

LSC Facility Safety Protocol

Etobicoke Olympium

590 Rathburn Rd, Etobicoke, ON

When families arrive at the facility they are reminded to practice social distancing. Spectators are permitted, though the stands are operating at 50% capacity. **During COVID everyone has been asked not to come to work, play, or exercise when ill.**

- All swimmers and their families must be familiar with the LSC COVID Safety Plan accessible on the LSC website.
- Swimmers will be required to arrive in an agreed upon 15-minute window.
- Masks must be worn
- Coaches, Officials & Swimmers will line up, socially distanced, outside the main entrance of the facility.
- A city staff member will conduct a health screening and Proof of Vaccination (if applicable) screening before allowing athletes into the facility.
 - o As of January 4, 2022, the enhanced vaccine certificate with the official QR Code is required to access the facility under the Province's Proof of Vaccination Policy.
 - o Medical exemptions are now integrated into electronic certificates with QR codes and medical notes are no longer acceptable.
 - o Vaccine Receipts without a QR code will no longer be accepted.
- Please ensure swimmers are using the government of Canada app, all other apps will not be accepted as the facility will not be able to scan and read the information.
- Swimmers are strongly encouraged to arrive and leave the facility swim-ready. Shoes will be removed before entering the pool deck.
- Change rooms will be available with capacity limits. The changerooms service multiple areas of the facility, so there may be wait times to access the changerooms.
- Lockers in the changerooms are available (if required for outdoor coats or boots).

Once on the pool deck:

- Swim bags will be left at the designated area of the deck 2m apart.
- Once bags are deposited, and swimmers are ready they can proceed to their pre-designated lanes at the start of training. During training, swimmers must maintain all social distancing protocols.
- When not in the water, swimmers are to return to the designated deck area with their swim bag and remain seated.
- Swimmers must wear a face covering at all times they are not in the water, including as they depart the facility.
- Eating is not permitted on-deck.

Special Protocol for LSC Meets

- Complete the required COVID screening questionnaire in advance of arriving at the facility (the facility will also be conducting screening)

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- Before entering the facility, please ensure you check-in for attendance (weather permitting this will be outside the main door with a LSC volunteer)
- Bleachers will not be set-up for fall 2021 or winter 2022 LSC meets. Set your bags 2m apart in the designated spot for your group and stay seated on the deck beside your bag until you are called for warm-up or racing.

Warm-up

- Your mask must remain on while approaching your lane for warm-up
- 10 swimmers per lane are permitted in warm-ups through February 20, 2022
- Physical distancing must be maintained in the water during warmup. Swimmers may not congregate at the wall during warm-up.
- When dive starts and sprints are permitted, swimmers must proceed to the end of the sprint lane, move under the lane rope to the swim-back lane, and return to the start end before exiting the pool to start again. Swimmers diving from lane 2 shall swim back in lane 1, swimmers from lane 4 shall swim back in lane 3, and so-on.
- Masks can be removed and placed on the pool deck when you're ready to enter the water. A sealable plastic bag is strongly recommended for storage of masks while in the water.
- When done warm-up immediately put your mask back on after exiting the water.
- Go directly back to your bags and stay seated on deck until your events.

Racing

- You will be asked to line-up in the Marshalling area on the pool deck, on the stands side of the deep end near the windows, for your event/heat. Only one heat will be called to line up at a time. All other swimmers are asked to remain in their designated deck area.
- Belongings will need to be placed on the deck during racing, swimmers are encouraged to wear only what they need for the race and leave extra belongings with their swim bags (extra clothing, hoodies, etc.)
- Swimmers will move from Marshalling area to Next Heat area when instructed by Clerk of course
- Swimmers will remain in the Next Heat area until the previous heat leaves the starting area. During this time swimmer will check in with official in his/her lane

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- When approaching the blocks step up to the “stands” side of the block. This will ensure distance between the officials and other swimmers
- Before getting on the block you may remove your mask and place it on the hook at the back of the starting block. A sealable plastic bag is strongly recommended for storage of masks while in the water
- After the race, exit the water from the “stands” side of the block.
- When done your race, immediately put your mask back on and leave in line with other swimmers in the heat keeping social distance
- Go directly back to your bags and stay seated on deck until your next events
- When leaving the deck at the end of session, please do not gather or socialize within the building.

Breaks Between Sessions

- During the break between sessions, athletes are permitted to exit the deck, go upstairs and enter the stands or the cafeteria room (overlooking the pool)
- The gates on the deck to the stands will be locked.
- Athletes are permitted to eat a snack while seated in the stands or in the cafeteria area
- Eating while standing or walking around is expressly prohibited
- Masks must be worn at all times except while eating
- Once swimmers have completed their last event of a session before a break, they are permitted to leave the deck to proceed to the stands/cafeateria area