

GO Kingfish

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

General Burns Pool:

107 Chesterton Drive, Nepean Ontario K2E 5T6 Phone 613 225 -7970



Parking

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

Entrance

- 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

Exit:

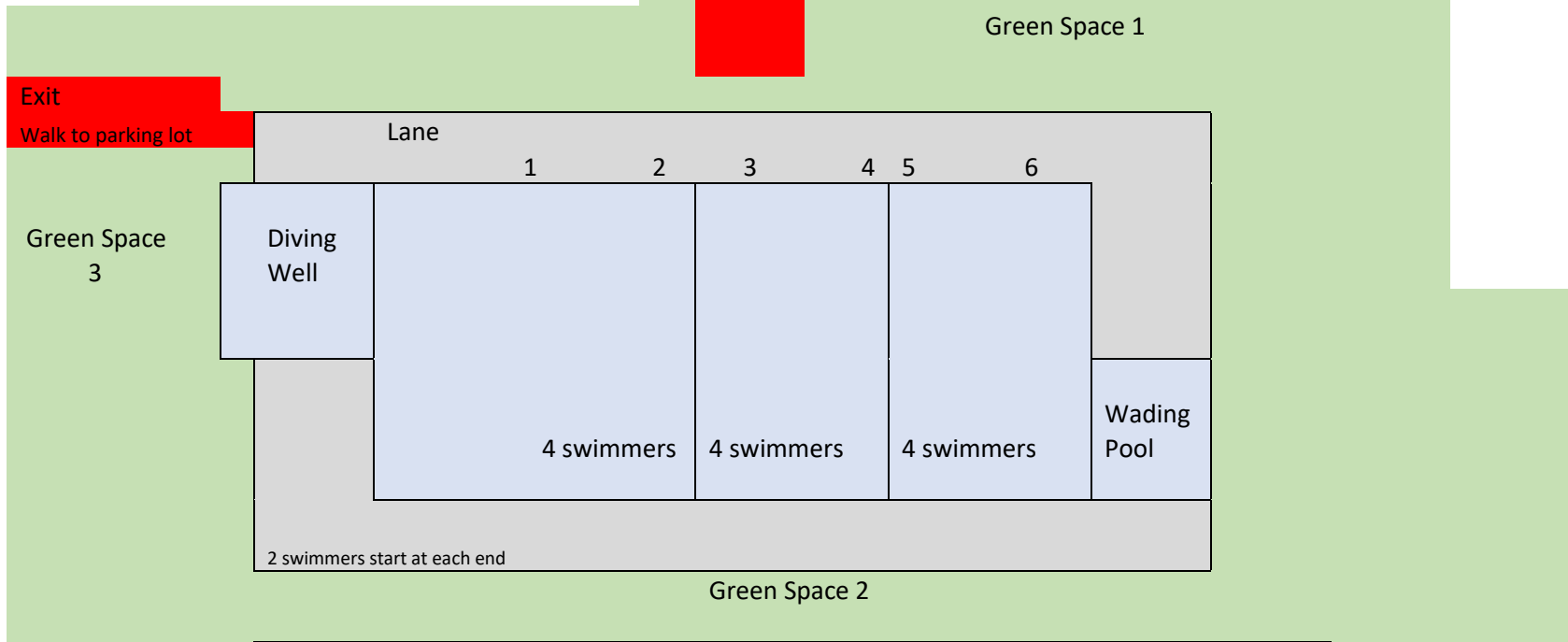
- After you exit pool -return to Green space/preparation area and your hula hoop
- Proceed to dry off and put clothes on over swim suit
- Proceed to designated exit, go to your car and proceed to depart.
- You will exit on the side to a sidewalk and will walk back to parking lot -thank you!

Green Space- Preparation Area

- Hula Hoops placed in green spaces (1,2,3)-this is your preparation area
- Lifeguards will direct you where to go
- Select Hula hoop -that is your designated instructed preparation area
- Make sure you have garbage bag in case of rain (keep it dry); other wise place items in your backpack
- 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

General Burns Pool

Entrance - locker rooms Fence entrance



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
9:00-11:00am

Group 1	Enter @ 8:55(5 minutes prior to practice)
Enter via Fence gate and use designated preparation side -Social Distancing - pick a hula hoop Practice over at 9:50am- proceed to Green Space #3 area-Leave via designated exit	

Group 2	Enter @ 9:55am
Enter via Fence gate and use designated preparation side -Social Distancing - Practice over at 9:50am- proceed to Green Space #3 area-Leave via designated exit	

Notes: upon entering swimmers walk through green space # 1, then # 3 and exit #2