

The Barbados Aquatic Centre

COVID-19 Safety Protocols and Procedure



September 2021

These updated protocols are designed to keep all Athletes, Coaches, Team Members, and all other users of the facility safe while training, working or visiting the Aquatic Centre. There will be **ZERO TOLERANCE** implied in the protocols and anyone who knowingly breaches these protocols will be asked to leave the facility by authorized personnel. Protocols also apply to our tenants and their clients and they in turn are required to practice the safety protocols in their business spaces.

We encourage everyone to get tested and to get vaccinated

All overseas teams and officials must comply with these protocols and the Travel Protocols mandated by the Government.



AT PRESENT NO SPECTATORS ARE ALLOWED IN THE STANDS DURING TRAINING OR COMPETITION. LEARN TO SWIM PARENTS ARE EXEMPTED.

PRECAUTIONS



- If you or your child/ ward is feeling unwell or is coughing, sneezing has a fever, flu or diarrhea you must not come to the Aquatic Centre. Check with your doctor.
- If you or your child/ ward have been in contact with anyone who contracted the COVID-19 virus, you should see your doctor for advice.
- If a child is attending a school that is closed due to a COVID-19 case, it is the responsibility of the parent to notify the Aquatic Centre's office, so that a check can be made to verify if it is safe for the child to return to practice.

DROP- OFF /ARRIVAL PROCEDURE



All persons who seek to enter the Aquatic Centre must wear a mask properly fitted and sanitize their hands at the front entrance. Your temperature will be checked and recorded. If your temperature reads higher than 37.5° you will not be allowed to enter the facility. A register will be in place for contact tracing purposes. These registers must be kept secured in the office.



BEST PRACTICES AT THE AQUATIC CENTRE

- While conducting business or during training individuals are expected to remain 6 feet apart from any non-household persons.



- The only time you can be without a mask is during actual pool training. Once you exit the pool you must wear your mask and during the following procedures: Drop off/ Arrival, Post Workout /Pickup.
- Avoid all physical contact: no high-fives, hugging nor hand shaking.



- Physical distancing in the facility must be practiced.
- Limit what you bring to the pool and take home all items and sanitize them.
- Users of the pools at the Aquatic Centre will be permitted to use the Showers and Changing Rooms immediately after training should they wish, subject to adhering to the social distancing protocols. 6 feet distancing must be maintained at all times in the Changing rooms and Showers.
- A maximum of 8 persons will be permitted in the Changing Rooms and Showers at any one time.
- Water fountain use is prohibited other than to fill bottles. Drinking from the fountain is strictly forbidden.
- Athletes must bring a full water bottle (larger the better) as sharing water bottles and other swimming equipment is strictly prohibited.
- Once at their cone location, athletes may remove their face masks and

prepare for swimming. Locker room use is prohibited unless there is an emergency, so athletes must arrive in their swimsuits under clothing.

- There is to be absolutely **NO SPITTING** in the pools or the facility
- Regular sanitization of areas frequently touched must be done. For example- door knobs/handles, telephones, keyboards; also stop watches and clothing baskets during competition.
- Make sure you follow any updates issued by the Chief Public Health Officer.



BATHROOM PROCEDURES

- Parents should remind their children to use the bathroom at home right before leaving for the pool.
- Athletes must inform a Coach when they need to use the bathroom.
- Once a bathroom is used, it may not be used again **until it is properly sanitized by the Aquatic Centre cleaning staff, with special attention to door knobs, handles and all areas frequently touched.**
- **Individuals who walk off the street are not allowed entry to the facility and are not allowed to use the bathrooms at the Aquatic Centre unless they are on legitimate business and in such cases they must follow the protocols.**
- **Staff and clients of the Physiotherapy Clinic and the staff of the snack shop are allowed to use the bathrooms but must follow protocols.**

RESPONSIBILITY OF COACHES



- Coaches must ensure that athletes remain as distanced as possible while in the water and **there must be no grouping at the wall.**
- Observe and make sure that athletes are not sharing water bottles and other gear.
- Coaches are required to follow the stipulation of 4 persons per lane in Short Course training and 6 per lane in Long Course training.



- Coaches and Team Managers must wear a mask and remain 3' away at all times prior to, during and after each practice until their charges have left the Centre.
- Coaches and Managers are to be vigilant and make sure that at the end of training the athletes do not linger and socialize on the pool deck.
- If a Coach recognizes that a child is unwell the child must be removed from the pool immediately and the parent must be contacted to collect the child.
- Where possible, workouts can be sent electronically to athletes, so they can print them in advance.
- Land training should be supervised to make sure athletes are not socializing.
- As Coaches, you have the added responsibility of making sure your athletes follow the protocols while under your supervision.

POST WORK OUT/ COLLECTION PROCEDURE:

All Coaches and Team Managers will assist with this procedure.



- Upon completion of the workout, athletes will be released from their lane location one at a time and will move to their belongings.
- Athletes who do not require using the Showers at the Centre will dry off and dress over their swimsuits. Once dressed, athletes will put on their face masks and sanitize their hands prior to leaving the facility.
- Athletes will stand outside the pool facility (under the canopy at the front entrance) within view of the parking lot. Cone or tape mark locations at least 3 feet apart and a coach or team manager will monitor physical distancing.
- Team managers will continue to monitor physical distancing until all Athletes have been picked up.



No lingering on the deck and no running around after training or sitting in groups. You must leave the premises as quickly as you can. Parents make your arrangements accordingly.

LEARN- TO- SWIM PROTOCOLS



- Instructors must stand behind the swimmer where possible. When facing the swimmer and in close proximity the

instructor must wear a face shield. For children 10 and under only 3 students will be allowed into the pool with the instructor at a time. With children 11 and over the instructor is allowed 6 students at a time in the pool. All students must be 6 feet apart while in the water.

- Instructors must pay special attention in teaching respiratory control as spitting, coughing, sneezing in the water presents significant risks. Any student spitting, coughing or sneezing in the pool must vacate the pool and the facility immediately and this information should be recorded.
- ONLY ONE PARENT/GUARDIAN IS ALLOWED TO WAIT IN THE STANDS WHILE THEIR CHILDREN/WARDS ARE HAVING LEARN-TO-SWIM INSTRUCTION. THEY ARE NOT ALLOWED ON THE POOL DECK.

WATER POLO AND ARTISTIC SWIMMING

- ✓ During Water Polo and Artistic training drills athletes must remain 3ft apart and follow distancing protocols. Water polo may carry out all appropriate drills including passing, throwing, catching, shooting, blocking, individual ball swimming and any other drills directed by their coaches provided a minimum of 3ft physical distancing between players is maintained during practice.
- ✓ In respect of Artistic Swimming, swimmers may carry out all training and artistic swimming drills provided the swimmers maintain a minimum of 3 feet physical distancing during practice.



STAY FREE

PROTOCOLS KEEP US SAFE WHEN WE FOLLOW THEM.

For all of us to stay healthy and be able to keep swimming and playing and working, we ask everyone at the Aquatic Centre to follow the above protocols and those protocols mandated by the Public Health authorities. In order to maintain good health and avoid the spread of the COVID-19 virus we ask all our Athletes / Parents / Guardians/ Coaches and Team Members to practice all the necessary protocols as outlined by the Ministry of Health and Wellness while away from the Aquatic Centre. If anyone in the family travels for work, we ask

that you remain socially distanced from your child/children as possible as an extra precaution. Please do not use the facility if you have knowingly been exposed to any persons who have recently travelled and have not quarantined for the period of time as required by the Ministry of Health and Wellness protocols, or if you have a cold, a temperature or the flu. If you have any COVID-19 symptoms, please call the COVID-19 Hot line number 536-4500 or call your doctor for advice. We all need to play our part in helping to control the spread of COVID-19.

You are asked to consider being vaccinated as an extra layer of protection for you and your family. Help each other to do the right thing while at the Aquatic Centre and in your homes.

Let us keep the Aquatic Centre COVID-19 Free.