



Swimming Safely

BOOKING YOUR TIME - My Y App

- Before coming into the YMCA, log into your My Y app and book your time.
- All Aquatic Centre bookings, except for AquaFit, can be found under Plan my Bookings.
- NOTE:** the lifeguards will not allow you into the pool if your time is not booked.

PREPARING TO SWIM - Protect against infections:

- Shower with a disinfectant soap and water (for 20-seconds or longer) before going into the pool.
- Avoid sharing equipment.
- Avoid bring equipment other than your own PDF, goggles, and flutter boards.
- If you need to sneeze or cough, do so into a tissue or upper sleeve/arm area.
- Arrive as close as possible to when booking time begins.
- Avoid touching equipment belonging to another swimmer if you can.
- Avoid attending YMCA programs if you, or a member of your household, do not feel well.

WHEN SWIMMING

- Follow directions for spacing and stay at least 2-metres apart from others.
- Avoid making physical contact with others, such as shaking hands.
- Avoid touching your face. Goggles are **STRONGLY** encouraged.
- Avoid actively spitting and/or blowing your nose in the pool/gutter.
- Avoid sharing equipment, water bottles, or towels.
- Maintain appropriate social distancing from other members when taking a break.

AFTER SWIMMING

- Leave the facility as soon as reasonably possible after booking time.
- Wash your hands thoroughly or use a hand sanitizer after leaving the Aquatic Centre.
- Limit the time spent in the changerooms. Where possible, change quickly and shower at home.
- Keep your mask on while in the changerooms (you can take them off only while taking a shower).
- Avoid extra-curricular or social activity after your swim.
- Avoid congregation after swimming in the changeroom or Great Hall