

Return to Swimming – Best Practice

We are happy to see more and more clubs and groups quietly returning to the pool for a gradual return to swimming. Here are some reminders for a safe return to swimming for everyone.

Review of important points from the return to play protocol:

- athletes, coaches, and staff are asked to adhere to 2m social distancing
- wear masks in the facility (exception being for athletes in the pool & shower).

Number of swimmers per lane

As of July 17, clubs will be allowed to have a maximum of swimmers per lane, depending on the level/age of the swimmers, as follows:

Competitive age group swimmers (11 and older): 8 swimmers per 25m lane (SC) or 16 swimmers per 50m lane (LC) subject to the total number of swimmers in the pool not exceeding the 50% capacity of the pool.

Development & Junior Provincial swimmers (12 and under)*: 6 swimmers per 25m lane (SC) or 12 swimmers per 50m lane (LC) subject to the total number of swimmers in the pool not exceeding the 50% capacity of the pool.

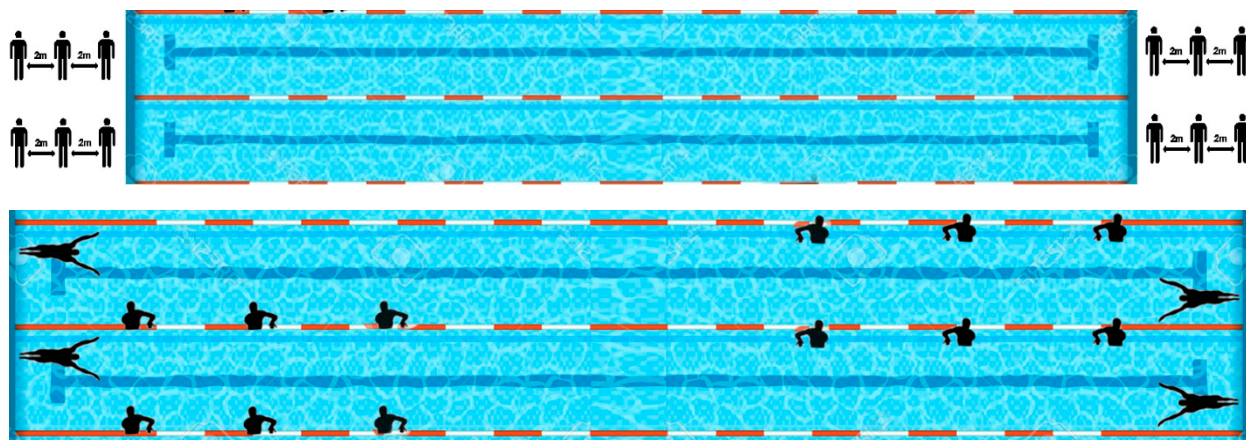
Learn to swim swimmers/programs (12 and under)*: 5 swimmers per 25m lane (SC) or 10 swimmers per 50m lane (LC) subject to the total number of swimmers in the pool not exceeding the 50% capacity of the pool.

* Rationale:

- Younger and developmental swimmers have less experience turning in their lanes and following pool use instructions.
- 11 and under children are not vaccinated.

** Note that a facility may have its own rules to follow and a different number of swimmers per lane authorized.

Example on how to enter the pool and how to manage swimmers at the wall during training:



Keep distance even when stop at the end of the lane:



Specific reminder for Pan Am Pool users for July main tank rentals:

- Access will be granted 10 minutes before the pre-scheduled training time via the front entrance
- QR Code will be posted on the main entrance doors.
- Please remember access to the locker rooms is based on a maximum of 10 minutes with physical distancing & mask wearing mandatory