



SWIMMER WELLNESS & PREPAREDNESS CHECKLIST

If an individual answers YES to any of the questions, they MUST NOT be allowed to participate in the sport.

SWIMMER NAME: _____ DATE: _____

1	Does the person attending the activity, have any of the below symptoms?	CHECK ONE	
		YES	NO
	FEVER		
	COUGH		
	SHORTNESS OF BREATH / DIFFICULTY BREATHING		
	SORE THROAT		
	CHILLS		
	PAINFUL SWALLOWING		
	RUNNY NOSE / NASEL CONGESTION		
	FEELING UNWELL / FATIGUED		
	NAUSEA / VOMITING / DIARRHEA		
	UNEXPLAINED LOSS OF APPETITE		
	LOSS OF SENSE OF TASTE OR SMELL		
	MUSCLE / JOINT ACHES		
	HEADACHE		
	CONJUNCTIVITIS		
2	Have you, or anyone in your household, traveled outside of Canada or Manitoba in the 14 days? Update June 26: MB residents who have traveled to western Canada or northwestern Ontario are exempt if they have not traveled outside of western Canada northwestern Ontario and are not displaying any symptoms of COVID-19.		
3	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of Covid-19?		

If you have answered "YES" to any of the above questions DO NOT participate. Go home and use the [MB COVID-19 Screening Tool](#) to determine if testing is recommended

BEFORE YOU LEAVE HOME

- Complete the Wellness Checklist
- Eat before you come-no food at pool
- Wash hands (20 sec) soap + water
- Wash water bottles with soap+water
- Bring filled water bottle(s)
- Bring thoroughly washed equipment
- Use the washroom at home
- Put on swimsuit/training clothes to limit locker room activity
- Consider bringing mask and Personal hand sanitizer

ARRIVAL

- Meet at the designated location
- Respect physical distancing guideline
- Register your attendance for contact tracing & confirm wellness status
- Wash hands at provided handwash stations
- DO NOT Share water bottles
- Follow traffic flow signs at location

AFTER THE ACTIVITY IS COMPLETE

- No Loitering
- Practice Social distancing in locker room area
- Exit through established exits
- Wash hands at provided handwash stations
- Follow traffic flow signs out of your location
- Respect physical distancing guidelines
- Thoroughly wash water bottles with soap and warm water
- Thoroughly wash clothing and sanitize equipment (e.g. yoga mat)