

SWIMMER CHECKLIST

Use this checklist to help your swimmer prepare for practice.

OSSSC COVID RESPONSE PLAN:

COVID Response Person: Marnie EckBerg 403.991.0086

president@okotoksstingrays.com

1. Swimmers showing symptoms during practice will be asked to put on a mask.
2. OSSSC will contact the parent via phone/text message and request to have the swimmer picked up immediately
3. Swimmer will be logged to the COVID Response Person
4. The swimmer will collect all personal items and sit near the side pool door until the parent/guardian picks up the swimmer
5. Swimmer and/or club may be asked to miss the following practice(s) according to AHS current recommendation
6. If symptoms are presented go to this link to complete the AHS COVID-19 Self Assessment. [AHS COVID 19 SELF ASSESSMENT](#)

ZERO TOLERANCE POLICY:

We hope you understand the opportunity we have been granted for the swimmers to train during this pandemic. We ask that parents/guardians and swimmers will work hard to follow the strict rules in place to create a safe environment.

In order to ensure the safety of our swimmers, coaches and the use of the Okotoks Rec Center for our 6 week program we will instate a ZERO TOLERANCE policy. Swimmers or parents not following the OSSSC Swimmer Checklist & Protocols, Alberta Checklist for Parents/Guardians or the Okotoks Recreation Center Pool protocols, will receive 1 warning for the infraction. The 2nd infraction will result from the swimmer and/or swim family removed from the training program with no refunds.

PRACTICE GUIDELINES:

1. No changerooms available at the pool.
2. Swimmers must arrive and leave in their swimsuit.
3. Swimmers will enter from the side doors by Riley Minue Pool and exit through the side pool doors by the diving board
4. Showers are only available on deck and mandatory before and after practice.
5. No sharing of personal gear or equipment
6. OSSSC will assign flutterboards to swimmers at the beginning of the program – if needed. The OSSSC equipment needs to be returned at the end of the season.
7. Flutterboards, goggles and caps need to be washed with soap and rinsed with water between each practice.
8. Swimmer is welcome to bring their own personal equipment to each practice. It must be washed with soap and rinsed with water between practices.
9. OSSSC Coaches and lifeguards will sanitize the spectator area and the diving blocks between each session.
10. No spectators are allowed in pool facility. Swimmers, coaches and lifeguards only.

Equipment List:

- Swimsuit on for practice
- Towel (labelled)
- 2 x goggles (labelled)
- 2 x caps (labelled)
- training equipment (personal or OSSSC)
 - OSSSC will assign flutterboards to swimmers at the beginning of the program – if needed. The OSSSC equipment needs to be returned at the end of the season.
- labelled water bottle
- a swim positive attitude, ready to make waves

Season Details:

COACHES CONTACT:

Branden Bonham: bbonham.swim@gmail.com

Thomias Bruch: thomias.bruch@uleth.ca

July 13 – Aug 20, 2020 (no practice Aug 3)

Swim Practices: Monday, Tuesday, Thursday

Okotoks Recreation Center : 99 Okotoks Dr, Okotoks

Session 1: 5:00pm – 6:00pm

Session 2: 6:15pm – 7:15pm

Dryland Training: Thursday

Located: Running Track behind the ballfield south of the Recreation Center. 99 Okotoks Dr, Okotoks

Session 1: 9:15am – 10:15am

Session 2: 8:00am – 9:00am

Please arrive 20-30 minutes early for each practice, to fill out the Alberta Health Screening Checklist

The OSSSC is the only group in the pool facility. This will allow better safety for our coaches and swimmers. The swimmers will also be able to move more freely during practice

The OSSSC will have 2 sessions of swimmers; that will be considered 1 cohort.

Before you Leave Home:

- Is your home symptom free? Review the Alberta Health Screening Checklist. If you are showing signs of symptoms please stay home as you are not permitted in the facility.
- 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, labelled water bottle(s).
- Use the washroom at home.
- Consider arriving in a mask and bring personal hand sanitizer.
- No change rooms available at the pool, swimmer to arrive in their swimsuit
- Swimmers are NOT permitted to car-pool

Arrival:

- Drop off – by skatepark and near the Rec Center
- Arrive 20-30 min early for Health Screen Checklist and attendance taken outside main doors of Okotoks Rec Center. Any swimmer showing signs of symptoms please stay home you are not allowed in the facility.
- Sanitize hands at check-in station.
- FACILITY ENTRY TIMES: Session 1: 5:00pm + Session 2: 6:12pm
- Enter the Okotoks Rec Center through the main doors and meet at your designated area - the Riley Minue Pool side doors.
- You are allowed in the designated area 5 min. before practice starts.
- Respect physical distancing when in line.
- In spectator area; remove your outer clothes to your swimsuit and put the clothes in your bag
- Bring your goggles, cap and water bottle on deck
- Bring your personal or OSSSC training equipment.
- Swimmers must shower on deck
- Swimmers are able to travel in one direction on deck – coaches will assist to direct traffic
- One washroom in Family Changeroom is available during practice
- No spectators on deck
- Parents or guardians must remain nearby in the event their swimmer needs to leave practice due to a COVID Response Plan
- DO NOT share water bottles, goggles, caps, towels or training equipment.

After activity is Complete:

- Swimmers must shower on deck
- Swimmers leave in their swim suit
- Swimmers have 10 minutes to shower, collect belongings and leave the facility
- Visit with friends once you exit the facility. No loitering
- Exit through side pool doors, behind diving board
- FACILITY EXIT TIMES: Session 1: 6:05pm + Session 2: 7:15pm
- Respect physical distancing when exiting
- Parents/guardians to keep respectable distance near exit location or remain in vehicle.
- Swimmers are NOT permitted to car-pool
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing, equipment and swim bag with soap and warm water. (e.g. flutterboard, pull buoy)

APPENDIX 1: ALBERTA HEALTH DAILY CHECKLIST

(Source: AHS)

If an individual answer **yes** to any of the questions, they **must not** be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

1.	Do you/your child have any new onset (or worsening) of any of the symptoms:	CIRCLE ONE	
	Fever	YES	NO
	Cough	YES	NO
	Shortness of Breath / Difficulty Breathing	YES	NO
	Sore throat	YES	NO
	Chills	YES	NO
	Painful swallowing	YES	NO
	Runny Nose / Nasal Congestion	YES	NO
	Feeling unwell / Fatigued	YES	NO
	Nausea / Vomiting / Diarrhea	YES	NO
	Unexplained loss of appetite	YES	NO
	Loss of sense of taste or smell	YES	NO
	Muscle/ Joint aches	YES	NO
	Headache	YES	NO
	Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the person attending the activity/facility travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you/your child had close <u>unprotected*</u> contact (face-to-face contact within 2 metres/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill**?	YES	NO
4.	Have you/your child attending the program or activity had close <u>unprotected*</u> contact (face-to-face contact within 2 metres/6 feet) in the last 14 days with someone who is ill**?	YES	NO
5.	Have you/your child or anyone in your household been in close <u>unprotected*</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

* “unprotected” means close contact without appropriate personal protective equipment.

** “ill” means someone with COVID-19 symptoms on the list above.

If you have answered “**yes**” to any of the above questions **do not** participate. Go home and use the [AHS Online Assessment Tool](#) to determine if testing is recommended.