

## APPENDIX 4: COACH CHECKLIST

### Before you Leave Home

- Complete the Alberta Health Daily Checklist (Appendix 1)
  - Eat before you arrive.
  - Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
  - Thoroughly wash water bottles with soap and warm water.
  - Provide workout in advance to athletes.
  - Bring thoroughly washed / sanitized equipment (pilons, markings, etc.)
  - Bring a mask and personal hand sanitizer.
  - Bring personal Whiteboard Kit if facility permits use. (markers, eraser and wipes to disinfect board)
- Use the washroom at home.

### Arrival

- Must wear a mask at all times.
- Set- up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Set-up physical distancing 'grids' for participants.
- Respect physical distancing guidelines at all times.
- Wash at provided handwashing stations.
- Take attendance for all swimmers, including confirmation of daily health monitoring.
- DO NOT share water bottles.
- DO NOT share personal coaching items. (e.g. stopwatches)
- Sanitize all shared equipment between sessions. (pylons, cones, etc.)

### After activity is Complete

- Wash at provided handwashing stations, between group arrivals if applicable and at end of day.
- Respect physical distancing and masking guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (clothing and masks) each day.