

HHBF Return to Swimming Plan 2021/2022

September 29, 2021

October 21, 2021

November 25, 2021

January 10, 2022

Program Requirements

- All registrants 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 2021-22 season and be fully registered:
 - Acknowledgement and Assumption of Risk;
 - COVID-19 Attestation;
 - Rowan's Law requirements
 - Offence Declaration

Attendance & Screening Record Keeping

- COVID-19 screening will be conducted for all participants daily by HHBF and/or facility prior to the activity.
 - Screening Questions are to be completed using the Town of Halton Hills SimpleTrack with a Green Check mark with date of practice shown to Coach upon entry to facility
 - <https://frm-cvd-ca.esolg.ca/Halton-Hills/Halton-Hills-Screening>
- All Club COVID-19 screening and attendance data for all participants (coaches, swimmers, service providers, volunteers etc.) will be stored in a secure manner for a period of 10 years.
 - screening and attendance data will be kept on Google Drive

Screening & Isolation Protocols

Please follow all published Ontario Health screening guidelines.

Before the Activity*

Swim Ontario defines an **ACTIVITY as any Swim Ontario club approved activity*

Participants shall not attend the activity if they (or someone in their household):

- feels ill or experiencing any of signs or [symptoms of COVID-19](#) (even mild ones)
- have tested positive with a Rapid Antigen test.
- are currently diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- have been notified that they may have been exposed to COVID-19 and must self-isolate based on [Ontario health isolation protocols](#) after exposure
- have been told by a doctor, health care provider, or public health unit to self-isolate

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- do not pass self-screening
- do not pass the Swim Ontario COVID Attestation

Participants must complete a screening before attending an activity

- Age Group Swimmers may use the [Ontario Health School Screening guidelines](#) before attending an activity
- Other Participants (Varsity & Masters swimmers, coaches, officials, volunteers, support staff, etc) may use the [Ontario Health Self-Assessment form](#) before attending an activity.

Anyone who does not pass screening may not attend the activity and should follow provincial guidelines (self-isolate, call their health care provider or Telehealth Ontario). Further investigations may include a test for COVID-19. If home isolation is required, follow all [Ontario Health Isolation Protocols](#). The participant may not return until they pass screening.

During the activity

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 follow all [Ontario Health Isolation Protocols](#) and contact their medical provider (doctor/nurse practitioner) if necessary.. Further investigations may include a test for COVID-19. If home isolation is required, follow all [Ontario Health Isolation Protocols](#). The participant may not return until they pass screening.

COVID-19 Reporting Protocols

All clubs must designate an individual responsible for communication with staff, training groups, facilities, Swim Ontario and other appropriate organizations including PHU, if applicable.

If a participant is presumed to have COVID-19 or tests positive for COVID-19, the following steps must be taken by the Club representative responsible for reporting COVID-19 positive individuals:

- The participant must be removed from the training group or sanctioned SO activity immediately.
- If applicable, report to the local PHU
- Report to the facility(ies)
 - Follow all directions from public health unit and facility(ies)
 - Public health officials, the facility or club 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 [COVID-19 Report Form](#)
- Individuals cannot return to activities until they have completed the self-isolation period as per [Ontario Health Isolation Protocols](#) and pass screening 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.

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- The facility may request the training group be suspended.
- Any additional participants who develop any of the listed symptoms must self-isolate and follow the [Ontario health isolation protocols](#).

Equipment and Coaching Tools

- **Personal equipment** must not be shared (e.g. Snorkels, goggles, water-bottles, drag suits, paddles, Pull Buoys, Kickboards and yoga mats*...etc.)
 - **Each participant is responsible for sanitizing their personal equipment.**
- Any equipment used must be facility-approved prior to use.
- **Coaching tools** – (white-boards, video, etc.,) are now permitted

Mask Usage

- Coaches, Officials, Volunteers, Support Staff (& others not actively engaged in the sporting activity)
 - Must wear their masks at all times in the indoor & outdoor sporting environment
 - 3m physical distancing when indoors
 - 2m physical distancing when outdoors
- Swimmers
 - Masks must be worn in all indoor & outdoor settings until training begins and replaced once the training ends.
 - **Pool**
 - ❖ Swimmers shall remove their mask just prior to entering the water and put them on immediately upon exiting the pool.
 - ❖ 3m Physical distancing is required when in the water during start/stop training periods.
 - ❖ Lane capacity is 4 swimmers per SCM lane and 8 swimmers per LCM lane.
 - **Outdoor In person Activities**
 - ❖ 2m physical distancing is required when masked and 3m physical distancing when no masks are worn during training.
 - **Indoor Dryland (activation or other)**
 - ❖ Swimmers actively engaging in dryland (and on-deck) activities must remain masked at all times and 3m physically distanced.

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Virtual Training- during pool closures

- HHBF will keep activity plans and attendance for all virtual activities on file and have available to Swim Ontario upon request.
- Swim Ontario registered coaches can provide training programs in document form to Swim Ontario registered swimmers [Approved Activity List](#)
- Swim Ontario registered coaches can conduct virtual live training with Swim Ontario registered swimmers subject to the conditions as set out in the endorsement received from the insurer ([HERE](#)).
- HHBF Coaches will advise swimmers that the training is to be done in a safe environment and that swimmers should be reminded to only use equipment in the manner for which it is designed.

Safe Sport

- An Open and observable environment will be maintained at all times.
- At no time will a coach/staff be alone with a single athlete.
- 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.

Disciplinary Action

- There is a fair process in place to ensure compliance with the COVID safety requirements and breaches of these safety procedures will be grounds for corrective action up to and including removal from the session or removal from the program itself.
- Parents must be informed of any swimmer infractions following the practice.

Participant Education

- A COVID Safety Plan is on file and has been approved by the Board of Directors and is shared with all participants, staff and facilities.
- All participants, service providers, volunteers and staff have acknowledged that they have reviewed the COVID Safety Plan.
 - Swim Ontario - http://swimontario.com/news_detail.php?id=3408
 - Swimming Canada - <https://www.swimming.ca/en/resource-hub/>
 - Including [Non-medical Face Mask guidelines](#) from Public Health Ontario
 - Town of Halton Hills- [COVID-19 Information](#)
 - Halton Region- [COVID-19 Information and Guidance](#)
 - Ontario- [COVID-19 in Ontario](#)
- Facility guidelines and responsibilities for coaches, swimmers, etc.

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Training Schedule and Type of Activity

- [Return to Club Operations Safely – version 19.5](#)
- [Swim Ontario Gathering and Lane Capacity Limits](#) (updated January 7, 2022)
- Training programs will not exceed Swim Ontario capacity limits
- A completed [2021-22 Season Return to Swimming Checklist](#) which includes a letter of approval/support for Step 3 programming remains on file with your club and available to Swim Ontario on request.
- A Dive Start certificate from the club has been completed and is on file with Swim Ontario for all pools that are currently being used and will be used for the season.
- All pools and dryland (indoor & outdoor) facilities are named on the club insurance certificate for which a rental agreement is in place.

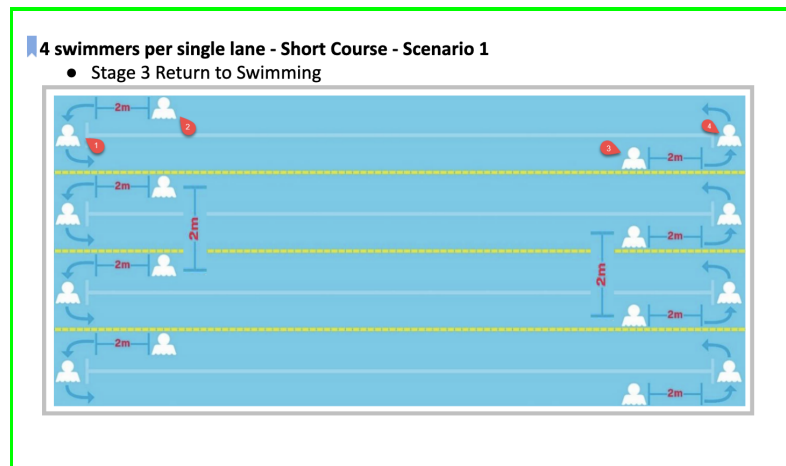
HHBF Tentative Training Schedule 2021-2022

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|-------------------------|-------------------------|-------------|-------------------------|-------------------------|---------------|--------------|
| Intro Comp A | | 4:30-5:30pm | | 4:30-5:30pm | | | |
| Intro Comp B | | 5:45-6:45pm | | | | 9:15-10:15am | |
| Intro Comp C | | | | 5:45-6:45pm | | 10:30-11:30am | |
| Junior White | 5:45-6:45pm | | | | 5:45-6:45pm | | 9:15-11:15am |
| | 6:45-7:45pm DRYLAND* | | | | 6:45-7:45pm DRYLAND* | | |
| Junior Blue | 7:00-8:30pm | 6:00-7:00pm DRYLAND* | | 6:00-7:00pm DRYLAND* | 7:00-8:30pm | | 7:00-9:00am |
| | | 7:00-8:00pm | | 7:00-8:00pm | | | |
| Senior White | 5:30-6:30am | | 5:30-6:30am | | 5:30-6:30am | 7:00-9:00am | |
| | 4:00-5:30pm | | 4:00-5:30pm | | 4:00-5:30pm | | |
| | 5:30-6:30pm DRYLAND* | | | | 5:30-6:30pm DRYLAND* | | |
| Senior Blue | 5:30-6:30am | 5:30-6:30am | 5:30-6:30am | 5:30-6:30am | 5:30-6:30am | 7:00-9:00am | |
| | 4:00-5:30pm | | 4:00-5:30pm | | 4:00-5:30pm | | |
| | 5:30-6:30pm DRYLAND* | | 4:00-5:30pm | | 5:30-6:30pm DRYLAND* | | |
| Masters | | 8:15-9:15pm** | | 8:15-9:15pm** | | | |

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Georgetown Indoor Pool- Swimming

| Group | Coach(es) | Group size | Number per lane |
|------------------|--------------------|------------|-----------------|
| Intro Comp A,B,C | TBD | Max 24 | 4 per lane Max |
| Junior White | Shannon Cunningham | Max 24 | 4 per lane Max |
| Junior Blue | Shannon Cunningham | Max 24 | 4 per lane Max |
| Senior White | Chris Henderson | Max 24 | 4 per lane Max |
| Senior Blue | Chris Henderson | Max 24 | 4 per lane Max |
| Masters | Shannon Cunningham | Max 24 | 4 per lane Max |



Georgetown Indoor Pool- Indoor Dryland

| Group | Coach | Group Size |
|----------------------------|--------------------|-----------------|
| Junior White | Shannon Cunningham | 24 swimmers MAX |
| Junior Blue | Shannon Cunningham | 24 swimmers MAX |
| Senior White & Senior Blue | Chris Henderson | 24 swimmers MAX |

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Appendix – Facility Rules

- All facility rules for both covid and health regulations are on file with the club and are followed.
- **Changerooms**
 - *Non Fully Vaccinated Groups*
 - Maximum 9 male and 9 female in changeroom, maximum capacity set by Town of Halton Hills
 - *Fully Vaccinated Groups*
 - *physical distancing requirements and change room capacities are no longer required*
- Proof of Full Vaccination (14 days since 2nd dose) is required for all participants, coaches, officials and volunteers age 12+ effective Friday November 26, 2021 as per Halton Region Public Health

Resource Links

Swim Ontario

- [Return to Club Operations Safely – version 17](#)
- [Swim Ontario Gathering and Lane Capacity Limits \(updated October 29\)](#)
- [2021-22 Season Return to Swimming Checklist](#)
- [Screening and Positive Test Protocols](#)
- [COVID-19 Information Page](#)

Swimming Canada

- [COVID-19 Resource Hub](#)
- [Multi-Swimmer Single Lane swimming – Club Training](#)

Government of Ontario <https://covid-19.ontario.ca/index.html>