

## **Covid-19 Swim & Activity guidelines for the Credit Union Co-op Aquatic Centre Updated: Sept. 21, 2021**

Please note that due to the ongoing public health crisis, the below information is subject to change.

### **All swims:**

1. Masks are mandatory in the lobby, viewing gallery, changerooms. Please take them off to swim.
2. Check in at the front desk for every swim including lessons
3. Complete a pre-screening checklist
4. Patrons must shower using soap and water before entering the pool/deck
5. 2m/6ft distance must be maintained throughout the entire building from other households.
6. All normal pool rules still apply to all swims
7. 1/3 Capacity – 80 patrons
  - a. Leisure Pool - 25 people
  - b. Main Pool - 50 people
  - c. Whirlpool - 5 people or 3 households up to a total of 10 bathers

### **Swimming Lessons:**

1. Participants are asked to arrive no earlier than 5 minutes before the start of the class
2. Participants must complete a pre-screening checklist at the front desk before entering the changerooms.

### **Rookie, Ranger, Star**

1. Must complete pre-screening checklist
2. 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.

### **Aquafit:**

Is available in a self-guided format at the following times

Tuesdays 7:30-8:30 PM

Wednesdays 9:30-10:30AM

1. All participants must be 3m apart
2. Drop-ins welcome
3. Participants do posted workout on their own at their own pace.
4. Workouts are designed to minimize equipment. Equipment will not be shared.
5. Participants are welcome to bring their own equipment, provided it is clean and can be disinfected

### **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
4. Lanes are divided to ensure physical distancing

### **Public/Toonie Swim:**

1. Capacity will be limited and on a first come basis to a maximum of 80 swimmers (25 in Leisure Pool, 50 in Main Pool, 5 in Whirlpool or 3 household groups up to 10 bathers)
2. Physical distance must be followed throughout the entire swim. Please stay with your family/cohort/household group
3. Pool toys will be available
4. Lifejackets are available
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 must be accompanied by a person 16 years of age or older and remain within arm's reach at all times.

**Private Rentals:**

1. 2m distance must be maintained between households during the rental