

# JOHN ABBOTT COLLEGE

## CASGRAIN POOL

### PUBLIC USE

### COVID-19 GUIDE



JOHN ABBOTT COLLEGE  
**SPORTS CENTRE**  
**CENTRE SPORTIF**  
CÉGEP JOHN-ABBOTT



**JOHN ABBOTT**  
CÉGEP/COLLEGE



## SCHEDULE / ACCESSIBILITY:

- At this time, we are only offering LAP SWIMMING for individuals **13 years and older**.
- All lap swimming hours will be available by reservation only.
- Multi-use cards and memberships can be purchased online at <https://johnabbott-sport.omnivox.ca>.
- You must reserve a time slot online via;
  - <https://outlook.office365.com/owa/calendar/PublicWorkoutFacilities@JohnAbbott.onmicrosoft.com/bookings/>
- Time blocks will be one hour in length, the lifeguards will blow the whistle with 5 minutes to spare so that they have time to sanitize the chairs before the next group of swimmers.
- MAXIMUM OF ONE TIME SLOT PER DAY, PER FACILITY, PER PERSON. For example, you can book one weight room session and one pool session but NOT two pool or weight room sessions.
- Spectators are not permitted.
- **Individuals must come prepared to swim**; locker rooms are not available before your swim period.

## WHAT TO BRING:

- PROCEDURAL mask (you will not be permitted to enter without one and will be turned away by Security).
- Pool equipment; flutter board, pull buoy, fins, PFD, etc. (only PFDs will be available to borrow when needed but we encourage people to bring their own if they have).
- Water bottle (refill stations only).
- Towels.
- Bathing cap & goggles (strongly recommended but not mandatory).

## UPON ARRIVAL:

- Access to the facility is restricted to participants with a reservation.
- Swimmers are asked to arrive to the college no more than 10 minutes before their scheduled swim period.
- Please respect physical distancing **AT ALL TIMES**, even in the water.
- Procedural masks must be worn by all individuals at all times with the exception of being in the water or while showering.
- Individuals must sanitize their hands at sanitizing station upon entering the building.
- Participants must check in at the counter with the Sports Desk staff to pay/ show proof of membership and get a wristband.

## ACCESSING THE POOL:

- After having checked in with the Sports Desk staff, wearing a mask, with all of your personal belongings, proceed to the pool area via the main doors from the hallway (NO LOCKER ROOM ACCESS PRIOR TO SWIMMING).
- Remove outdoor shoes in the hallway (you may bring them on deck but do not wear them on deck).
- Proceed to an available chair on deck.

- Place all personal belongings on the chair.
- When ready to swim, remove mask and walk to pool, ensuring to keep 2 meters distance between other patrons.

#### **LAP SWIM ETIQUETTE:**

- Maximum three (3) swimmers per lane.
- To pass:
  - Gently touch the foot of the swimmer in front.
  - When the swimmer reaches the wall, they must stay facing the wall to the right of the lane.
  - Allow the swimmer to pass on the left.
- Only one swimmer can be resting at the wall at a time. Subsequent swimmers must keep 2 meters distance (as demonstrated by cones on deck).
- Please make an effort to keep the flow of traffic moving.

#### **WHEN FINISHED SWIMMING:**

- Get out of water, while maintaining 2 meters distance proceed to your chair(s), thoroughly dry off and put mask back on. **An effective mask is a dry mask!**
- Retrieve all of your personal belongings; deposit your wristband into the bin provided near the locker rooms and exit to your respective locker room.
- Procedural masks are mandatory in the locker rooms.
- Lifeguards will sanitize chairs after use before the next group enters.
- Participants will have 15 minutes to clear the locker rooms and are asked to promptly exit the building.
- Hair dryers will be unavailable. Bringing your own hair dryer is prohibited.

#### **EMERGENCY SITUATIONS:**

- Lifeguards have received additional training on how to properly protect themselves and others in the event that physical distancing cannot be respected.
- Those requiring treatment may be asked to wear personal protective equipment. This equipment will be supplied.
- When possible, someone from the same household may be asked to assist the lifeguard in a first aid intervention.

#### **A SHARED RESPONSIBILITY:**

- John Abbott College is doing everything in our power to minimize the risk of transmission of COVID-19. Participants are required to play an active role in transmission prevention by following the government recommendations;
  - Maintain physical distancing.
  - Wash/ sanitize your hands.

- Wear a procedural mask. **Please remember that an effective mask is a dry mask.**
- Avoid touching shared surfaces.
- Respect disinfecting procedures for any shared equipment.
- Stay home if you are sick.

**PREVENTING INFECTIONS:**  
It's a collective responsibility



Implementation of care environment protocols

Cough into your sleeve

Throw away used tissues

Wash your hands

Keep your distance  
1 à 2 mètres

Follow recognized hygienic practices

Québec.ca/coronavirus  
Toll free: 1-877-644-4545

Votre gouvernement

Québec