

# Artistic Swimming – Back to Pool Protocol



**Wash hands** often with soap & water for at least 20 seconds. Use alcohol-based hand sanitizer if soap & water are not available.

*Please bring your own soap and hand sanitizer.*



Ensure each athlete has their own personal **water bottle** clearly labelled with the athlete's name and is not shared.

*This is applicable to all materials, including mats, elastics, etc.*



**No Sharing.** Athletes should not share clothing, towels, bar soap or other personal items such as razors.



**Make-up and application tools** should not be shared. If using for competitions, each athlete must have their own make-up set. Teams may consider not using make-up for competitions.



**Monitor Illness.** Parents are urged to keep children away from the pool if they are showing any signs of infectious disease or virus



When **coughing or sneezing**, maintain distance from others, cover your mouth and nose with a tissue or your sleeve (not your hands) and discard tissues in appropriate receptacles immediately. Wash hand with soap & water immediately after coughing or sneezing.



**Avoid contact with sick people**, including avoiding close contact with people suffering from acute respiratory infections.



All members should be encouraged to **self-report** if they feel ill.



**Avoid hugging or shaking hands.**

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All athletes are to arrive 10minutes before scheduled practice time AND be picked up on time. Coaches will be there 15 minutes before training starts.



Parents / siblings are not allowed on deck or in bleachers. Only Athletes



Please follow all instructions provided to you by the coaches.



Arrive at the pool wearing your swimsuit under clothing.



If you have an existing medical condition and are part of the high risk group, please do NOT come to the pool.



Please remind all athletes to carefully follow the safety protocols at the facility.



Follow the directions on the floor and walls and wait at the designated areas in the facility.



Use disinfectant wipes to wipe clean water bottles, goggles, nose clips, etc. before entering pool.



We are all in this together and want to keep our athletes strong and healthy when they are back at the pool.