



USC Return to Swimming Check list

Indoor Dryland (off-deck) Requirements - Upstairs Hall at Uxpool

- Arrive 5-10 minutes early at the most and wait outside, maintaining social distance
- Have your swimsuit on under the dryland clothing
- Please note there will be no gathering or socializing. Arrive-Train-Depart.
- Entry check point at front doors of pool will include:
 - o Put on a mask
 - o Line up 2 metres apart outside
 - o Answer Covid 19 screening questions (see RTS plan for full 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 of the following Covid 19 symptoms?
 - o If ok, enter building and similar to the regular USC entry procedures, swimmers and coaches will enter through the main lobby doors
 - o Remove outdoor shoes, put on indoor shoes
 - o Access the door to the Upstairs Hall off the main lobby and move through physically distanced, carrying all personal belongings with you
 - o Once in the Hall, place your belongings in pre-assigned marked spot, along the wall near the entrance point

Once the Dryland session begins:

- o Follow all public health regulations (including allowable numbers)
- o Masks are worn at all times
- o Keep 2m physical distancing at least at all times
- o Remain in your pre-assigned designated, marked area in the Upstairs Hall
- o Any equipment used is cleaned before and after use
- o Coaches will directly supervise/coach activities at all times

When the training session is completed, the swimmers and coaches will gather their belongings and exit the building carefully via the balcony to the emergency exit, which will take them to the field on the west side of the building. Listen to the coaches directions. Maintain your distance.

Thanks for your co-operation with our safety measures as USC works together to stay safe.