

GO Kingfish

Quick review of protocol to enter, preparation area, swim, preparation area, and exit of the facility.

Sawmill Creek Community Centre

3380 D'Aoust Avenue Gloucester Ontario K1T 1R5 Phone 613 521-4092



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Parking

- Leave space between cars
- Line up 5-10 min prior to practice
- Social distancing while waiting for entrance – mask on
- Swim suits should be on prior to arriving at the pool
- Daily Covid-19 questions filled out ready to give to coach.

Entrance

- Pool entrance is at side of pool building ---do not go into the main building/lobby.
- Swimmers line up 2 meters apart until lifeguards let you in.
- Markings for 2 M will be on ground
- Mask to be worn in and out of pool
- Hands to be sanitized on way in and out of pool
- Please and thank you to all pool staff
- Proceed to assigned preparation area on deck

Exit:

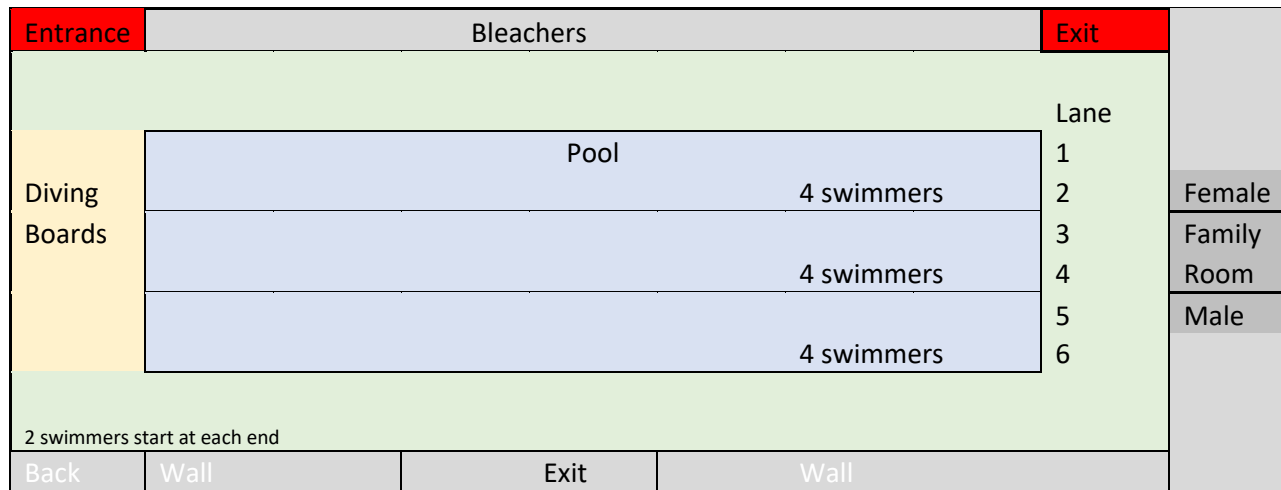
- After you exit pool -return to preparation area and your square
- Proceed to dry off and put clothes on over swim suit
- Proceed to designated exit, go to your car and proceed to depart-thank you!

Preparation Area

- Squares will be marked off on the deck with tape in preparation area
- Lifeguards will direct you where to go
- Select Square-that is your designated instructed preparation area
- Place all items in your backpack/bag – leave items in square
- Proceed to designated lanes as assigned by coach- when notified
- Please note that washrooms- change areas are for emergency use only- please go to the washroom prior to arriving

Sawmill Creek

Pool Set Up



Lane Ropes:	Number of Swimmers
Between lanes 2 and 3	Swim down lane 1 black line, back other This allows for 12 swimmers
Between lanes 4 and 5	

Example for 2
Groups
6:00-8:00am

Group 1	Enter at 5:55am	
Enter via outside entrance and use bleachers as a preparation side -Social Distancing Practice over at 6:45am- proceed to preparation area and leave via side door by bleachers		

Group 2	Enter @ 6:55	
Enter via outside entrance and use bleachers as a preparation side -Social Distancing Practice over at 7:45am- proceed to preparation area and leave via side door by bleachers		