

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!**

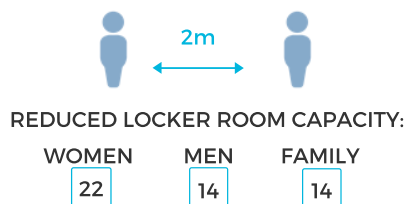
EXPECT MANY CHANGES BUT THE SAME GREAT TEAM!

- 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

FOR THE DETAILED SWIMMERS GUIDE PLEASE GO TO VILLE.DDO.QC.CA