swim with Group
- Put mask back on before entering the executive changeroom
- Swimmer are allowed to rinse off in the showers
- Please change as quickly as possible maintaining 2m distance while in the changeroom.
- Please leave the changeroom back through the deck and out the Hot tub doors as quickly as possible.

Stage 1 (Cohort #1)
- Coaches will be in the water swimmers
- Coaches can help with caps + goggles but it's preferred that swimmers come ready to swim

Stage 2 – 4:00-4:45 (Cohort #2)
- Coaches will not be in the water with swimmers (Coaches will be socially distance from swimmers)
- Coaches cannot help with swimmer's caps or goggles

Stage 3 – 4:00-4:45 (Cohort #3)
- Coaches will not be in the water with swimmers (Coaches will be socially distance from swimmers)
- Coaches cannot help with swimmer's caps or goggles

Stage 2 – 4:45-5:30 (Cohort #4)
- Coaches will not be in the water with swimmers (Coaches will be socially distance from swimmers)
- Coaches cannot help with swimmer's caps or goggles

Stage 3 – 4:45-5:30 (Cohort #5)
- Coaches will not be in the water with swimmers (Coaches will be socially distance from swimmers)
- Coaches cannot help with swimmer's caps or goggles

Stage 2 – 5:30-6:15 (Cohort #6)

- Coaches will not be in the water with swimmers (Coaches will be socially distance from swimmers)
- Coaches cannot help with swimmer's caps or goggles

Stage 3 – 5:30-6:15 (Cohort #7)

- Coaches will not be in the water with swimmers (Coaches will be socially distance from swimmers)
- Coaches cannot help with swimmer's caps or goggles

Fundamental – 6:15-7pm (Cohort #8)

- Coaches will be socially distance from the swimmers
- Please bring your own water bottle
- Please label you own equipment. No sharing of equipment