

Covid-19 Activity guidelines for the Credit Union Co-op Aquatic Centre

*Changes in Yellow

Please note that due to the ongoing pandemic, the below information is subject to change.

All swims:

1. Patrons are recommended to come changed in their swim wear and only use the changerooms for taking outdoor clothes off and quickly changing before exiting the building.
2. Upon entering the building patrons must use the provided hand sanitizer.
3. Leave your outdoor shoes on the boot racks in the lobby.
4. Check in at the front desk for every swim including lessons.
5. Complete a pre-screening checklist.
6. Patrons may now use any change room to enter and exit through, however we are recommended that if the swim is busy that they please wear masks while in the changeroom if unable to practice social distancing
7. Patrons must shower using soap and water before entering the pool/deck.
8. Personal belongings can be placed on shelving units under the water slide while you swim. Lockers are unavailable at this time.
9. Patrons may rinse off on deck or immediately change in any changeroom
10. Please keep your change time less than 10 minutes
11. Social distancing of 2m/6ft must be maintained throughout the entire building
12. All normal pool rules still apply to all swims
13. Capacity – 45 patrons (18 in Leisure pool, 27 in Main pool, with 5 individual seats in the whirlpool)

Swimming Lessons:

1. As instructors we are not able to maintain cohorts with the high number of children taking swimming lessons and are therefore required to maintain the 2m distance at all times.
(<https://www.alberta.ca/assets/documents/covid-19-relaunchguidance-swimming-pools-and-whirlpools.pdf>).
2. During the lower swimming levels physical distancing is impossible to maintain and still be safe in the water, therefore, Squid, Swordfish, Dolphin, Orca, Shark, Swimmer 1, and Swimmer 2 swimmers are required to have a caregiver (responsible person over 16 years of age) in the water with them for every class. The caregiver is to assist the child and maintain our “within arm’s reach” rule that our instructors cannot maintain due to physical distancing. These classes are done in shallow water, so caregivers do not need to be swimmers to participate.
3. Participants are asked to arrive no earlier than 5 minutes before the start of the class, and to complete a pre-screening checklist at the front desk before entering the changerooms.

4. Parents of swimmers in Swimmer 3-6 are not permitted in the changerooms and are not needed in the pool, but can watch from upstairs. These swimmers also have to complete a pre-screening checklist before class.

7. During class swimmers must maintain physical distance between the other students and the instructor. The only exception: with their caregiver, or if a sibling is in the same class.

8. AHS is recommending goggle use, as it keep contaminates out of the eyes.

9. Our class times have been shuffled to provide individual classes for the remaining 2-3 weeks of lessons

10. If any swimmer is found to have symptoms of Covid-19 during lessons they will be asked to leave immediately

Aquafit:

Is cancelled until further notice

Length Swim:

1. Can be pre-booked in 30-60-minute segments up to 1 week in advance up to 5 spots at a time.
2. Drop-ins welcome if room available for 30-60 minutes segments.
3. Flutter boards and flippers are available but must be placed in the disinfectant bucket after each use.
4. Lanes are divided to ensure physical distancing

[Please see complete length swim guidance here.](#)

Public/Toonie Swim:

1. Capacity will be limited and on a first come basis to a maximum of 45 swimmers (18 in Leisure pool, 27 in main pool)

2. Physical distance must be followed throughout the entire swim. Please stay with your family from the same household

3. Pool toys will be available. After each use they must be placed in the disinfection bin.
4. Lifejackets are available and must be placed in the disinfecting bin after use.
5. The Rope Swing & the slide are open – please adhere to physical distancing and follow the posted rules for both & lights for the slide.
6. Children under the age of 7 years must be accompanied by a person 16 years of age or older and remain within arm's reach at all times.

Whirlpool (hottub):

1. Maximum capacity 5 people (individual) or 10 people of the same household

Leisure Pool:

Maximum capacity 18 people

Main Pool:

Maximum capacity 27 people

Private Rentals:

All rentals are cancelled until further notice