

Reopening of the AQUATIC SECTOR

USER GUIDE | COVID-19

NOTE: Health measures might change without notice, according to the requirements of Public Health authorities.

RULES AND REGULATIONS/ACCESS TO PUBLIC SWIMMING TIMES

The usual regulations still apply, please review them before coming to the Sports complex.

RULES FOR REOPENING

REGISTRATION IS MANDATORY!

Your cooperation is important to ensure the success of this reopening!
Thank you.

Recreational swimming (for all): Maximum 23 users

Lane swimming (12 years and over): Maximum 23 users

Combined swimming: maximum 8 users (2 lanes)

Maximum 15 users (recreational)

Equipment:

- Swimming goggles are highly recommended.
- Bring your training equipment in a separate bag from the one you use for your personal effects and place it near your lane.
- Use only your own training equipment. Bring it back home and clean it thoroughly before each training session.
- Never share your water bottle, towel, goggles or any other equipment with anyone outside your immediate family.

Lane swimming and physical distancing:

- Swim on the right side of the lane on the starting lap and on the left side on the return lap.
- When a swimmer stops, every other swimmer in that lane must stop 2 metres away from anyone else or switch direction if possible.

- Gatherings at the end of the lane are prohibited and a 2 meter physical distancing must be maintained at all times. Place marks will indicate where to stop.

MANDATORY RESERVATION

- Register online on Sport-Plus, on the Cégep de la Gaspésie et des îles website www.cegepgim.ca/sap
- If you don't have Internet access, please call 418-368-6939 to register.

NOTE:

- You can register up to 2 days prior to your session.
- If you can't come to your swimming session, please cancel online or by phone so that someone else can register. **You can cancel up to 1 hour prior to your session.**
- No one will be allowed in the pool without a reservation.
- If you need to be accompanied (i.e., if you have mobility issues), please register by phone. Note that your companion also has to go into the pool with you.



GENERAL PRINCIPLES

- Do not enter the Sports complex if you have **symptoms of COVID-19**.
- If you have a chronic illness or are immunosuppressed, contact your physician to evaluate the risks before coming to the Sports complex.
- Users must comply with the health and safety guidelines, maintain a 2-metre physical distance and follow the signage inside the building.
- **A 2-meter physical distance** must be maintained at all times with pool users and the personnel.
- **Masks are** mandatory for everyone over 10 years of age, when walking in the building, **in and around the pool and in the locker rooms**. You must take off the mask before entering the water and leave it in the bag containing your personal effects.
- **No hanging around is** allowed.
- According to the reopening of pool guidelines, a maximum of **23 swimmers are allowed in the pool**.
- **Intuitive markings have been put into place** inside the Sports complex to facilitate traffic, use of space, and physical distancing.
- The chlorine concentration in the pool has not been modified and complies with provincial regulations. It inactivates certain coronaviruses like SARS-COV-2.

BEFORE COMING TO THE POOL

- Please come with your bathing suit on underneath your clothes.
- **Bring a bag for your personal effects** and leave it at the designated area near the pool.
- **Please bring your own pre-filled water bottle.** Water fountains remain closed.

BEFORE YOUR SWIM

- Please arrive no more than **10 minutes** before your registered time.
- Take off your shoes in the lobby of the Sports complex and take them with you.
- Confirm your registration with the front desk and show your membership card.
- **Leave your shoes** at the designated area near the locker room. You must wear pool sandals or go barefoot in the locker room.

IN THE LOCKER ROOM

- Respect the arrival time given to you.
- Both locker rooms are now mixed, and are identified as A and B
 - Enter the pool area through locker A and leave the pool area through locker B
- **A maximum of 6 users are allowed simultaneously in the locker rooms.**
- **Nudity is not tolerated.**
- Because of disinfection concerns, **showers, lockers and hair dryers** are not accessible. Bring a hat to avoid getting cold when you go back outside.
- **Toilets and sinks** are available in each locker room.
- Signs on the floor show you **where you can change**. You can also use the changing rooms.



IN THE POOL

- Rinse in the shower **directly beside the pool before entering the water.**
- Place your bag containing your personal effects on the place marks near the pool. Take off your mask and place it in your bag.
- Leave the pool at your registered time.
- There will be very few equipment on loan, but the floater vests will be available at all times.

AFTER YOUR SWIM

- You will have **10 minutes** after your swim to change and leave the building, to allow for the disinfection of the premises.
- All users **must leave the building by the nearest emergency exit** at the end of the hallway.

Contact details

Reception

sap@cegepgim.ca

418-368-6939

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ensure the success of this
reopening!
Thank you!

**The team of the aquatic sector
Pavillon des sports Marcel-Bujold**