



PARKS, RECREATION
& COMMUNITY SERVICES

Junior Lifeguard Club (JLC) Guidelines for Club Members

General Information

- Please stay home if you are sick. If you need to assess your symptoms, please call 8-1-1 or use the BC COVID-19 Self-Assessment tool.
- Physical distancing is not optional. Patrons must stay 6-feet or 2 metres apart from one another and staff, with the exception of club members who are “bubble buddies” in the club.
- Masks and face coverings that cover your nose and mouth are not allowed to be worn while you are in the water.

Getting Ready For Your Session

- Please come “swim ready”: dressed in your swimsuit, as this will assist us in getting you to your club on time.
- Due to occupancy limitations, change rooms capacities are significantly reduced. For this reason, change room times are limited as you enter and exit the pool.
- Bring your own water bottle. Water fountains on the pool deck are not available.
- Lockers will not be available at this time. We encourage patrons to keep personal items at a minimum. Participants will have access to on deck cubbies to store personal items.
- All family members and friends are asked to wait outside of the pool and deck area due to occupancy limitations.
- Due to limited deck space and occupancy limitations, swim participants can only enter the pool area 15 minutes prior to their club start time. There is no waiting area available on deck.

Arriving At the Centre

- Please enter the facility by the front (main) entrance no more than 15 minutes prior to your club time.

- A limited number of patrons will be permitted to use the change rooms at a time. Staff will start directing registrations into the change rooms 15 minutes prior to the start of the club time.

During Your Pool Visit

- Everyone must wash hands when entering the pool area with soap and water for at least 20 seconds and have a quick, cleansing shower before using the pool.
- Patrons in need of physical assistance should receive help from a family member.
- Drop in swimming will not be available before or after the club.
- **The Junior Lifeguard Club is limited to the Lap Pool and surrounding deck area only.** The Leisure Pool, Tots Pool, Hot Tub, Sauna, and Steam Room will not be available before, during, or after club time.
- Do not spit or blow your nose in the water.

Changes to the Junior Lifeguard Program

- All JLC Coaches will now teach from the edge of the pool deck with the exception of in-water demonstrations.
- Many of the items taught in JLC involve a rescuer and a victim. At the time of registration, club participants will be required to identify another registrant who is already in their “bubble.” This way, club members and their “bubble buddy” will be able to perform contact rescues and skills on that individual only. Bubble buddies will be asked to come in direct contact with each other.
- Each session will be 1 hour and 30 minutes long.
- In order to reduce contact between staff and patrons, waterlogs (report cards) will not be provided at this time. Parents will be given verbal information and Saanich will retain report card information in ActiveNet for future reference.
- Depending on the certification level the participant is in within the club, formal certifications through the Lifesaving Society may not be possible. Parents are encouraged to use the club as a skill based learning opportunity for their child or youth at this time.

After Your Session

- Change room times will be limited to a quick rinse and change only. All personal grooming must be done at home.
- Participants will have 15 minutes after their club time to move through the change room and exit the facility.