

Arrival/Exit Procedures/Changeroom Procedures and Important Things to Know before attending Practice

Arrival Procedures:

-Complete self-screening questions with your swimmer BEFORE leaving for practice, **if they answered YES to any questions DO NOT ATTEND PRACTICE**

- Parents drop swimmers off at the main entrance of the Rec Centre (at this time parents are not permitted in the building) ***swimmers are required to wear a face mask when entering the facility**

-Facility staff will be inside the main entrance conducting the daily active screening questions with swimmers

-Coach will be at the pool entrance door to direct swimmers to the bag drop off area along the pool deck wall *drop off points will be clearly marked 2 meters apart, and floor will be clearly marked for one way traffic flow

What to do before getting in the pool:

-Swimmers come to practice pool ready: wearing swim suits/water bottle filled at home/make sure cap, goggles and other training equipment is in your swimmer's bag *no sharing of any equipment is permitted including cap and goggles; make sure swimmers have extra in their bags in case they break

-remove outdoor shoes and carry to your bag drop off spot

-upon entry of the pool deck, remain in your designated bag drop off spot

-remove outerwear and place in your swim bag; remove face mask and place in your swim bag

-put on cap and goggles, bring your equipment and proceed to your designated lane following the traffic flow pattern indicated on the pool deck floor

-wait for coach instruction before getting in the pool

What to do if you feel sick during a practice: (Orillia Recreation Centre facility procedure)

1. Any individuals (staff or facility users) showing symptoms of illness must be sent home immediately. ***Coach will call parents/guardians and ask them to come and pick up their swimmer immediately.**
2. Those who cannot leave immediately, should be sent to a facility identified isolation space where they will be supervised by staff. If necessary (close contact) staff will wear the Infection Prevention Kit (gloves, face shield, gown, mask and maintain physical distancing).
3. If individual with illness is a participant or facility user, staff will record details on a Non-Worker Incident Report Form documenting all symptoms.
4. In the event of serious illness (e.g. individual is disoriented or slips into unconsciousness), call 911 and follow appropriate emergency procedures and follow the appropriate reporting procedures.
5. In the event of a staff illness, staff will contact their immediate Supervisor as soon as they display any symptoms of the virus. The Health & Safety Reporting Procedures listed in the next section will be followed.
6. Any facility user or staff who receive a confirmed diagnosis of COVID-19 or has exposed to a confirmed case of COVID-19 for longer than 15 minutes or without the use of PPE, will be excluded from the program/work for 14 days and must be symptom free, prior to returning to program/work.

7. Any staff who receives a confirmed diagnosis of COVID-19 must notify their Supervisor immediately. Supervisor will contact appropriate personnel.
8. Cleaning/disinfection of the facility user's/participant's or staff's activity space, including washrooms and change rooms and equipment must be conducted once the individual has left. Items that cannot be cleaned and disinfected, should be removed and stored in a sealed container for a minimum of 7 days. The Simcoe Muskoka District Health Unit will notify the City of Orillia if a program or facility is required to be closed.
9. All participants/parents/guardians will be notified of the situation and the confirmed diagnosis of COVID-19, if applicable.
10. The SMDHU will provide further instruction if an outbreak is declared.

Exit Procedures:

- Once practice is completed, swimmers will leave in a staggered manner
- Coach will announce departure lane by lane
- Swimmers follow the traffic flow markers on the pool deck and head to their bags along the wall *stay within your designated 2 meter space
- Swimmers quickly towel dry, put all equipment in their bags, put on face mask and outerwear and head to the designated exit door, properly following the traffic flow markers on deck *maintain a 2 meter distance at all times while exiting the facility
- Changerooms are not available until Oct 1, 2020 for departure only.
- Parents pick up swimmers at the main entrance
- If a parent is late for pick up, swimmers are asked to wait just inside the main entrance until they arrive, we will have a coach monitor parent pick-up
- Do not remove masks until you are in your vehicle
- properly sanitize hands
- Make sure your equipment has been properly sanitized before attending the next practice

Changeroom Procedures commencing October 1 *Updated Sept 3, 2020*

Orillia Recreation Centre

Changeroom/washroom procedures commencing October 1, 2020.

Washrooms will be disinfected 2 times a day.

- Each section of facility will have its own change room/washroom (i.e. separate washroom/change room for fitness centre, aquatic centre, gymnasium and walking track). Signs will indicate who will use what.
- Occupancy signage will be posted outside each room.
- Lockers will be decommissioned for the time being.
- Masks/face coverings are encouraged while using the change rooms and washroom.
- Encourage participants to arrive in workout clothes.
- Participants are encouraged to arrive ready to go into the pool and quickly change upon exiting.
- Wet change rooms will be the only change room available for use. They will operate a reduced capacity with no access to shower or hand/hair dryers.
- Staff will monitor wet change rooms capacity for compliance purposes.

