**Swimmer Checklist**

Use this checklist to help your swimmer prepare for practice.

**Before you Leave Home**

☐ Complete the Screening Checklist ([LINK](https://www.swimmanitoba.mb.ca/return-to-play))

☐ Eat before you come – no food on the premises.

☐ Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.

☐ Thoroughly wash water bottles with soap and warm water.

☐ Bring filled water bottle(s).

☐ Bring thoroughly washed equipment.

☐ Use the washroom at home.

☐ Put your swimsuit or training clothes – no changing in the facility.

☐ Consider bringing a mask and personal hand sanitizer.

**Arrival**

☐ Meet at the designated location.

☐ Respect physical distancing guidelines.

☐ Register your attendance for contact tracing and provide confirmation of Daily Health Monitoring.

☐ Wash hands at provided handwashing stations.

☐ DO NOT share water bottles.

☐ Follow traffic flow signs at your location.

**After the activity is Complete**

☐ No Loitering

☐ Leave with your swimsuit or training clothes – no changing in the facility.

☐ Exit through established exits.

☐ Wash hands at provided handwashing stations.

☐ Follow traffic flow signs out of your location.

☐ Respect physical distancing guidelines.

☐ Thoroughly wash water bottles with soap and warm water.

☐ Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat)