



## Procedures at Allandale Recreation Centre Pool

1. Athletes are to arrive no earlier than 5 minutes prior to the start of their training session to limit congregating and ensure physical distancing. Athletes will line up 2m apart, outside the facility until they are ushered in. Those practicing in the morning, must arrive in bathing suits.

When arriving for practice directly from school and the athlete needs to change into their bathing suit, you may change in the recreation facility washrooms located in the lobby.

2. Upon entering training facilities:
  - (a) Be wearing a mask or face covering at all times except when participating in in-water training sessions
  - (b) Perform routine hand hygiene with hand sanitizer for a minimum of 20 seconds upon entering the building
  - (c) Follow the principles of *"Arrive - Train - Depart"*
3. BTSC staff will complete attendance logs for each training session. BTSC staff will be wearing a face shield and mask at ALL times when inside the building.
4. Adhere to strict physical distancing measures. Athletes and coaches shall remain a minimum of 2m apart when entering and exiting recreation facilities, while on deck and in the water.
5. No BTSC athletes will attend a training session if they feel unwell, or exhibit even mild symptoms of cold/flu.
6. Athletes, coaches and staff must answer '**NO**' to all of the following question prior to attending any training session at a City of Barrie facility:
  - (a) Do you have any symptoms of: cough, shortness of breath, chest pain, difficulty breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose (not related to allergies), new loss of taste or smell, gastrointestinal illness?
  - (b) Have you been in contact with or cared for someone with COVID-19?
  - (c) Have you returned from a trip outside the country within the last two weeks?

\*\* Anyone who responds '**YES**' to any of the above questions will not participate in the training session, return home immediately, and follow up with their primary care provider to consider the appropriateness of further investigations. The athlete or staff member may not return until receiving clearance from the physician, and if a test for COVID-19 was completed, a negative test result will be required.



## Training Protocol for Positive Test:

If any athlete or staff test positive for COVID-19, the following steps must be taken:

- The athlete is removed from the training group immediately.
- Team training will be suspended and all team members are placed in self-isolation
- The local public health authority will provide further management recommendations which may include further test and arrange for contact tracing.
- Contact Swim Ontario with the name and SNC # of the swimmer/s who tested positive.
- Any further team members who develop symptoms will be referred to the appropriate public health authority or help-line for guidance on testing and appropriate management
- Team training could resume if:

All team members undergo self-isolation for 14 days and no other member has developed symptoms.

All team members are cleared to return to group training by their primary care provider in accordance with Provincial guidelines.

- (d) Athletes will enter Allandale Rec Center via the main entrance and be escorted by a coach to the lobby after answering the COVID questions, they will proceed to the viewing entrance where they will leave their outdoor footwear and put on deck shoes. Then proceed to your designated chair where you will leave your belongings. Activation will take place in front of your chair as per Swim Ontario guidelines. Follow the instructions of your coach.
- (e) Athletes will then proceed to the changeroom with soap/body wash, where they will shower before entering the pool, three (3) in each the boy's and girl's at a time. A distance of 2m between athletes is in place during this process. Following the shower, athletes proceed to their lane. City of Barrie washrooms are available for urgent use.
- (f) BTSC coaching staff will communicate in advance planned workouts. On deck white boards will not be used at this time and athletes may print their workout and bring to the training session if required.
- (g) During training sessions:
  - (a) Athletes **MUST** remain 2m apart while in the water at **ALL** times. Do not pause on lane ropes to chat with your lane neighbour.
  - (b) Do not share any equipment
  - (c) Do not share any water bottles



- (h) Upon completion of the training session, athletes will exit the water in a staggered method to ensure physical distancing. Athletes will put their masks back on and wear them until they leave the building.
- (i) Athletes will proceed to the family change room where they change in cubicles, quickly. (Please use the cubicle # that corresponds to the chair #.) Everyone must be out of the changeroom within 15 minutes from the end of practice. Athletes are to refrain from touching surfaces in the facility as much as possible while maintaining 2m distance from each other.
- (j) Each BTSC coach and athlete will perform hand hygiene upon exiting City of Barrie facilities and return home to shower and change.
- (k) BTSC athletes are to clean their training equipment once returning home

Parents may drop-off and pick-up athletes at the front door, no one is allowed to sit in the viewing area.