



COVID-19 Practice Procedures

Updated September 2020

1. PRE-PRACTICE

Penguin Swimming Daily Practice COVID-19 Screening Checklist

- Online checklist must be completed **PRIOR** to **EVERY** practice
- Multiple links to the checklist are on the Penguin Swimming website
- Swimmers will not be allowed to participate in practice if the Daily Practice COVID-19 Screening Checklist has not been completed **PRIOR** to practice

Entering Building

- Mask AND Suit ON **PRIOR** to entering building
- Enter via pull doors (north side entrance)
- Access through entrance gates will be granted 10min PRIOR to practice start time
- On deck water fountain not available - fill using filling stations outside change rooms

Change Rooms

- No deck access via Family change rooms
- If arriving at the change room doors late - and not able to get through the change room before the start of water time - enter deck doors beside men's change room
- Swimmers only have 5 min of change room time
- **Leave in Change Room (Locker)** - towel, swim bag, all clothing, jacket(s), shoes/boots
- **Take on Deck** - goggles, cap, water bottle, medications (inhalers etc.), flip-flops/deck shoes, equipment/mesh bag (fins, pull bouys, finger paddles etc.)

2. PRACTICE / POST-PRACTICE

Swimmers on Deck

- Follow on deck directional arrows unless otherwise specified by coach
- Coaching staff will assign designated area for swimmers to wait prior to practice
- Ideally coaches will limit on deck time as best as possible during practice
- Swimmers are to stay 2m away from lifeguards/staff and other rental group swimmers

Swimmers in the Water

- There will be a limit on the number of swimmers per lane
- Coaches will ideally space out swimmers the best they can during practice

Change Rooms / Exiting Building

- Swimmers only have 10-12 min of change room time (steam room is unavailable)
- Exit via sliding doors (south side entrance)

3. POSITIVE COVID-19 TEST

Individual Swimmer(s)

- Families/swimmer(s) are to inform the team immediately of a positive COVID-19 test
- Additional requirements needed in order to return to swimming (ie. negative COVID-19 test, doctor's note, no signs/symptoms etc.), will be communicated to the family/swimmer

Cohort Group

- The team will inform the particular cohort that they will need to isolate for 14 days
- Families/masters swimmers will be informed of a planned return to swimming date

Reimbursement

- An appropriate amount of training fees compensation due to COVID-19 missed practices will be reviewed, considering the required one week notice needed to cancel pool time