

# IMPORTANT REMINDERS FOR A SUCCESSFUL VISIT AT THE DDO AQUATIC CENTRE

*in the context of COVID-19*



## WE ARE HAPPY TO SEE YOU AGAIN!

Access to our facilities is a privilege granted to a healthy community. In order to allow the return to our activities, the Dollard-des-Ormeaux Aquatic Association is conforming with the Quebec public health directives. **Your cooperation is the key to our collective success!**

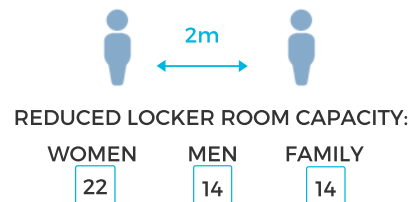
## EXPECT MANY CHANGES BUT THE SAME GREAT TEAM!

- Register and/or reserve your activity online prior to your visit (Max 3/week).
- **Plan to arrive no more than 10 minutes before your activity. Congregating in the main lobby is prohibited.**
- Plan a **very short shower** following your activity or save it until you get home.
- For sanitary reasons, both shower and change curtains have been removed.
- The use of hair dryers is prohibited.
- Lockers are not be available.
- The only aquatic equipment available will be personal flotation devices (PFD) for children and belts for deep water aquafitness classes.
- **Strollers are not allowed inside the civic center**



## PHYSICAL DISTANCING

To avoid crossovers, you will not have access to the locker rooms before your aquatic activity. **You must therefore put on your swimsuit at home.** Be sure to bring a large bag for your belongings. **Users of the fitness room will not have access to the locker rooms.**



## CONCERNING THE FACE COVERING

- You must wear it correctly at all times.
- You must only remove it before going in the pool.
- Plan a small bag or plastic container to keep it dry during your aquatic activity.
- Don't be surprised; our employees will wear a procedure mask and eye protection if they cannot respect the 2m distancing or if they are not behind a Plexiglass.
- Instructors and coaches do not wear it during the activity since they will be respecting the 2m distancing.



## EXCLUSION OF SYMPTOMATIC PEOPLE

- Do you have symptoms of fever or cough?
- Do you have difficulty breathing?
- Have you been in contact with someone with COVID-19 or waiting for test results?

**If you answer yes to any of these questions, you will not be able to access our facilities.**



For more information on the steps to follow, call the COVID-19 line at 1-877-644-4545.

Québec