



User Rules for the BMO Financial Group Aquatic Centre

What do our patrons need to know when they come to use the Aquatic Centre at the LCLC?

- Please shower before your visit to rinse hair or body products with scents that will contaminate the pool.
- ALWAYS check in with guest service. Even our reinstated members need to be recorded for contact tracing purposes.
- Showers will be provided for those who wish to rinse before or after swimming. With limited facilities available we ask that you limit shower time.
- Lockers are not available to anyone. ALL personal belongings will accompany the swimmer to the pool deck seating area. Please leave valuables at home or locked in your car.
- Therapy pool is not open.
- Play pool is not open.

Lane Swimming

- All lane swimmers will enter the pool through the family changeroom and exit through the gendered changerooms (one-way traffic).
- The pool will be divided into 3 double lane sections and swimmers will circle swim clockwise.
- When resting please move to the corner of the lane and face the pool deck.
- Lanes will be marked for Slow, Medium and Fast swimmers.
- Max capacity is 4 swimmers per double lane.
- If at capacity and there are swimmers waiting to enter the pool, please limit continuous swim time to 45 minutes.
- Please move quickly through the changerooms.

Aqua Fitness:

- Changerooms will be open to AquaFit participants 20 minutes before the class starts.
- Maintain social distancing for the entirety of your visit.
- After the class, the showers will be in demand for rinsing, please limit shower times as much as possible