



## Swimmer Checklist

Use this checklist to help your swimmer prepare for practice.

### Before you Leave Home

- Complete the Screening Checklist ([LINK](#))
- Eat before you come – no food on the 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.
- Put your swimsuit or training clothes – no changing in the facility.
- Consider bringing a mask and personal hand sanitizer.

### Arrival

- Meet at the designated location.
- Respect physical distancing guidelines.
- Register your attendance for contact tracing and provide confirmation of Daily Health Monitoring.
- Wash hands at provided handwashing stations.
- DO NOT share water bottles.
- Follow traffic flow signs at your location.

### After the activity is Complete

- No Loitering
- Leave with your swimsuit or training clothes – no changing in the facility.
- Exit through established exits.
- Wash hands at provided handwashing stations.
- Follow traffic flow signs out of your location.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat)