

JOHN ABBOTT COLLEGE
PUBLIC USE GUIDE
CASGRAIN POOL
COVID-19



JOHN ABBOTT COLLEGE
SPORTS CENTRE
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CÉGEP JOHN-ABBOTT



JOHN ABBOTT
CEGEP/COLLEGE



SCHEDULE / ACCESSIBILITY:

- Monday to Friday evenings are reserved strictly for LAP SWIMMING (only for individuals 13 years and older).
- Saturdays and Sundays are reserved strictly for FAMILY SWIM (open to all ages - no lap swimming).
- Reservations are required for EACH swimmer. Reservations open 7 days in advance at the following link;
 - <https://outlook.office365.com/owa/calendar/PublicWorkoutFacilities@JohnAbbott.onmicrosoft.com/bookings/>
- Multi-use cards and memberships can be purchased online at <https://johnabbott-sport.omnivox.ca>.
- Time blocks are one hour in length, the lifeguards will blow the whistle with 5 minutes to spare to change over between reservation times.
- 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 two weight room sessions.
- Spectators are not permitted, except for the purpose of supervising a child.
- In order to minimize locker room congestion, we encourage individuals must come prepared to swim with their bathing suit on under their clothing.

WHAT TO BRING:

- PROCEDURAL mask required for individuals 7 years and older.
- **Vaccination passport required for swimmers 13 years and older, photo I.D. required for 16 years and older.**
- Pool equipment; flutter board, pull buoy, fins, PFD, etc.
- 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 7 years and older 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 show proof of vaccination passport, membership/ payment and get a wristband.

LAP SWIM ETIQUETTE:

- Maximum four (4) 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 stickers on deck).
- Please make an effort to keep the flow of traffic moving.

FAMILY SWIM:

- The following individuals must be **accompanied in the water by an adult:**
 - Children ages 0 to 5 years old
 - Any person wearing a personal flotation device

- Any person who is a weak swimmer or a “non-swimmer”
- Children 6 – 12 years old who are strong enough not to have a parent in the water must be supervised by an adult ON DECK.
- 2-meters distance must be maintained at all times between family units.

WHEN FINISHED SWIMMING:

- Get out of water, while maintaining 2 meters distance, proceed to your chair, thoroughly dry off and put mask back on. **An effective mask is a dry mask!**
- Retrieve all of your personal belongings and proceed to your respective locker room.
- Procedural masks are mandatory in the locker rooms.
- Participants will have 15 minutes to clear the locker rooms and are asked to promptly exit the building.
- Hair dryers are unavailable. Bringing your own hair dryer is prohibited.
- Return your wristband to the Sports Desk staff.

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.

