

KELOWNA DOLPHINS ARTISTIC SWIMMING CLUB FREQUENTLY ASKED QUESTIONS

1. When are my practices?

Competitive Team:

Mondays 6:00-8:00PM; Tuesdays 6:30-8:30PM; Thursdays 6:30-8:30; Sundays 3:00-6:00

Introduction to Competitive

Tuesdays 6:00-8:00PM; Thursdays 6:00-8:00PM

AquaGo!

Sundays 4:00-5:00

Recreational Masters

Saturdays 8:00-9:30AM

2. What time should I arrive at the pool?

Please arrive no earlier than 10 minutes before your practice starts. This is a rule imposed by the YMCA/H2O Centre as part of its COVID-19 safety plan. The complete set of pool rules is included at the end of this document. Our club has access to the changerooms and showers 10 minutes before the club practice time starts. Consider coming to practice wearing your swimsuit to limit your time in the changerooms.

3. Are parents allowed to watch practices?

At this time, because of COVID-19 safety regulations, the YMCA/H2O is not allowing spectators on the pool deck. A swimmer who is 8 years of age or under must be accompanied through the change rooms to the pool by a parent/guardian. However, the parent/guardian cannot stay on the pool deck during practice. We all miss watching our kids swim and we hope this regulation will soon be lifted.

4. I'm a new AquaGo! swimmer—what do I need to bring to the first practice?

We are excited to meet you! Please wear your swimsuit and bring a yoga mat, pool noodle, water bottle, goggles, nose clips, a swim cap, and a towel. If this is your first time in a Dolphins program, we will give you a Dolphins swim cap at your first practice, for you to use and keep. Please ensure your goggles are adjusted to fit before arriving at the pool and that your nose clip is out of the package and ready to go.

5. Are there any other COVID safety guidelines or pool rules I should know about?

As per current COVID-19 public health guidelines, swimmers aged 12 and older must wear a face mask on the pool deck until they are ready to get in the water, and after they get out of the water.

As of September 13, the YMCA/H2O Centre is not requiring proof of vaccination to enter the pool. Proof is needed to access all other fitness spaces. For the most up-to-date YMCA COVID safety information, please see: <https://www.ymcaokanagan.ca/COVID-19>

Our swim club operates independently of the YMCA/H2O. We rent our pool time from the YMCA/H2O. As part of our pool rental agreement, we are given a list of rules that all swimmers, coaches and parents must follow. These rules are on the last page of this document. Parents/guardians, please share and discuss these rules with your swimmer.

6. Why are fees the same every month but the number of practices varies across months?

Swim club fees are used to cover the costs of pool rental, coaches' wages, and registration and insurance with BC Artistic Swimming. We calculate the full cost of your program and divide it by the number of months in your session rather than charging different rates each month. Swim club fees are due on the 1st of each month.



YMCA of Okanagan Association Swim Club Facility Rental Agreement

This document acts as a rental use agreement between the YMCA Okanagan Association (the Y), and community aquatic clubs.

SWIM CLUB COVID INFORMATION + AGREEMENT

- 1.1 Swim Clubs will have access to the changerooms and showers no earlier than 10 minutes prior to their Club practice time.
- 1.2 There is to be no dryland training on deck at this time.
- 1.3 Come ready with your swimsuit on to limit your time in the changerooms.
- 1.4 The use of goggles is encouraged (to avoid mucus contamination) as per the Lifesaving Society's guidelines.
- 1.5 Please ensure you are respecting the 2m (6 feet) physical distancing requirement while at the facility. Ensure you are respectful of staff during questions or conversations.
- 1.6 Shower with soap before entering the pool, if you come on deck dry you will be asked to return to the changeroom to shower.
- 1.7 Where possible shower at home after swimming or limit your shower time to reduce traffic in the change rooms
- 1.8 There will be no seating available for viewing in the facility. We cannot accommodate spectators at this time.
- 1.9 There is no deck storage available at this time, coaches and swimmers must leave with all equipment brought in.
- 1.10 Dry erase sandwich boards may remain on deck so long as coaches disinfect them before and after practice.
- 1.11 Beyond these points listed above the swim clubs are responsible for adhering to the recommendations of their governing body and their return to sport plans and Covid-19 Safety Plan, a copy of which must be submitted to the YMCA prior to first season's practice.