



Staff/Coach/Volunteer Checklist

Use this checklist to help prepare for practice safely.

Before you Leave Home

- Complete the Screening Checklist ([LINK](#))
- Eat before you arrive.
- 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 thoroughly washed/sanitized equipment (cones, markings, etc.)
- Use the washroom at home.

Arrival

- Wash hands at provided handwashing stations.
- Set-up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Set-up physical distancing 'grids' for participants including grid for personal items
- Respect physical distancing guidelines.
- Take attendance for all coaches and swimmers, including confirmation of daily health monitoring.
- DO NOT share water bottles.
- DO NOT share personal coaching items. (e.g. stopwatches)
- Sanitize all shared equipment between sessions. (pylons, cones, etc.)
- Consider wearing PPE (masks, gloves) at all times.
- Must wear PPE if dealing with an injured participant.

After the activity is Complete

- Sanitize all shared equipment (balls, cones, etc.) between group arrivals if applicable and at the end of the day.
- Takedown established traffic flow signs, entrances & exits.
- Wash at provided handwashing stations, between groups arrivals if applicable and at end of day.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (clothing) each day.
- Wash hands at provided handwashing stations.