

Lynn Marshall

From: Lynn Marshall <lynnmar@sce.carleton.ca>
Sent: Thursday, July 15, 2021 5:33 PM
To: 'Steve Baird'; 'Mark Blenkinsop'; 'Blake Christie'; 'Sean Dawson'; 'Adrian Finn'; 'Mits Kachi'; 'Tim Kilby'; 'Lynn Marshall'; 'David Thibodeau'
Subject: Update to Carleton Masters Swimming Newsletter #556
Importance: High

It's a **go!** **Carleton Masters Swimming resumes Monday July 19!!!**

Carleton Masters Continued "Winter" Session

Dates: Monday July 19 to Saturday September 11

Earlybirds **1 & 2:** Mon/Wed/Fri **7:30-8:45am** whole pool (**excludes** August 2 and September 6)

Whitecaps **1 & 2:** Mon/Tue/Thu **6:00-7:15pm** whole pool (**excludes** August 2 and September 6)

Saturday 1: **8:15-9:15am** shallow end (**includes** July 31 and September 4 but at a **different** time: **9:00-10:00am**)

Saturday 2: **9:30-10:30am** shallow end (**includes** July 31 and September 4 but at a **different** time: **10:15-11:15am**)

If you require changes to your registration (add/change/remove) and have not already been in touch, please email me ASAP. There is currently space in all groups. Just ask if you have questions!

Lane assignments will be communicated via email or at your first workout.

Note that the Fitness Centre reopens Friday July 16. The pool and other facilities reopen on Monday July 19. The Fitness Centre and lane swims can be booked here: <https://rec.carleton.ca/booking>.

Please review the COVID-19 Protocols below before your first swim. The main changes from last time are **bold and underlined**.

Covid-19 Protocols

Arriving at the Swimming Pool: When you arrive for your swim booking, please enter Alumni Hall thru the north-end door from Parking Lot 5 beside the Field House. Proceed to the Welcome Centre Desk to check-in and enter the facility thru the single turn-style door. After you swim, please **exit interior of the facility thru the double-doors at the Welcome Centre**. The Lot 5 door will also be the door you use to exit the facility after your swim. Parking continues to be FREE until the end of August.

* Wearing of masks in the facility, in locker room and on pool deck (before & after swims is mandatory). This includes on-deck Coaches & Lifeguards.

* Use hand-sanitizer upon entry to the facility, the pool deck before & after swims

* Always maintain physical distancing (2 metres) at all times in the facility and during your swim workouts.

Note: All swimmers and coaches need to complete a daily Covid-19 Screening form prior to each workout. **The questions have been updated.**

- All Covid-19 Screening Forms (including Masters): <https://athletics.carleton.ca/covid-screen/>
- Masters Swim Covid-19 Screening Form: https://forms.office.com/Pages/ResponsePage.aspx?id=IRjZagbeXki8UfzhJsyFMA0huZfc9-tJgHXsrO_VxZhURTBUTUIwQk9ENURKMIc4M0MzS1MwRUFUWCQIQCN0PWcu

1. Participants are encouraged to shower at home prior to swim
2. Ideally wear swim-suit to minimize time in locker rooms
3. (6) showers in each locker room are available for use as needed
4. Saunas are CLOSED
5. Arrival to Alumni Hall (15) minutes prior to workout.
6. Lockers are NOT available for use.

7. Permanent Locker are NOT available for use.
8. Use the front-part of the locker rooms (SECTION A)
9. Bring clothes/valuables to the pool deck in a gym bag.
10. Access the pool deck via regular entrances
11. Clock-wise on-deck traffic flow is encouraged
12. **(6) single lanes available in shallow and/or deep ends - (4) swimmers per lane / total (24) swimmers per end.**
13. A 2 metre physical distance must be maintained at all times on the pool deck and in the single swimming lanes.
14. Swimmers should swim in the same lane with the same swimmers each week (as much as possible).
15. If washroom is needed, the Gender Inclusive Room is available during practice.
16. No pool equipment is available for use at this time (i.e. flutter boards, pull buoys, flippers)
This policy may change as we progress through STEP 3 and get farther into August.
17. Swimmers can bring their own equipment, but it cannot be stored at Carleton.
Use of snorkels is NOT permitted
18. No spectators are permitted on the pool deck. The Pool Gallery is closed for now.
19. Exit the pool area via the back door landing & stairs.

Looking forward to seeing everyone in person!!!

Lynn