



GIANTS AQUATICS ARUBA
COVID-19 WORKOUT PROTOCOLS

PRE-WORKOUT

- Protect against infections
 - Wash your hands with a disinfectant soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the workout
- Bring your own caps, goggles, towels, and water bottle
 - There will be absolutely no sharing of equipment
 - Apply sunscreen before arriving at the workout
 - Arrive with swimsuit on underneath clothes
- Arrive as close as possible to when activity begins
 - Arrive no sooner than 10 minutes before the scheduled start time
- Avoid touching gates, fences, benches, etc. if you can
- Do not attend the workout if you, or a member of your household does not feel well

DURING WORKOUT

- Follow directions for spacing and stay at least 1.5m apart from others
- Number of swimmers per practice will not exceed five (5)
- Parents/siblings are not permitted to stay for the workout
- Do not make physical contact with others, such as shaking hands or giving a high five
- If you need to sneeze or cough, do so into upper sleeve/arm area
 - If you can tell that you're about to sneeze or cough, you need to try to separate yourself from the group as much as possible
- Avoid touching your face
- Do not share equipment, towels, food, or drinks
- Maintain appropriate social distancing from other athletes when taking a break

POST-WORKOUT

- Leave the workout as soon as reasonably possible after the workout
 - Pick up no later than 10 minutes after the scheduled time
- Wash your hands thoroughly or use a hand sanitizer after leaving the workout
- Do not use public changing area/bathroom
 - Shower at home
 - Wear your swimsuit to and from practice