

SASKATOON GOLDFINS SWIM CLUB – TRAINING RELAUNCH CHECKLISTS

SWIMMER CHECKLIST

Before you leave home:

- Complete the [Goldfins Covid-19 Screening Questionnaire](#).
- Check the expected weather conditions.
- Eat before you come – no food on premises.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Bring filled water bottle(s).
- Bring thoroughly washed equipment.
- Use the washroom at home.
- Consider bringing a mask and personal hand sanitizer.

Arrival:

- Meet at the designated training location.
- Respect physical distancing guidelines.
- Wash hands/sanitize hands prior to training.
- DO NOT share water bottles.
- Follow movement/positioning flow as instructed.

After activity is complete:

- No Loitering.
- Exit through established exits.
- Wash/sanitize your hands.
- Follow movement/positioning flow as instructed.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat, snorkel etc)



STAFF/COACH/VOLUNTEER CHECKLIST

Before you leave home:

- Complete the [Goldfins Covid-19 Screening Questionnaire](#).
- Check the expected weather conditions.
- Eat before you come – no food on premises.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed/sanitized equipment.
- Bring personal whiteboard kit if facility permits use (markers, eraser, and wipes to disinfect board)
- Bring filled water bottle(s).
- Use the washroom at home.
- Consider bringing a mask and personal hand sanitizer.

Arrival:

- Set up established entrances & exits with movement flow considerations.
- Set up movement flow signs to your location.
- Set up physical distancing 'grids' for swimmers.
- Respect physical distancing guidelines.
- Wash hands/sanitize hands prior to training.
- Take attendance for all coaches and swimmers, review daily Goldfins Covid 19 Screening Questionnaire responses.
- DO NOT share water bottles.
- DO NOT share personal coaching items. (e.g. stopwatches)
- Sanitize all shared equipment between sessions (pylons etc)
- Consider wearing PPE (masks, gloves) at all times.
- Must wear PPE if dealing with an injured swimmer.
- Follow movement/positioning flow as instructed.

After activity is complete:

- Sanitize all shared equipment (balls, pylons etc.) between group arrivals if applicable and at the end of the daily training sessions.
- Remove any posted signage.
- Wash/sanitize your hand between group arrivals and at the end of the daily training session.
- Follow movement/positioning flow as instructed.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat, clothing etc.)



PARENT/GUARDIAN CHECKLIST

Arrival:

- Drop swimmer at designated location.
- Respect physical distancing guidelines.
- Consider wearing PPE (masks, gloves) at all times.

After activity is complete:

- No Loitering.
- Respect physical distancing guidelines.
- Pick up swimmer 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, snorkel, etc.).

