**Staff/Coach/** **Volunteer Checklist**

Use this checklist to help prepare for practice safely.

**Before you Leave Home**

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

☐ Eat before you arrive.

☐ 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 thoroughly washed/sanitized equipment (cones, markings, etc.)

☐ Use the washroom at home.

**Arrival**

☐ Wash hands at provided handwashing stations.

☐ Set- up established entrances & exits with traffic flow considerations.

☐ Set-up traffic flow signs to your location.

☐ Set-up physical distancing ‘grids’ for participants including grid for personal items

☐ Respect physical distancing guidelines.

☐ Take attendance for all coaches and swimmers, including confirmation of daily health monitoring.

☐ DO NOT share water bottles.

☐ DO NOT share personal coaching items. (e.g. stopwatches)

☐ Sanitize all shared equipment between sessions. (pylons, cones, etc.)

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

☐ Must wear PPE if dealing with an injured participant.

**After the activity is Complete**

☐ Sanitize all shared equipment (balls, cones, etc.) between group arrivals if applicable and at the end of the day.

☐ Takedown established traffic flow signs, entrances & exits.

☐ Wash at provided handwashing stations, between groups arrivals if applicable and at end of day.

☐ Respect physical distancing guidelines.

☐ Thoroughly wash water bottles with soap and warm water.

☐ Thoroughly wash equipment (clothing) each day.

☐ Wash hands at provided handwashing stations.