



## Parent/Guardian Checklist

Use the below checklist to help prepare your swimmer for practice.

### Before you Leave Home

- Complete the Screening Checklist ([LINK](#))
- Check the expected weather conditions.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Use the washroom at home.
- Consider bringing a mask and personal hand sanitizer.

### Arrival

- Drop participants at the designated location – no carpooling outside the training group.
- Respect physical distancing guidelines.
- Consider wearing PPE (masks, gloves) at all times.

### After the activity is Complete

- No Loitering.
- Respect physical distancing guidelines.
- Pick up participants at the designated location.
- Leave the location immediately.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat)