

Essex Recreation Complex,  
and Maedel & McGregor  
Community Centres

# Aquatic User Guide

October 2020



## INTRODUCTION

This document outlines public health and infection prevention and control measures, specific to the Essex Recreation Complex aquatic programs and operations. This document and the guidance within it is subject to change and will be updated as needed.

## PLANNING FOR YOUR SWIM

### Booking

- Check [www.essex.ca](http://www.essex.ca), [Town of Essex Facebook](#) or [essexconnect.ca](http://essexconnect.ca) for updated programs, schedules, booking information, and other details posted regularly.
- Patrons will be required to register and pay for all swim times at the time of booking.
- We will be taking reservations for various time increments, depending on the type of swim program. For assistance with booking your swims, you may also call the Complex during business hours to speak to our reception staff 519-776-7336 ext. 1052.
- Registration for all programs will be open at [essexconnect.ca](http://essexconnect.ca):
  - Fall 2 programs – October 12, 2020
  - Winter 1 programs – Dec 7, 2020
- Our regular [Transfer/Refund policy](#) will apply to all registrations

### Before Leaving Home

- Ensure you are not showing any symptoms of COVID-19 (temperature, cough, difficulty breathing, or anosmia e.g. loss of taste or smell).
- Pack your face mask, as you will be required to wear it while in the facility.
- Plan to arrive no more than 5 minutes prior to your swim time. You will be asked to wait outside if you arrive too early.
- Bring your own equipment and water bottle. Minimal equipment will be available at the facility.
- In order to minimize time spent in the change rooms:
  - Arrive ready to swim, wearing bathing suit under your clothing.
  - Shower at home, pre and post swimming. Showers are not available at this time.
  - Limit belongings and do not bring valuables with you to your swim as lockers will not be available.

## WHEN YOU ARRIVE

### Facility Entrance & Reception

- Please wear a mask when entering our facility. Masks shall be worn in all spaces except for in the pool.
- Patrons will be required to check in with the reception staff so that we can log who entered the facility (all swimmers and any parents/support staff who were planning on staying in the facility). These records must be kept for 2 weeks and all patrons must be made aware that their information may be shared with the WECHU if necessary.

- You will only be permitted entry 5 minutes prior to the start of your registered swim time.
- Please follow distance markings, stanchions or other barricades placed to assist with spacing and proper facility flow paths throughout the building.
- Any banding of patrons for admissions should be asked to self-band in front of the reception, upon receiving band.
- Hand sanitizer is provided at the entrance/exit of the facility. Follow signage placed in highly visible locations noting the ways patrons can help prevent the spread, by washing hand, covering face and staying at home when needed.

### Change Rooms

- After checking in, you will be directed straight to the pool viewing area where you can select a chair to place all belongings, as lockers are not available at this time. No change room access upon entry so please arrive dressed in swim attire.
- After swim, please don your mask, towel dry and bring all belongings with you to the change rooms (Mens/Womens). Showers are not available at this time – please shower at home before and after your swim.
- Exit the facility directly through the main doors once changed.

### Viewing Gallery & Spectators

- Only 1 parent/guardian permitted to be in the facility with any children under the age of 10, or those with special needs/accommodations. Those swimmers 10 years of age or older who are attending for a registered swim program or who meet our admission policy to swim unaccompanied should be dropped off and picked up at the facility entrance.
- Staff and signage will assist you in finding an appropriate space to place your belongings while you swim. Reminder to please keep all valuables at home.
- Please wait for staff to invite you to enter the pool, in your designated space.
- As masks are not permitted to be worn while in the pool, masks should be removed and packed away. Masks can be left in labelled bag at the end of swimmers' lane where appropriate.

## PROGRAMS

### Lengths

- In order to maintain 2m between swimmers, only 1 swimmer per lane will be permitted. Swimmers from the same household/cohort will be allowed to swim together in the same lane. Training Pool remains closed at this time.
- Please be mindful of physical distancing requirements when passing swimmers in adjacent lanes.
- Any use of equipment will be brought by individual and will not be allowed to be shared. Snorkeling equipment will be prohibited.
- Stay hydrated by bringing your own 'pre-filled' water bottle on to the pool deck during your swim.

## Aquafitness

- In order to maintain distancing between patrons during fitness classes, we will be limiting patrons in the pool during instructional fitness classes.
- Pool will be sectioned off into quadrants. Patrons are asked to be mindful of spacing when getting into/out of the water.
- Any use of equipment shall be placed into the Training Pool by the individual using it. Please follow staff direction for use of equipment during fitness classes.
- Spin bikes will be wiped down after each class.
- Training Pool remains closed.

## Recreational/Leisure Swims

- In order to maintain physical distancing during recreational swims, we will be significantly limiting the number of patrons allowed into each pool.
- Patrons would be asked to maintain adequate space as they move throughout the pools.
- Only PFDs or personal approved floatation devices will be allowed to be used. Patrons would be asked to toss any loaned PFDs into the training pool for disinfecting after use.
- Training Pool, Tarzan Rope & Water slide remain closed.

## Swimming Lessons

- We are offering learn to swim lessons, both group classes and private lessons. Check out our current schedule online or call us to discuss special requests at your convenience.
- Face shields will be worn by the swim instructor (except during some demonstrations).
- Advanced swim classes and leadership courses will have reduced class sizes, and will be required to follow physical distancing at all times. Specific instructors to participants in these courses will be sent to those registered as necessary.
- Equipment use should be kept to a minimum, and not shared by swimmers.
- Please note that missed lessons cannot be rescheduled.