



USC Return to Swimming Check list

Arrive at pool no more than 5 minutes ahead of your start time, maintaining social distance with your swimsuit on.

- **Entry check point at front doors of pool**
 - Put on a mask
 - Line up 2 metres apart outside
 - Answer Covid 19 screening questions (see RTS Plan for details):
 1. Have you travelled outside of Canada in the past 14 days?
 2. Have you or anyone you have come in contact with tested positive for Covid 19?
 3. Are you experiencing any Covid 19 symptoms?
 - If ok, enter building & follow directional arrows and signage, sanitize hands
 - Remove shoes and carry them with all other belonging, including equipment bag
 - Head straight through lobby to pool deck
- **On Pool Deck**
 - At your marked area, remove all clothing from over your swimsuit & stow your belongings in your bag. Remove your mask last & keep it in an easily accessed spot to put on once finished swimming. (If doing on deck activation, proceed to designated spot with mask on, at least 2 metres apart).
 - Shower off using the deck hose station and report to your assigned lane, while still following the directional arrows.
 - Swimming will be done for a maximum 8 swimmers in a double wide lane (4 per single lane), swimming in a clockwise formation. Half the swimmers will start from the shallow end and half from the deep end. Swimmers will leave 10 seconds apart.
 - Workouts will be sent in advance, print it out and bring it with you in a large baggie, or similar.
 - At the end of your swim, follow the directional arrows back to your spot, put on your mask first, then gather your belongings. Be sure to take your equipment bag with you. Dress according to the weather with lots of warm layers.
 - If necessary, you may go into the change room **briefly** and may use the washroom, in very limited numbers. Take all your belongings with you. Showers will not be available for use. After you have changed, you leave the change room via the pool deck.
 - You will be directed to the exit doors at the far end of the building (near the starting blocks).
- **Please note there will be no gathering or socializing. Arrive-Train-Depart.**
- **At this time, spectators will not be permitted in the facility. Please wait for your swimmer in the parking area, maintaining a social distance.**
- Thanks for your co-operation with our safety measures as USC works together to stay safe.