



# Winter Maintenance Guidelines



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- Athletes who are feeling unwell please stay home.
  - Please fill out the COVID-19 Screening Form before each practice.
  - Only Athletess and Coaches are allowed in the Maple Ridge Leisure Centre as this limits the number of people inside in accordance to public health measures.
  - Drop-offs are strongly encouraged to limit gatherings. The area in front of the Maple Ridge Leisure Centre are for quick drop-offs only.
  - Be at the Main Entrance of the Maple Ridge Leisure Centre 10 - 15 minutes early. The Athletes will be ushered in 5 minutes before their practice time. Doors will be locked once all Athletes are in the building. Leisure Centre Staff or Coaches are unfortunately not able to bring late swimmers in.
  - All parents and athletes are expected to wear a mask while outside the Leisure Centre in the line up. Please maintain 6ft distance between each family - congregating/gathering is not permitted under the new order.
  - All athletes must wear a mask/face covering to enter the Leisure Centre and it must be worn until they get to the deck area. Please note that this is a requirement of the Leisure Centre.
  - Dress appropriately for the weather outside. Athletess will go in as a group. Delays can happen.
  - Line up along the wall to the right of the Main Entrance. Swimmers should stand on the yellow lines that are on the sidewalk to allow for physical distancing.
  - Athletess are encouraged to start their own warm-ups as soon as they get to the Leisure Centre.
  - Proper hand hygiene is mandatory before entering the facility.
  - Athletes are to place their swim bags/gear by the marked cones. The cones on deck are spaced out to 6ft to ensure proper distancing.
  - Change rooms are unavailable. Have a robe/parka/towel or a change of clothes that swimmers can put on quickly.
  - Please pick up your child by the pool's SOUTHWEST exit door which is accessed on the north side of the Walmart parking lot. We respectfully ask that children are picked up on time as our coaching staff need to be on deck for the next practice. We understand that things come up so if there is a parent that is late, a coach or an executive member stay with your child by the pool's SOUTHWEST exit door.