**Parent/Guardian Checklist**

Use the below checklist to help prepare your swimmer for practice.

**Before you Leave Home**

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

☐ Check the expected weather conditions.

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

☐ Thoroughly wash water bottles with soap and warm water.

☐ Use the washroom at home.

☐ Consider bringing a mask and personal hand sanitizer.

**Arrival**

☐ Drop participants at the designated location – no carpooling outside the training group.

☐ Respect physical distancing guidelines.

☐ Consider wearing PPE (masks, gloves) at all times.

**After the activity is Complete**

☐ No Loitering.

☐ Respect physical distancing guidelines.

☐ Pick up participants at the designated location.

☐ Leave the location immediately.

☐ Thoroughly wash water bottles with soap and warm water.

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