



Swimmer Checklist

Before you Leave Home

- ☐ Complete the [BC COVID-19 Self-Assessment Tool](#) online or via Team Snap.
- ☐ Confirm you are only part of one sport or performance cohort.
- ☐ Eat before you come – no food on premises.
- ☐ Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Bring filled water bottle(s).
- ☐ Bring thoroughly washed equipment.
- ☐ Use the washroom at home.
- ☐ Consider bringing a mask and personal hand sanitizer.
- ☐ Wear your bathing suit to the pool - Change rooms not available.

Arrival

- ☐ Meet at designated the designated location....in front of the main Echo Pool entrance.
- ☐ Respect physical distancing guidelines and/or cohort guidelines.
- ☐ Register your attendance for contact tracing and provide confirmation of Daily Health Monitoring.
- ☐ Wash hands at provided handwashing stations using sanitizer.
- ☐ DO NOT share water bottles.
- ☐ Follow traffic flow signs to enter Echo Pool.
- ☐ Change rooms not open - Arrive at the pool with bathing suit already on.

During Practice

- ☐ Zero tolerance for spitting in the gutters, water station, on deck or anywhere else
- ☐ Respect physical distancing guidelines and/or cohort guidelines.
- ☐ Do not sure equipment.
- ☐ Respect lane spacing and avoid lane congestion.
- ☐ DO NOT share water bottles.

After activity is Complete

- ☐ Use of the change rooms are allowed but consider changing at home.
- ☐ Showers not available at any time.
- ☐ No Loitering - must exit the building within 15 minutes.
- ☐ Dry off, dress and Exit through established exits. (deck changing is not permitted)
- ☐ Wash at provided handwashing stations.
- ☐ Follow traffic flow signs out of your location.
- ☐ Respect physical distancing guidelines.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Thoroughly wash clothing and sanitize your personal equipment.