



SWIMMERS GUIDE: AQUATIC TRAINING

*Everything you need to know to
prepare for your visit to the DDO
aquatic centre in the context of
COVID-19*

PREPARED BY:



BEFORE YOUR VISIT

In order to reduce the risks of transmission of the virus, we ask that you help us with the screening process before you arrive. You should be asking yourself the following questions:

DO I HAVE ANY 1 OF THE FOLLOWING SYMPTOMS:

- Fever (38 C or higher)
- Development or worsening of a cough
- Difficulty breathing
- Sudden loss of smell or taste

DO I HAVE ANY 2 OF THE FOLLOWING SYMPTOMS:

- Extreme fatigue
- Muscle soreness
- Sore throat
- Loss of appetite
- Headache
- Diarrhea

HAVE I BEEN IN CONTACT WITH ANY ONE WHO HAS TESTED POSITIVE FOR COVID-19, OR WHO EXHIBITS ANY OF THE ABOVE SYMPTOMS?

HAVE I TRAVELLED OUTSIDE OF CANADA IN THE LAST 14 DAYS?

If you answered 'yes' to any of these questions, **do not** come to the pool. Call the COVID-19 hotline 1-877-644-4545 for further information on what you should do next.

If you have tested positive for COVID-19 or exhibit any of the above symptoms, do not come to the pool until you are fully recovered and symptom free for at least 24 hours.



WHAT TO BRING

BRONZE MEDALLION AND CROSS:

- Bathing suit, goggles, towel (bring an extra for First Aid practice)
- Course manual
- Pocket mask (with anti-viral valve)
- Gloves
- Notebook and pen/pencil

It is a good idea to label everything you bring so it doesn't get mixed up with another participants items.

Please use the link below to find the National Lifeguard Recertification checklist:

[NATIONAL LIFEGUARD RECERTIFICATION](#)

ADDITIONAL INFORMATION

- Please bring at least 3 disposable masks per 4 hour block.
- There will be no access to locker rooms.
- Bring a water bottle that can be refilled - water fountains will be available but for fill up only.
- Manuals and pockets masks are available for purchase at the customer service counter.
- Leave any valuables at home.

UPON ARRIVAL

- Access to the facilities will be restricted to registered participants only. This access is limited to the pool.
- Please respect physical distancing at all times.
- Health recommendations as outlined by the government will be enforced at all times.
- A bathroom will be available for emergencies only.
- Participants **must** arrive in their bathing suits.
- Masks are mandatory at all times and may only be removed when entering the water.
- Please bring a plastic zip-lock bag or a plastic container with your name on it to store your mask in when your are in the water.
- As soon as you exit the water, you will be required to dry your face and put your mask back on.

A SHARED RESPONSIBILITY

The AADD0 will do everything in its power to minimize the risks of transmission of COVID-19. Participants are expected to take an active role in transmission prevention by following the government recommendations;

- Physical distancing
- Washing your hands
- Avoid touching shared surfaces
- Respect disinfecting procedures for any shared equipment



EMERGENCY SITUATIONS

- Lifeguards and instructors have received additional training on how to properly protect themselves and others in the event that physical distancing cannot be respected.
- Those requiring treatment may be asked to wear personal protective equipment. This equipment will be supplied.
- Someone from the same household may be required to assist the lifeguard in a first aid intervention.