

GO Kingfish

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

Bob MacQuarrie Recreational Complex

1490 Youville Drive Orleans Ontario ONK1C Phone 613 589 -9600



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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:

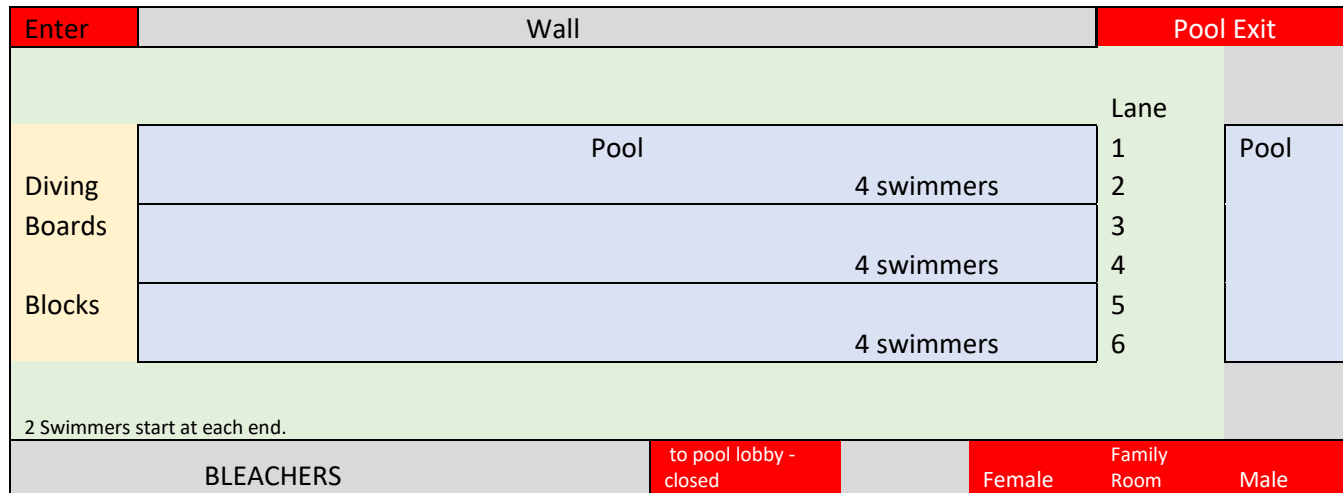
- After you exit pool -return to preparation area and your square
- Proceed to dry off and put clothes on over swim suit
- Proceed to designated exit, go to your car and proceed to depart-thank you!

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 back 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

BMRC

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
4:00-6:00pm

Group 1	Enter @ 3:55 (5 minutes prior to practice)
Enter via deep end/outside door and use designated squares on preparation side -Social Distancing Practice over at 4:45pm- proceed to preparation area/square and leave via exit doors by wading pool to outside	

Group 2	Enter @ 4:55
Enter via deep end/outside door and use designated squares on preparation are -Social Distancing Practice over at 5:45pm- proceed to preparation area/square - leave via exit doors by wading pool to outside	