

Coach Training Environment Checklist

(Adapted from the Alberta Artistic Swimming Return to Artistic Swimming Staff/Coach Checklist)

The following check list is intended to help coaches and club personnel to create a safe training environment for themselves and all participants. Please adapt the list to your respective facility requirements and Club's Safety Plan.

Upon arrival at the training location:

- All individuals must complete the Daily Health Monitoring Questionnaire and have their body temperature checked prior to entering the training environment.
- Set up established entrances and exits with traffic flow considerations and/or as directed by the facility.
- Set up traffic flow signs to your location.
- Set up physical distancing grids for participants.
- Respect physical distancing guidelines.
- Sanitize hands. Ensure all participants sanitize their hands before entering the training environment.
- Take attendance that includes all coaches and swimmers – support the COVID-19 Risk Manager's efforts to maintain accurate attendance logs.
- DO NOT share water bottles.
- DO NOT share personal coaching items (e.g., lesson plans, music, stopwatches)
- Avoid the use of shared equipment or limit its use to one person (e.g., sound system, pylons, cones, microphone, etc.)
- Sanitize all shared equipment between sessions (even if use was restricted to one person).
- Consider wearing PPE at all times.
- Wear PPE when dealing with an injured athlete.

After the training session is complete:

- Ensure all participants exit the facility directly without loitering, gathering, or breaching physical distancing measures.
- Sanitize ALL shared equipment between training groups and at the end of the day.
- Remove established traffic flow signs, entrances and exits, as appropriate.
- Sanitize hands, between groups and at the end of the day.
- Respect physical distancing guidelines.
- Once home, remove clothing and all equipment that was in the training environment and wash thoroughly.