

APPENDIX 4: SWIMMER CHECKLIST

(Source: Swim Alberta's Return to Swimming and Competition)

Use this checklist to help your swimmer prepare for practice and competition.

Before you Leave Home

- Complete the Alberta Health Daily Checklist (Appendix 1)
- Eat before you come – no food on 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.
- Consider bringing a mask and personal hand sanitizer.

Arrival

- Meet at designated the designated location.
- Respect physical distancing guidelines and/or cohort 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 activity is Complete

- No Loitering
- Dry off, dress and Exit through established exits. (deck changing is not permitted)
- Wash 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)