



## RETURN TO SWIMMING GUIDELINES GENERAL GUIDELINES VERSION 3.0 – June 29, 2020

The Cambridge Aquajets has established a Return to Sport Committee that reports to the Board of Directors and consists of:

Belinda Kemp, Club President  
Ron Campbell, Head Coach  
Dr. Donna Allen (MD, CCFP, FCFP)  
Darren Richer, Club Officials Chair

This guide has been established following Swimming Canada's Return to Sport guide, Swim Ontario's COVID-19 Policies and Procedures and the Life Saving Society's Guide to Re-Opening Pools and Waterfronts. This is Cambridge Aquajet's specific implementation for its members in the City of Cambridge's pools. See Appendix A for a full set of references.

The Cambridge Aquajets will follow a multi-stage return to sport plan. Phase 1 of this plan establishes procedures and expectations for all stakeholders for the resumption of swimming practices for our members. Competitions of any type are specifically excluded from Phase 1 activities and will only be integrated into future stages with further direction from governing sports bodies and provincial/local government and health guidelines.

1. Stage 1 of Return to Swimming will involve ONLY those swimmers registered as National, Youth, Senior or Junior in 2019-20, swimmers identified for those groups in 2020-21, and any CAJ-affiliated varsity swimmers who CAJ allows to participate. The reasons for this limited return to swimming position are:
  - a. Time will be required to work through the myriad of comprehensive logistical protocols in a controlled and responsible fashion — we feel it will be prudent to start this process with a smaller number of athletes, to keep facility usage low, better manage operations and provide a good foundation with the City of Cambridge and the Waterloo Region Public Health Unit.
  - b. We feel older and more experienced senior athletes are better capable of following strict guidelines around hygiene, physical distancing and other regulations than would younger swimmers, and safety for our members is our primary objective
  - c. Younger swimmers are better able to return to optimal training more quickly than senior swimmers. There is no need to rush our younger swimmers back to training — they can enjoy regular (and permissible) summer activities, which hopefully would include swimming in some capacity (cottage, lake, backyard pool, public swim). They are far less likely to lose either their enthusiasm or their base fitness and skill levels than older, senior swimmers.
2. Everything included in this document and supporting guides have been approved by the CAJ Board of Directors, with the understanding that, in the event of a discrepancy between this document and the rules and regulations stipulated by local health authorities and/or City of Cambridge, the latter will supersede anything contained herein
3. There is no timeline set for Stage 2 Return to Swimming. The safety and effectiveness of Stage 1 protocols will be evaluated by the Club's Return to Sport Committee before determining a Stage 2 Return to Swimming and what elements comprise Stage 2.
4. All practices in Stage 1 Return to Swimming will take place at John Dolson and Ed Newland Pools.



**RETURN TO SWIMMING GUIDELINES  
GENERAL GUIDELINES  
VERSION 3.0 – June 29, 2020**

5. One swim group and coach will train at Dolson. Another completely different swim group and coach will train at Ed Newland.
6. Per Swim Canada recommendations, coaches will not be required to undergo COVID-19 testing before a Return to Swimming, unless experiencing or displaying COVID-19 symptoms.
7. Masks will be worn in accordance with the swimmer/parent and coach/support staff guidelines.
8. Coaches will be assigned to one practice group only — they will not coach multiple groups
9. All CAJ Families participating in Stage 1 Return to Swimming will be required to complete the Swimming Canada/Swim Ontario Forms [Acknowledgement & Assumption of Risk](#) and [COVID-19 Attestation and Agreement](#). Participating families will forward copies of the completed for to the Club Registrar ([cajregistrar@gmail.com](mailto:cajregistrar@gmail.com)) to be kept on file..
10. Participation in Stage 1 Return to Swimming is strictly voluntary. There is no penalty for non-attendance. Practice attendance will be tracked for reference in the event of a positive COVID test. We do ask, however, that the primary coach be notified if a swimmer will not be attending practice.
11. Facility drop-off (entrance) and pick-up (exit) points will be at the City of Cambridge's discretion.
12. The facility will be cleaned as necessary following each practice by the City of Cambridge. Swimmers and Coaches will be responsible for incidental cleaning not covered by the City.
13. There will be NO equipment storage at any facility. What swimmers bring with them to the pool is what they will take home with them and should be thoroughly cleaned after each practice.
14. Any swimmer not strictly adhering to guidelines as published will be removed from the practice, and considered for further disciplinary measures
15. Training pods consisting of 12 swimmers of similar abilities (or swimmers from the same family) have been created. These training pods will always swim together. In Stage One Return to Swimming, there will be no interaction between training pods. Depending on determined acceptable "gathering" size, a practice may have 12 swimmers only (1 pod, 4 swimmers per 2 lanes), Details on a swimmer's training pod will be communicated in as timely a manner as possible.
16. Only those swimmers registered with CAJ in 2019-2020 season who have been residing in the Cambridge area since March 13 will be permitted to participate in Stage 1 Return to Swimming
17. The practice schedule will be designed to safeguard:
  - a. All Safe Sport regulations, with specific attention to maintaining "Open & Observable" environments at all times
  - b. appropriate physical distancing at ALL times both on the pool deck and in the water
  - c. a minimum of interaction between training pods
  - d. a minimum of interaction between swimmers in the same training pod, i.e., swimmers will have a lane assignment. Any changes to the lane assignment will be communicated by the coach.



**RETURN TO SWIMMING GUIDELINES  
GENERAL GUIDELINES  
VERSION 3.0 – June 29, 2020**

- e. families with multiple swimmers of similar abilities may be assigned a "family" lane within their training pod with higher swimmer density than other lanes in the same practice.
  - f. The training to be undertaken during Stage 1 will be of low intensity with a high focus on technique, and 1 hour in duration. There may be a gradual increase in training frequency and/or duration during Stage 1, at the discretion of the coaches
  - g. ultimately, the number of swimmers allowed in each practice, and each lane within each practice, will be informed by decisions from the appropriate health authorities in conjunction, the City of Cambridge Aquatics Department, Swim Ontario and Swimming Canada.
18. To ensure the health and safety of our entire membership we ask that everyone (swimmers, parents and other family members) continue to practice responsible physical distancing and observe all health authority guidelines AWAY from the pool (very important).
19. In the event that someone who has returned to swimming registers a positive COVID-19 test:
- a. they will be required to notify their primary care provider and coach immediately
  - b. those swimmers in the same training pod as the infected swimmer will be expected to self-quarantine for 14 days or provide proof of a negative test result
  - c. a positive test result from a swimmer may result in the suspension of further Stage 1 practices for everyone in that pod, dependent on contact tracing information.
  - d. The club will adjust these actions based on feedback from public health for each case should it arise.
  - e. In all cases, any swimmer(s) removed will require clearance from their primary care physician for return to play inclusive of a negative COVID-19 test.
20. The club is required to report on any swimmer who tests positive for COVID-19 or is presumptive positive to its governing bodies and insurance carrier(s) through the Swim Ontario incident report.
21. Swimmers will be required to submit a health survey via Google Forms to identify any illness or activity that would exclude the swimmer from participating in practice. This also serves as the practice record for contact tracing.
22. For the remainder of the 2019/2020 season any parent volunteer(s) must be registered officials with Swim Ontario.



**RETURN TO SWIMMING GUIDELINES  
GENERAL GUIDELINES  
VERSION 3.0 – June 29, 2020**

**Appendix A – References**

Swimming Canada's Return to Swimming Framework

<https://www.swimming.ca/content/uploads/2020/05/Return-to-Swimming-Resource-Documents-From-Swimming-Canada-V1-05292020.pdf>

Swim Ontario's Return to Operations Memo (June 19, 2020)

<http://swimontario.com/uploads/ReturnOperationsMemoJune19.pdf>

Lifesaving Society's Guide to Re-opening Pools and Waterfronts

[https://www.lifesavingsociety.com/media/324917/98guide\\_reopening%20pools\\_waterfronts\\_final%20-%20june%202020.pdf](https://www.lifesavingsociety.com/media/324917/98guide_reopening%20pools_waterfronts_final%20-%20june%202020.pdf)

Swim Ontario COVID-19 Page

[http://swimontario.com/news\\_detail.php?id=3408](http://swimontario.com/news_detail.php?id=3408)

Swimming Canada COVID-19 Page

<https://www.swimming.ca/en/resource-hub/>



**RETURN TO SWIMMING GUIDELINES  
GENERAL GUIDELINES  
VERSION 3.0 – June 29, 2020**

Screening will be done online through Google Forms for each swimmer prior to practice.

<b>Daily Health Monitoring</b>		
If an individual answer <b>yes</b> to any of the questions, they <b>must not</b> be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.		
<b>Does the person attending the activity, have any of the below symptoms:</b>	<b>Circle One</b>	
Fever	YES	NO
Cough	YES	NO
Shortness of Breath / Difficulty Breathing	YES	NO
Sore throat	YES	NO
Chills	YES	NO
Painful swallowing	YES	NO
Runny Nose / Nasal Congestion	YES	NO
Feeling unwell / Fatigued	YES	NO
Nausea / Vomiting / Diarrhea	YES	NO
Unexplained loss of appetite	YES	NO
Loss of sense of taste or smell	YES	NO
Muscle/ Joint aches	YES	NO
Headache	YES	NO
Red/irritated eyes	YES	NO
Any new rashes especially on hands or feet?	YES	NO
Have you, or anyone in your household, travelled outside of Canada in the last 14 days?	YES	NO
Have you or your children attending the program had close unprotected* contact (face-to-face contact within 2 metres/6 feet) with someone who is ill with cough and/or fever?	YES	NO
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?	YES	NO