



AURORA
DUCKS
SWIMMING

AURORA DUCKS SWIMMING RETURN TO RACING SAFETY PLAN

Stronach Aurora Recreation Complex, Aurora

Meet Date:

November 13, 2021

4:30pm to 7:30pm

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1. Return to Swimming Update

- Ducks Swim Club started training on September 21, 2021, for the 2021/2022 season.
- SARC Pool currently allows 8 swimmers per lane for a maximum of 64 swimmers.
- SARC Pool currently allows swimmers and 20 coaches/officials/volunteers on deck.

2. Meet Management Committee

- COVID Safety Coordinator: Ximena Pagiamtzis
- Meet Manager: Ximena Pagiamtzis
- Competition Coordinator: Richard Chan
- Officials Coordinator: Ximena Pagiamtzis

3. Program Requirements

- All swimmers/officials must complete the following forms via their Swimming Canada registration system account for the 2021-22 season and be fully registered:
 - Acknowledgement and Assumption of Risk;
 - COVID-19 Attestation;
 - Rowan's Law requirements
- All coaches must complete the following forms via their CSCA account for the 2021-2022 season and be fully registered:
 - Acknowledgement and Assumption of Risk;
 - COVID-19 Attestation;
 - Rowan's Law requirements
 - Offence Declaration

4. Screening Protocols

- The **Self-Screening Protocol** and **Positive Test Protocol** are in place to try to decrease the likelihood of spreading infection by encouraging sick or symptomatic participants (swimmers, coaches, officials, volunteers) to stay home and monitor their health.
- Each Public Health Unit (PHU) has the discretion to return part of the cohorts based on vaccination status, prior positive status of cohort members and a risk assessment of the outbreak.
- Ducks Swim Club follows all published Ontario Health screening guidelines.

5. Before the Meet

- **Participants shall not attend the activity if they:**
 - Are currently diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
 - Have been notified by a PHU that they may have been exposed to COVID-19 and told to self-isolate
 - Have been told by a doctor, health care provider, or public health unit to self-isolate
 - **do not pass self-screening**
- All meet participants (Swimmers, Officials, Coaches, Volunteers) must complete a screening before attending the meet
 - Screening for the meet can be found at: [Online Covid Screening - Participants](#)

- Anyone who does not pass screening may not attend the meet and should follow provincial guidelines (self-isolate, call their health care provider or Telehealth Ontario and take the [COVID Self-Assessment](#)). Further investigations may include a test for COVID-19. If home isolation is required, all PHU instructions must be followed. The participant may not return until they pass screening.

Screening Questions - **Regardless of one's personal vaccination status**

1. The participant does not have any of the following new or worsening symptoms or signs (symptoms should not be chronic or related to other known causes or conditions):
 - a. Fever or chills
 - b. Difficulty breathing or shortness of breath
 - c. Cough
 - d. Decrease or loss of smell or taste
 - e. Nausea, vomiting, diarrhea, abdominal pain
 - f. Headache that's unusual or long lasting
 - g. Not feeling well, extreme tiredness, sore muscles
2. No one in the participant's household is currently experiencing any new COVID-19 symptoms and/or waiting for test results after experiencing symptoms and a Public Health Unit authority has told you to self-isolate.
3. Participant is not waiting for direction from a Public Health Authority concerning a possible COVID-19 close contact exposure.
4. Participant has not been deemed a close contact with someone who currently has COVID-19 and a Public Health Unit authority has not told the participant to self-isolate.
5. The participant or someone in participants' households travelled outside the country within the last 14 days and is NOT required by the Canada Public Health Authority to quarantine/isolate.

A participant must 'Agree' to all the above questions before attending the activity.

6. **During the Meet**

All participants should monitor their health during an activity, and if they feel ill or experience signs or symptoms of COVID-19 (even mild) they must leave the activity and contact their medical provider (doctor/nurse practitioner) or their local PHU to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19. If home isolation is required, all PHU instructions must be followed.

Positive COVID-19 Test Protocols

Ducks Swim Club safety Coordinator is responsible for communication with affected parties and organizations and will report a COVID positive case to the **York Region** PHU, Swim Ontario and **SARC Pool** staff.

If a participant tests positive for COVID-19, the following steps will be taken by Ducks Swim Club safety coordinator:

- The participant must be removed from the training group or sanctioned SO activity immediately.
- Report to the **York Region** PHU and **SARC Pool**.
- Follow all directions from public health unit and facility(ies).

- Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements with respect to contact tracing as it relates to managing the spread of the virus. With the understanding that strict safety rules and procedures are in place and adhered to by all participants.
- Report to Swim Ontario by completing the [Incident/Injury Report Online Form](#)
- Individuals identified by Public Health officials cannot return to activities until they are cleared to do so by their PHU in accordance with provincial guidelines.
- The PHU, may, in some regions, determine who/which individuals are considered to be [close contacts](#).
 - All persons who have been deemed to have been in close contact with the individual must follow all public health directions.
 - If the PHU does not provide direction, the club should consult with the facility and determine the next steps for the training group.
 - The facility may request the training group be suspended.
- Any additional participants who develop symptoms will be referred to the appropriate PHU or helpline for guidance on testing and appropriate management.
- **Attendance & Screening Record Keeping:**
 - A Ducks Swim Club Google online form will be used for screening and collecting of contact tracing information.
 - The screening results are automatically collected into a Google Sheet stored online for record purpose accessible by Ducks Swim Club President, Meet Manager and Club Official Chair.

A. Pre-Racing Event (before arrival at facility)

- Officials will be recruited from Ducks volunteers. All communication of recruitment will be handled through email. Ducks COC will coordinate with Competition Coordinator to finalize the Official grid.
- The following officials will put in place on deck during the race: 18 Officials
 - 1 x Comp Coordinator/Mentor/Field of Play
 - 1 x Meet Manager/Safety Coordinator
 - 2 x Safety Marshal
 - 1 x Session Referee
 - 1 x Starter
 - 8 x Inspector of Turns (start end)
 - 4 x Inspector of Turns (turn end)
- All participants shall complete the online screening form prior to entering SARC. Link to the online form will be provided to all participants prior to the meet.
- Individuals who do not pass screening shall contact SARC Safety Coordinator through email or phone.
- Appropriate action will be taken according to the circumstance based on PHU's requirement.
- Competition Coordinator will act as the Ducks safety coordinator's backup
- During recruitment of officials, spare officials will be included and be available on deck in case any officials failed screening.
- An online briefing will be conducted prior to the meet. Coaches, officials, and volunteers shall attend the online briefing.

- The briefing will divide into two sections:
 1. Review of Safety Plan which addresses the following (All participants)
 - Screening protocol prior to the meet
 - Safety protocol during warm up and racing
 - Equipment to bring
 - Facility protocols
 - Entry/Exit plan
 - Change Room/Washroom use
 - On deck traffic flow for all participants (swimmers, coaches, and officials)
 - Meet format and protocol – differences between now and pre-pandemic
 2. Review of meet protocol and swimming rules (Officials only)
 - Equipment for Timing
 - Meet Protocol – social distancing, disinfection protocol
 - Swimming rules
- The online briefing will be recorded for those who cannot make it to the briefing to review before the meet

B. Pre-Racing Event (deck setup & arrival)

- All participants will practice respiratory etiquette, hand hygiene and physical distancing protocols during all activities including when in the rest area.
This includes:
 - Coaches and Officials will wear a non-medical mask at all times (prior to entering the facility, during check in, when in changerooms, when on deck, when exiting the facility).
 - The Referee will use an electronic whistle for signaling.
 - The Starter will keep their mask to give the starting signal for each heat.
 - Swimmers will wear a non-medical mask at all times except when in the water. The mask must be removed prior to the start of their race (mask in Ziploc bag/plastic container). After their race, the mask must be put back on prior to returning to their designated rest area.
- A full log of all officials/volunteers, including contact information, who have worked the session will be maintained by the Meet Manager/Official Coordinator of the meet.
- Ducks Safety Coordinator will manage and enforce SARC's Covid-19 safety protocol. This protocol will be reviewed during the online briefing prior to the meet.
- As usual, coaches must be on deck during the entire meet.
- Ducks swim club will have officials / volunteers / coaches on standby in the case a replacement is required.
- Participants shall arrive and check-in at the MAIN entrance of SARC according to the following schedule:

	Arrival time	Warm- up: 5:00pm – 5:30pm	Race: 5:35pm – 7:30pm
Meet Management (Meet Manager, Comp Coordinator, Safety Coordinator, Volunteer)	4:20pm	On deck at 4:30pm for setup, marking the marshal area. Prepare cleaning supplies	
Senior officials (Referee, Starter)	4:30pm	On deck at 4:45pm to perform deck check prior warm up	
Swimmers/ Coaches	4:35pm	On deck at 4:50pm, ready for warm up to start at 5pm	Swimmers will be marshalled into pool deck. Next 2 heats (16 swimmers) will be on deck. 2M separation to be always adhered to on deck at all times.
Safety Marshal	4:40pm	On deck at 4:50pm for Referee briefing and ready for warm-up to start at 5:00pm	All officials are in position at 5:35pm, ready for session to start on time
Junior officials (IT)	5:00pm	On deck before 5:20pm to obtain cleaning supplies	

- Participants shall wait outside of the main entrance of SARC until their scheduled time to enter the building. They shall always maintain 2m social distancing while waiting to enter the facility.
- Safety Ambassadors from Ducks Swim Club will be positioned outside of the building's main entrance to verify the following from every participant prior to allowing them to enter the building:
 - Completed and pass the Covid-19 screening
 - Meet the Region's mandatory vaccination requirement (12 and older as of November 1st, 2021)
 - Participants shall enter the building and the pool following the below path

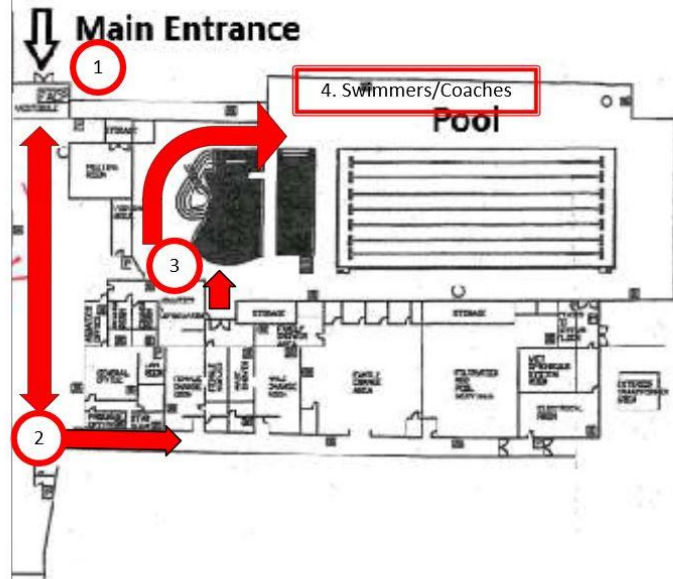
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1. Swimmers/Coaches will be checked in and screened prior enter the Building's main entrance

2. Swimmers/Coaches will proceed to the on the main corridor then turn left into the hallway leads to change rooms for the pool (Family change room will be closed)

3. Once Swimmers and coaches entered the pool deck, they will proceed to go around the baby pool to reach to their designated rest area

4. Designated area for Swimmers and Coaches



- Change rooms: Access to change rooms is permitted. Participants must maintain physical distancing and wear their mask at all times when in the change rooms. Showering is permitted.
- Deck or bleacher changing is not permitted.
- Coaches shall wear a non-medical mask at all times (prior to entering the facility, during check-in, when in changerooms, when on deck, when exiting the facility).
- Swimmers shall wear a non-medical mask at all times except when in the water. The mask may only be removed during warm up and prior to the start of their race (mask to be stored in Ziploc bag/plastic container)
- Additional masks in individual Ziploc bag will be available on deck in the case a replacement is needed
- Building access will be restricted to designated areas only.
- Officials will enter facility as shown below:

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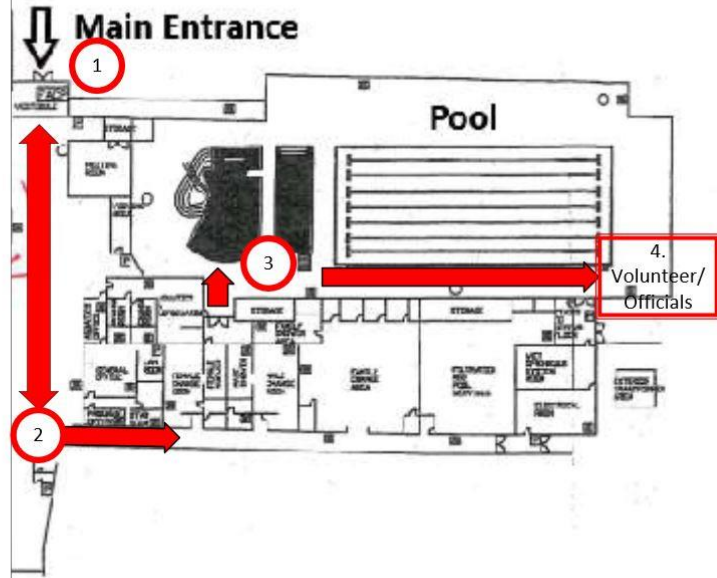
1. Most volunteers and officials will arrive at the pool after the swimmers and coaches

2. Volunteers and officials will be checked in and screened prior enter the Building's main entrance

2. Volunteer and officials will proceed to the building's main corridor then turn left into the hallway leads to change rooms for the pool (Family change room will be closed)

3. Once volunteer and officials entered the pool deck through the change rooms, they will turn right proceed to their designated rest area

4. Designated area for Swimmers and Coaches



- Officials shall dress ready to officiate on deck (IT's Red polo shirt and black pants/skirt and Timers White polo and black pants). Officials are asked to arrive dressed ready to volunteer on the pool deck. Officials may change into their indoor/deck shoes prior entering the pool deck.
- Ducks Swim Club is responsible to setup the manual timing system, touchpads and pluggers before the session starts Depending on system used.
- Session Referee/Starter shall perform deck check after the timing system is setup before the session starts.
- Sanitized wipes/spray shall be used to clean all checked areas after use.
- Final heat sheet will be published online on Ducks web site 2 days before the meet. Changes are not allowed after the publication. Lane(s) with no show will leave as is. No heat sheet will be posted on deck.
- Officials are encouraged to print and bring their own heat sheet and pen/pencil. Limited supply of stationery and heat sheet will be available.
- Officials shall wear a non-medical mask at all times (prior to entering the facility, during check-in, when in changerooms, when on deck, when exiting the facility).

C. Warm-up

- The Swimming Canada Warm-up Procedures will be posted for all to reference during the racing event.
- Only allowed equipment (kick boards, pull buoys, snorkels) will be permitted during warm-up periods.
- A minimum of 1 Safety Marshal will be in place for each warm-up period.
- A certified registered coach must supervise all activities in the warm-up pool (whether one or two).
- The Safety Coordinator will ensure all safety protocols are adhered to during the warm-up periods.
- Maximum of 8 swimmers at each lane with a max of 4 swimmers on one side. Swimmers to always maintain 1m distance in water.
- Lane1, 3, 5, 7 will open for sprinting during the last 10min of the warmup period. All swimmers shall ensure they are separated by 2M while waiting for their turn to dive. Swimmers shall swim

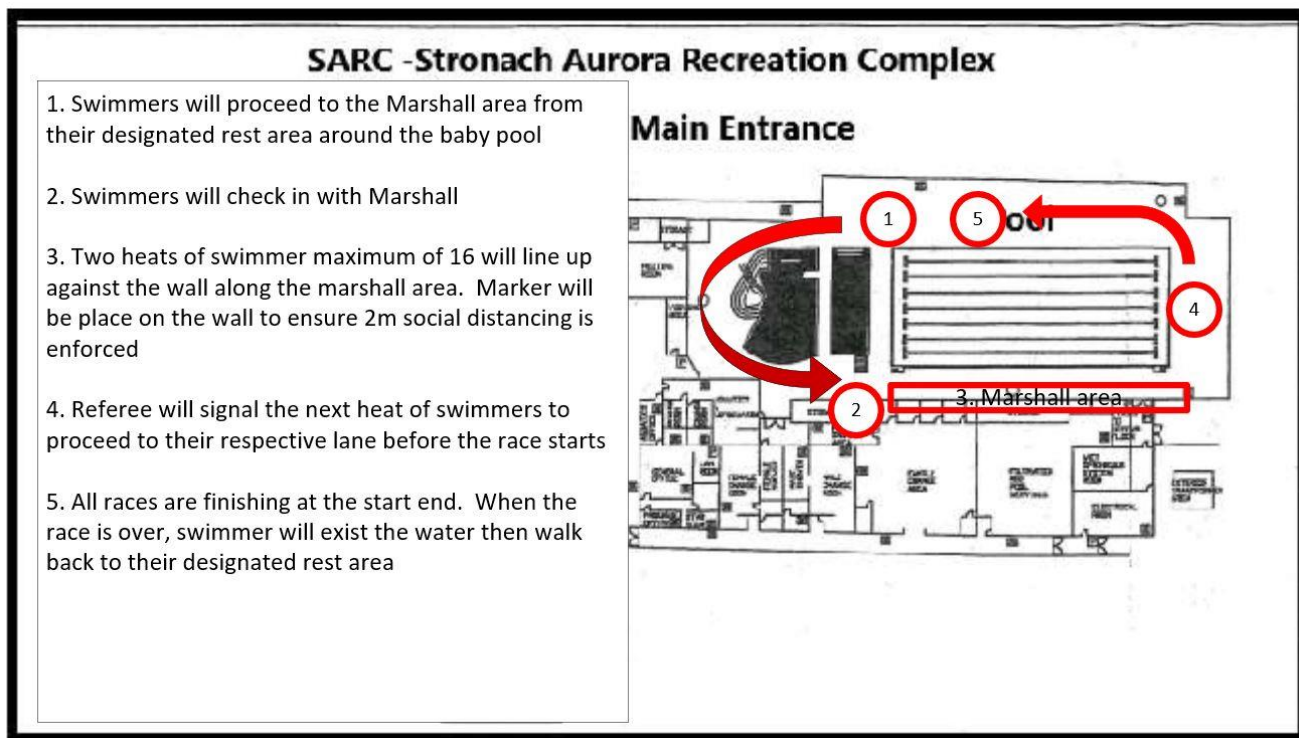
the full 25m to the turn end then return back to the start end from the adjacent lane, .e.g. dive in from lane 1 and return to start end from lane 2. Swimmers can then exit the water at the start end if they choose to or continue their warmup

- Safety Marshal will warn any swimmer who violated warm-up rule. Swimmer's name will also provide to Referee to determine further penalty if necessary.

D. **Racing Event**

- The event information package (meet package) posted on the Swimming Canada events page will be followed, including all Safety Precautions outlined in the Return to Racing Safety Plan. The Safety Coordinator will evaluate the effectiveness of the Return to Racing Safety Plan during/after each sanction.
- Official Splits requests will not be permitted.
- A designated seating area will be designated for swimmers and coaches around the perimeter of the pool to be used during warm-up and during the session.
- Swimmers will then line up against the wall for their turn to race as shown in below diagram. Swimmers must always maintain the 2m physical distancing and mask must be on at all times until they are called to their respective lane for their race.

Please refer to IMAGE below:



- The Referee will use an electronic whistle for signaling.
- The Starter can keep his/her mask to give the starting signal for each heat.
- Referee shall use a long whistle when the heat is ready and two long whistles during backstroke races to signal the swimmers to prepare for the race to start.
- During the race, all Inspector of Turns (IT) at start end will position themselves at the edge of the pool and remain standing until the end of the race. Once they finished judging the final touch by the swimmer at their lane, they shall return to their seat.

- After all ITs have returned and sat down, the Referee shall use two long whistles to signal the swimmers to exit the pool.
- Swimmers shall exit the pool, put on their mask and return to their designated seating area or change room following the path shown in above diagram
- Once all swimmers have left the block giving enough social distance for ITs at start end to clean the following using sanitised spray:
 - Diving block platform
- When all ITs at start end are finished their cleaning task and returned to their chair, Referee shall then signal the next heat of swimmers to move behind the block to prepare for their race.

E. Timelines

- Heat interval of the meet will set to 120 sec to allow adequate time for swimmers to exit the pool and ITs at the start end to perform cleaning task before the next race.
- Heat will proceed with empty lane(s) without any delay. Swimmers who missed their race is considering he/she forfeited their opportunity to race.

F. DQ Protocols

The session referee will be the only official with DQ forms to begin the session.

- The official reporting an infraction will report to the referee at the end of the race for a brief discussion while keeping physically distanced and wearing masks.
- Session shall pause while Referee is discussing the potential DQ with the official
 - If the DQ is accepted by the Referee, the official will complete the DQ Form provided by the referee
 - If the DQ is no accepted by the referee, the official will return to his/her position
- Race shall resume after Referee made the decision of the DQ.
- Meet Management will communicate the DQs to the coach which allow the coach an opportunity to have brief discussion with the referee as needed.

G. Results

- Results will be posted on Ducks web site no later than 48 hours after the meet is finished.

H. Transitions and Breaks

- There will be a 5min break after warm-up before the racing session starts.

I. Participant Requirements

- Participants are required to complete a recorded screening prior to attending the meet.
- Participants who do not feel well (does not pass screening), must stay at home and monitor their health.
- Participants shall arrive at the designated time. Schedule will be published and reviewed during online briefing prior to the meet. Any participant who arrives earlier than expected will not be allowed into the building until their scheduled time.
- Participants are expected to review all safety protocols prior to the meet.
- Participants are recommended to bring their own pre-filled water bottle.
- Participants are required to bring their own non-medical masks (preferably two in case one is soiled).
- Swimmers shall only bring necessary equipment that can use during warm-up.
- Swimmers are expected to review warm-up expectations before arriving at the facility.

- Officials shall dress ready to work at the meet. Please bring a pair of deck shoes to be changed before entering the pool deck.
- There is no penalty to swimmers who missed any of their swim or officials who cannot work at the meet due to health issue.

J. Safe Sport

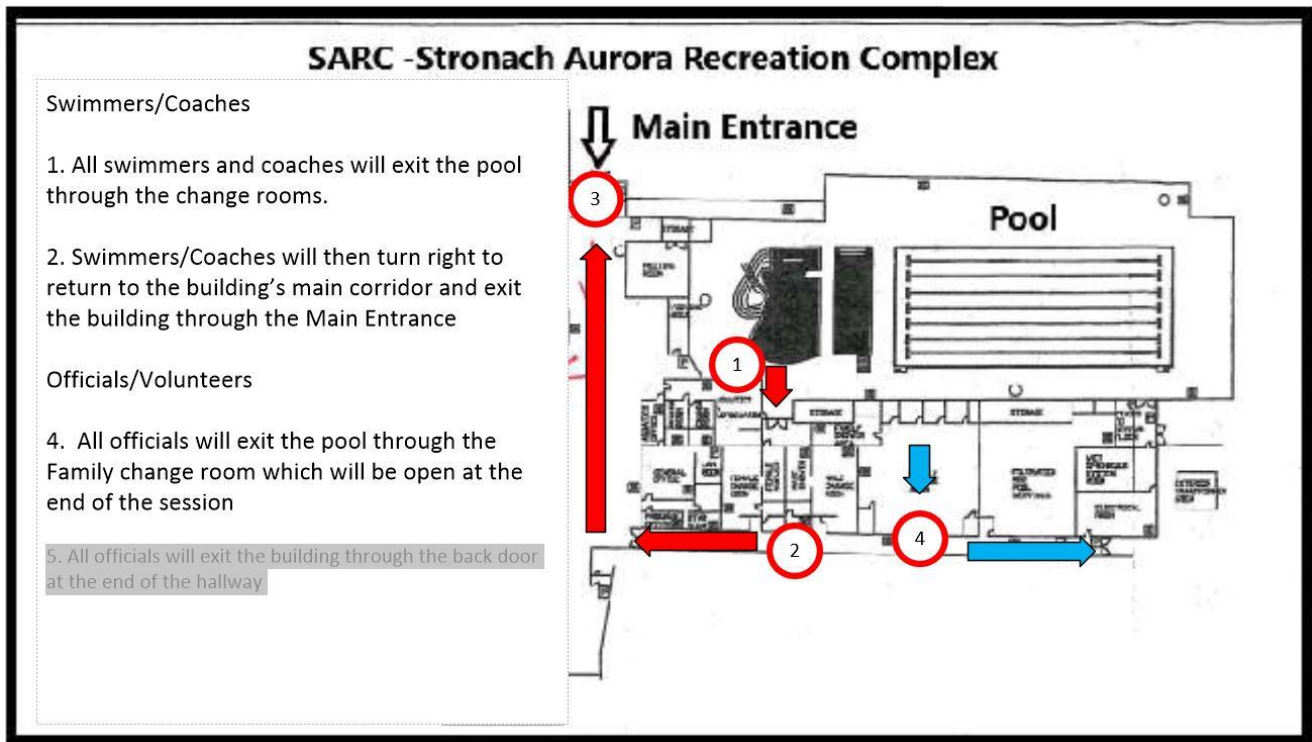
- An Open and observable environment will be maintained at all times. Open and Observable environments will apply to online communication. All forms of electronic communication (email, text, Zoom, Skype, etc.) will never be in the form of a one-on-one interaction and will always be done in a group setting.

K. Disciplinary Action

- If any participant fails to comply with any of the requirements described above, it will be grounds for corrective action up to and including removal from the racing event.
- Parents will be informed of any swimmer infractions by email following the racing event by the club.

L. Pool Exit

- All participants shall exit facility through the main exit:



7. Appendix – SARC Pool Rules

- All participants must enter SARC facility through the Main Entrance for screening and check-in purpose.
- Participants must wear their mask at all times when inside the building. 2m Social distancing shall always maintained.
- Any participant who feels sick during the meet, should report to the Ducks Safety Coordinator.

8. Resource Links

- Swim Ontario
 - [Preparing for a Safe return to Operations](#)
 - [COVID-19 Information Page](#)
 - [Return to Racing Information Page](#)
- Swimming Canada
 - [COVID-19 Resource Hub](#)
- Government of Ontario <https://covid-19.ontario.ca/index.html>