

# HHBF Return to Swimming Plan

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UPDATES- September 4, 2020

UPDATES- September 10, 2020

UPDATES- October 22, 2020

UPDATES- February 25, 2021

UPDATES- March 24, 2021

UPDATES- April 3, 2021

UPDATES- June 11, 2021

UPDATES- June 15, 2021

## Background

- *HHBF took a full stop of all programming on March 21<sup>st</sup>. We have since done some educational webinars for our members on goal setting, strokes and skills etc. No dryland.*

## Committee

- *Chris Henderson (Head Coach), Codru Vulpoi (Club President), Marie Paterson (Club Vice-President), Lynne Geris (Club Treasurer), Tracy Harvey (Club Admin), Jaclyn Neill (Town of Halton Hills Aquatics Representative)*

## Assessment of Risk

- *Answer to the best of your knowledge the following questions as they apply to you – give examples:*
  - a. Will the training be held in a region that has documented active local transmission of COVID-19 (community spread) in the last 14 days? NO. Region of Halton Hills/Georgetown
  - b. Will the training be held in venues/facilities with access by multiple groups? YES. However, we are the only user group at this facility at a given time.
  - c. Will the group include team members relocating from areas outside the training location that have documented active local transmission of COVID-19 (community spread)? YES, We do have some swimmers from outside of our Town (Town of Halton Hills) currently registered for a September start. 4 from Peel Region, 3 from Wellington County, 1 from Toronto and 2 Coaches from Peel Region.
  - d. Will the group include participants (athletes or coaches) at higher risk of severe COVID-19 disease (e.g., people over 65 years of age or people with underlying health conditions)? NO. Our membership is age group athletes. Ages 6-20.
  - e. Is the training considered at higher risk of spread for COVID-19 (where physical distancing cannot be maintained, indirect contact through training equipment etc)? NO. Physical distancing can be maintained in the water.
  - f. Will the training be held indoors? Yes, Georgetown Indoor Pool.

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## Program Requirements

- *(fall return)* All registrants must complete the following forms via their Swimming Canada registration system account for the 2020-21 season and be fully registered:
  - Acknowledgement and Assumption of Risk;
  - COVID-19 Attestation;
  - Rowan's Law requirements
- *(fall return)* All coaches must complete the following forms via their CSCA account for the 2020-21 season and be fully registered:
  - Acknowledgement and Assumption of Risk;
  - COVID-19 Attestation;
  - Rowan's Law requirements
  - Offence Declaration

## Attendance Record Keeping

*How will attendance be maintained?*

- Attendance and screening questions will be taken and asked by the Coach before the swimmer enters the facility.
- Club Admin will confirm Coach attendance and screening questions are completed and done so correctly before entering the facility.
- TeamUnify OnDeck app
- Google Form-with all attendance and screening documents being securely stored together for a period of 10 years.

## Health Monitoring and Communication Procedures

The **Daily Self-Screening Protocol** is in place to try and prevent sick or symptomatic athletes, coaches and/or parents from leaving their homes and decrease the likelihood of spreading infection.

### Before In-Person Training Session

Participants (athlete or staff) shall not attend practice if they:

- have been currently diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- someone in their household has COVID-19 symptoms
- do not pass COVID-19 screening
- have symptoms of COVID-19, even if mild
- have been in contact with a suspected, probable, or confirmed case of COVID-19 in the last 14 days
- have been told by public health that you may have been exposed to COVID-19
- have been told by public health of school to self-isolate

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- have returned from travel outside Canada within the last 14 days
- someone in your household has returned from travel outside Canada in the last 14 days

The following screening questions are to be ascertained before any in-person training:

- Do you or someone in your household have any of the following new or worsening symptoms or signs?  
**Symptoms should not be chronic or related to other known causes or conditions.**
  - Cough
  - Difficulty breathing or shortness of breath
  - Fever or chills
  - Not feeling well, extreme tiredness, sore muscles
  - Headache that's unusual or long lasting
  - Sore throat, trouble swallowing
  - Runny nose/stuffy nose or nasal congestion
  - Decrease or loss of taste or smell
  - Nausea, vomiting, diarrhea, abdominal pain
- In the last 14 days, have you or someone in your household been in close physical contact with someone who currently has COVID-19? This includes getting a COVID Alert exposure notification.
- Have you or someone in your household returned from a trip outside the country within the last 14 days?

**An athlete/coach/staff member must answer 'No' to all the above questions before participating in any in-person training session.**

Anyone who does not pass screening.

If an athlete/coach/staff member answers 'Yes' to any of the above, may not attend the activity and should self-isolate, call their health care provider or Telehealth Ontario. The participant may not return until they pass screening (min. 24 hours) or if the symptom persists or worsens, take the [COVID Self-Assessment](#). Further investigations may include a test for COVID-19. If home isolation is required, all Public Health instructions must be followed.

- Describe how the questions will be administered (google form, email, at the facility before entering, etc.)
  - Club Admin will confirm Coach attendance and screening questions are completed and done so correctly before entering the facility.
  - Coach will screen each athlete prior to admitting to building and maintain attendance records via OnDeck app and Google Form. All attendance and screening documents will be securely stored together for a period of 10 years.  
Parent/guardian must be present for minors (under 18).
- Describe a communication plan if the athlete/coach/staff member answers 'Yes' to any of the above.

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- *Entry will be refused, parent/guardian notified if minor (under 18). Document that the individual had answered “yes”. Individuals will need a medical note clearing them prior to returning.*
- *Describe a communication plan for the workout(s) if a coach answers ‘Yes’ to any of the above (i.e. replacement, cancelled workout, etc.).*
  - *If the coach answers “yes”, a backup coach will be contacted to fill in, if no back up coach is available practice will be cancelled. Parents/athletes will be notified via TeamUnify (email or SMS)*

## **During Training Session**

All athletes and staff should monitor their health during a training session, and if they feel ill or experience signs or symptoms of COVID-19 (even mild) they must leave the training session and contact their medical provider (doctor/nurse practitioner) to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19, which then may lead to the notification of appropriate public health officials regarding a positive test result. Public health officials will determine any requirements related to the facility and/or group operations as well as any requirements around contact tracing as it relates to managing the spread of the virus. 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 before further training is permitted. If home isolation is required, Public Health guidelines must be followed.

## **Training Group Protocol for a Positive COVID-19 Test**

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

- The athlete/staff member 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 testing and arrange for contact tracing.
- Any further team members who develop symptoms will be referred to the appropriate public health authority or helpline for guidance on testing and appropriate management.
- Individuals identified by Public Health officials cannot return to activities until cleared to do so by public health.
- 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 medical provider in accordance with Provincial guidelines.
- Swim Ontario will be notified of any COVID-19 positive test of any participant (athlete, coach, volunteer, staff.....) by completing the [Incident/Injury Report Online Form](#). Requested information will include:
  - a. Gender

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- b. Age
- c. Recent Training Activity (14 days) and/or description of what has been communicated to you by public health and/or facility and next steps.

## Coaches Requirements Training

### Pre-Training

- Coaches will provide athletes with a training schedule that ensures the same group of athletes (training bubble) per session with assigned lanes (lane bubbles). Training groups size will adhere to 4 athletes per double lane until otherwise authorized.
  - *Coaches will host a mandatory 'Zoom' meeting with athletes (and guardians) before training to discuss responsible training behaviour and expectations. The same groups will be maintained (training bubble), lane bubbles will be maintained throughout.*
- Coaches will not use whiteboards/shared surfaces to communicate workouts.
  - *The training schedule/details will indicate arrival time to ensure physical distance.*
  - *Coaches will email copies of workout prior to practice.*
  - *Coaches will communicate the necessary training equipment prior to each session.*
    - **Snorkels will not be used until further notice**
- Club Admin will confirm Coach attendance and screening questions are completed and done so correctly before entering the facility.
- Coaches will take detailed attendance and confirm that athletes have completed mandatory **daily self-screening protocol**.
- Coaches will ensure that there is no penalty for missed practices, making it clear that if an athlete or household member does not feel well, they must stay at home.

### Training

- Coaches will wear appropriate Personal Protective Equipment at all times. In most cases this will minimally mean wearing a non-medical mask and/or face shield.
- Coaches will practice respiratory etiquette, hand hygiene and physical distancing protocols during training, ensuring Open and Observable environments are maintained.

### After Training

- Mandatory transition times of 15 mins will be built in between training groups. Coaches will ensure athletes leave the training environment in a staggered manner in order to maximize physical distancing. Athletes are responsible for their own equipment not coaches.
- Once athletes have left the Training environment, coaches will exit immediately and use good hand hygiene practices (hand sanitizer) following the facility guidelines.
- Coaches will evaluate the effectiveness of the Return to Training Plan daily.

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## Swimmer Requirements

### Pre-Training

- Communication plans with families/ athletes via On-line video platform
- How will workouts be explained – host introductory on-line video information session for parents and athletes. Regular emails sent out by coaches outlining training plans and schedules.
- Athletes will arrive at designated time for each training session. Do not arrive any earlier than necessary.
  - Activation should be completed before entering the facility, either at home or outside of the facility. If activation is completed on site, outside of the facility, athletes must ensure physical distancing practices are in place and that they are in groups no larger than 10.
  - Athletes will complete the **daily self-screening protocol** before entering the training environment.
  - Athletes will not use changing rooms and must arrive beach ready (training suit on).
  - Athletes must shower at home before and after their training.
  - Athletes will only bring training equipment that is required.
  - Athletes are required to bring their own pre-filled water bottle.
- Athletes are expected to have reviewed workout expectations before arriving at the pool.
- Athletes will place bags **3M** apart in designated areas.

### Training

- Athletes shall maintain physical distancing at all times while in the pool. This means circle swimming on top of the lane line.
- Athletes will start/stop training sets at opposite ends of the pool, ensuring physical distancing is maintained at all times.
- Athletes will maintain same lane grouping at all times.
- Athletes will maintain appropriate distance from each other at all times while in the pool.

### After Training

- Athletes are not permitted to leave equipment at the pool.
- Athletes will clean their equipment with disinfectant pre and post training session.
- Athletes will leave the pool immediately after training, ensuring that physical distancing is maintained at all times.
- Athletes will attend all pre & post training video calls to evaluate the Return to Training Plan and safety procedures. Athletes are encouraged to clarify all aspects of the Return to Training Plan to ensure their safety and the safety of other athletes.

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## 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.

- *The training session will be cancelled if less than minimum 3 people*
- *Additional staff will be arranged to ensure a minimum of 2 coaches*

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

- *If any swimmer (or parent) fails to comply with any of the requirements described above, it will be grounds for corrective action up to and including removal from the session or removal from the program itself.*
- *Parents will be informed of any swimmer infractions by email following the practice.*

## Participant Education

### Coach/Staff Education

- Dry run without athletes
- Review latest guidelines and directives from:
  - Swim Ontario - [http://swimontario.com/news\\_detail.php?id=3408](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
  - Halton Public Health
- <https://www.halton.ca/For-Residents/New-Coronavirus>
- Facility guidelines for coaches have responsibilities

### Athlete and Parent Education Plan

- Prior to Resuming Training (can be done via zoom or email):

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- Email will be sent to all current competitive families to include:
  - Program description (including what it is, location, days/times, who can attend...),
  - Registration process,
  - arrival/departure & organization information,
  - Health Monitoring process/questions including reporting requirements,
  - Implications of not following rules (disciplinary actions),

## Phase in Training Schedule and Type of Activity

- Describe each type of training that will be involved, location, facility, schedules, group size, number of swimmers per double lane, coaches
- How you will be phasing in pool activities
  - *S.O. is looking for a safe and graduated upscaling of programming, within limits, after periods of careful reflection and evaluation, which will primarily be based on the successful implementation of physical distancing measures, as well as the safety and hygiene protocols outlined in your plan while adhering to the provincial/local authorities, Swimming Canada, and/or Swim Ontario requirements of the day .*
  - **(fall RTS)** beginning with a maximum of 4 swimmers per double lane and progress to 8 swimmers per double lane through an evaluation period of at least 1 to 2 weeks to ensure all safeguards can be maintained with each group.
- Incorporate transition times into the schedule
- A single extra lane rope, during SENIOR WHITE training only to aid our para swimmer
- Single Lane Swimming Transition to 6 Single Lanes
  - Junior White, Junior Blue, Senior White, Senior Blue groups only
  - When there is 12 swimmers, each swimmer will get their own end of a lane
  - If there is more than 12 swimmers, then 3 athletes will be in one lane
    - one starts/stops in the deep end
    - one starts/stops in shallow end
    - one starts/stops around the yellow rope

## Appendix - Facility (Georgetown Indoor Pool) Rules

### Parking:

- The Georgetown Indoor Pool is attached to the Georgetown District High School but has its own entrance that is not shared with the school.
- Adequate parking is available on site so that families can drop athletes off and pick them up after practice.

### Arrival procedures:

- The Georgetown Indoor Pool is a single use facility. The Blue Fins are the only organization in the building during their swim practices. On days when multiple groups rent the facility, permit times will be spaced to ensure there no overlap between groups

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- Spectators are not permitted in the pool
- Swimmers must wear a mask at all times in the facility, except when in the water
- Swimmers will complete a screening process when they arrive at the pool to confirm they do not have any common symptoms or risk factors for COVID-19
- Town of Halton Hills staff will track the name and contact information of everyone who enters the facility on any given day in order to support proper contact tracing
- Swimmers will enter through the facility's main door and move straight to the changerooms. Change Room capacities will be reduced to ensure physical distancing can be maintained.

## Entry point:

- Swimmers will enter the pool deck area via the changeroom.

## What to do before getting into the pool:

- Swimmers will bring all personal belongings onto the pool deck with them. Belongings will be stored on deck in a demarcated area designed to maintain physical distancing
- Swimmers will maintain physical distancing on deck, and keep their masks in place until directed by their coach to remove it and enter the water

## Pool / facility etiquette:

- No spitting or physical contact between swimmers
- Maintain physical distancing at all times, and wear a mask whenever possible
- Swimmers are encouraged to bring their own equipment to practice. Anything borrowed from the facility will be sanitized before being recirculated
- Swimmers should wear goggles. Snorkels are not permitted
- Maintain distance between yourself and the other swimmers in your lane, including when you stop at the wall
- Bring your own pre-filled water bottle
- Avoid unnecessary contact with pool fixtures or other items.
  - Town of Halton Hills staff will perform hourly touch point cleaning, including pool ladders, shower buttons and other commonly touched surfaces

## What to do if you are sick:

- In an instance where an athlete develops COVID-19 symptoms, they will be directed to follow guidelines provided by the Halton Public Health department <https://www.halton.ca/For-Residents/New-Coronavirus>
- The athlete will be asked to isolate at home, along with all members of their household
- The athlete or their parent / guardian should call [905-203-7963](tel:905-203-7963) to book an appointment at a Halton Healthcare Assessment Centre to get tested for COVID-19
- In case of a positive test result, follow direction from Halton Public Health
- If required, the Town of Halton Hills will provide the Halton Public Health department will all required data to support contact tracing

## Exit procedures:

- As soon as practice is over, swimmers should put their masks back on
- When weather permits, swimmers are encouraged to towel dry and exit the facility directly to the parking lot through the on deck facility exit
- Alternatively, swimmers can move into the changeroom to change their clothes, then proceed to the facility's main exit

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- In this instance, transition times will be scheduled between groups to avoid having too many swimmers in the changeroom at one time

## Resource Links

Swim Ontario

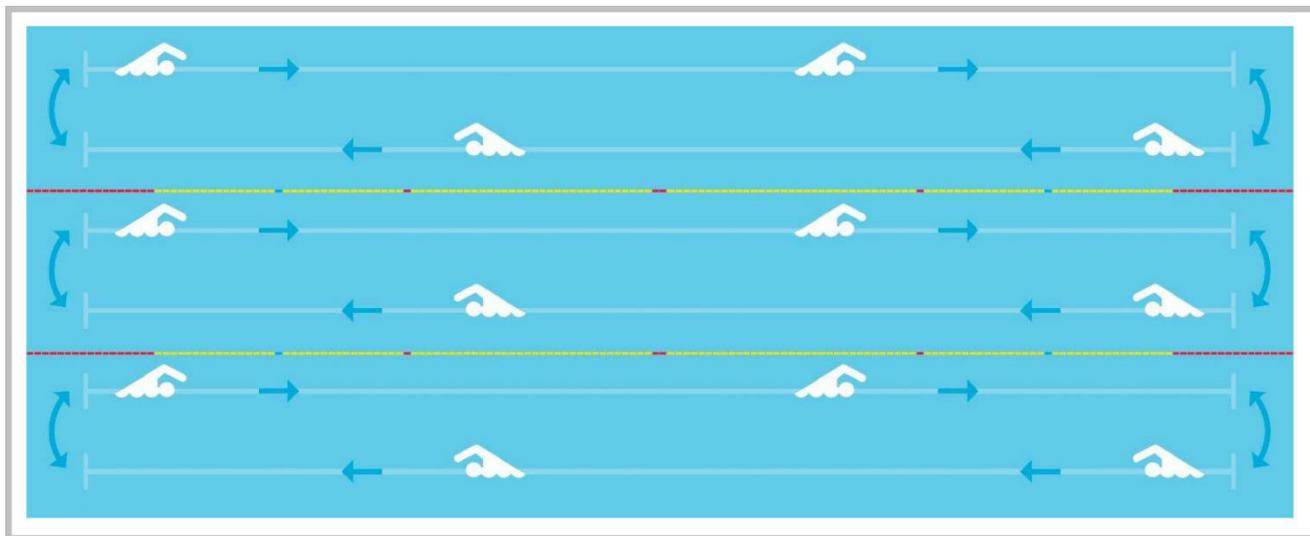
[Preparing for a Safe return to Operations  
COVID-19 Information Page](#)

Swimming Canada

[Swimming Canada – Return to Swimming Resource Document  
COVID-19 Resource Hub](#)

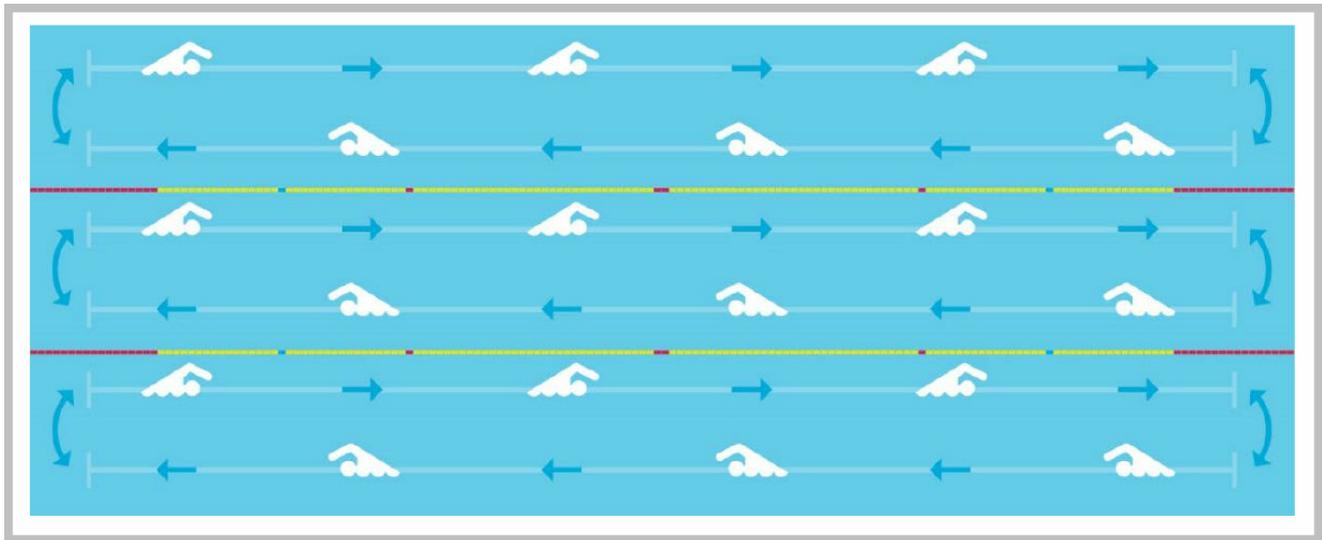
Government of Ontario <https://covid-19.ontario.ca/index.html>

## Graphics



# HHBF Return to Swimming Plan

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**Letter of Support** - return to training



To Whom It May Concern;

I am providing this letter as a statement of support for the Halton Hills Blue Fins and their Return to Sport plan. I have reviewed the plan and discussed the details with representatives from the club.

Town of Halton Hills staff is committed to working with the Blue Fins to ensure the plan is applied appropriately and swimmers return to a safe pool environment.

Please feel free to get in touch if you have any questions.

Sincerely,

A handwritten signature in cursive script that reads "Jaclyn Neill".

Jaclyn Neill  
Recreation Supervisor – Aquatics  
Town of Halton Hills  
[Jaclynn@haltonhills.ca](mailto:Jaclynn@haltonhills.ca)  
(905) 873-2600 ext. 2701

# HHBF Return to Swimming Plan

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**Letter of Support** - resume training after lockdown February 2021



February 19, 2021

To Whom It May Concern;

I am providing this letter as a statement of support for the Halton Hills Blue Fins and their Return to Sport plan. I feel that the plan was working well prior to the lockdown and will be appropriate as the club resumed practices.

Town of Halton Hills staff is committed to working with the Blue Fins to ensure the plan is applied appropriately and swimmers are provided with a safe pool environment.

Please feel free to get in touch if you have any questions.

Sincerely,

A handwritten signature in black ink that reads "Jaclyn Neill". The signature is written in a cursive, flowing style.

Jaclyn Neill  
Recreation Supervisor – Aquatics  
Town of Halton Hills  
[Jaclynn@haltonhills.ca](mailto:Jaclynn@haltonhills.ca)  
(905) 873-2600 ext. 2701

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**Letter of Support** - Single Lane Transition March 2021



March 24, 2021

Re: Next Stage of Training

The Town of Halton Hills is satisfied that the Blue Fins are adhering to all COVID-19 operating procedures with respect to their approved Return to Swimming plan and we support the club to advance to the next stage of training: Single Lane swimming

Best Regards,

Jaclyn Neill

Recreation Supervisor – Aquatics

Town of Halton Hills

(905) 873-2600 ext. 2701

[jaclynn@haltonhills.ca](mailto:jaclynn@haltonhills.ca)

# HHBF Return to Swimming Plan

## Proposed Training Schedule- coaching update

Monday	Tuesday	Wednesday	Thursday	Friday			
SNR Blue (ND) 5:30-7:30	SNR Blue (ND) 5:30-6:30	SNR Blue (ND) 5:30-7:30	SNR Blue (ND) 5:30-6:30	SNR Blue (ND) 5:30-7:30			
	15 min		15 min				
	SNR White (SNR) 6:45-7:45		SNR White (SNR) 6:45-7:45				
SNR White (SNR) 4:00-6:00	IC-A 4:30-5:30		IC-A 4:30-5:30	SNR White (SNR) 4:00-6:00			
	30 min		30 min				
15 min	IC-B 6:00-7:00		IC-C 6:00-7:00	15 min			
JR White (S2) 6:15-7:15	30 min		30 min	JR White (S2) 6:15-7:15			
15 min				15 min			
JR Blue (S1) 7:30-8:30	JR Blue (S1) 7:30-8:30		JR Blue (S1) 7:30-8:30	JR Blue (S1) 7:30-8:30			
SATURDAY	SUNDAY		OLD GROUP	NEW GROUP	HOURS	COACH	
SNR Blue (ND) 6:00-8:00			ND	Senior Blue	10	Chris Henderson	
			SNR	Senior White	8	Chris Henderson	
15 min	JR Blue (S1) 7:00-9:00		S1	Junior Blue	6	Stephanie Schweigl (covering Shannon Cunningham Mat Leave until May)	
			S2	Junior White	4	Stephanie Schweigl (covering Shannon Cunningham Mat Leave until May)	
SNR White (SNR) 8:15-10:15	15 min		IntroComp	IC-A	2	Stephanie Schweigl	
15 min	JR White (S2) 9:15-11:15		Intro	IC-B	2	Stephanie Schweigl	
IC-B 10:30-11:30				Intro	IC-C	2	Stephanie Schweigl
30 min							
IC-C 12:00-1:00							

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## Appendix - Lockdown Virtual Dryland Training

- The name of the registered coach conducting the training.
  - Head Coach- Chris Henderson
- All individuals participating will be registered SWIM ONTARIO members and attendance will be recorded by the coach
- Virtual Training will be conducted using Zoom with a password secured meeting link being sent to parents and registered swimmers.
- The content of the intended training will be on the Approved Activity Endorsement ([as defined here](#))
- The proposed number of swimmers in the training sessions is outlined below, with all swimmers being visible on screen by coach
  - Group #1: Senior Blue & Senior White combined - 23 athletes
  - Group #2: Junior Blue - 14 athletes
  - Group #3: Junior White - 14 athletes
  - Group #4: Intro Comp Boys - 15 athletes
  - Group #5: Intro Comp Girls - 19 athletes
- The proposed start date is Tuesday April , 6, 2021
- Included in a communication to parents and swimmers, swimmers will be advised 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.
- Any Injuries occurring during these training sessions are to be reported to Swim Ontario using the online Incident and Injury Report form [HERE](#) – please select “injury”

### Session Format:

Swimmers will log in at specified time with attendance being taken

Swimmers will be reminded that training is to be done in a safe environment

Review goals of the session

Answer any questions about the workout

Activation/warm up

Main workout circuit style

Cool down and Stretching

Group #1: Senior Blue & Senior White combined - 23 athletes

Group #2: Junior Blue - 14 athletes

Group #3: Junior White - 14 athletes

Group #4: Intro Comp Boys - 15 athletes

Group #5: Intro Comp Girls - 19 athletes

### Senior Blue & Senior White Schedule:

Updated June 15, 2021

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Monday 4:00-4:30pm

Tuesday 4:00-4:30pm

Wednesday 4:00-4:30pm

Thursday 4:00-4:30pm

Friday 4:00-4:30pm

## Junior Blue Schedule:

Monday 5:00-5:30pm

Tuesday 5:00-5:30pm

Wednesday 5:00-5:30pm

Thursday 5:00-5:30pm

Friday 5:00-5:30pm

## Junior White Schedule:

Monday 6:00-6:30pm

Wednesday 6:00-6:30pm

Friday 6:00-6:30pm

## Intro Comp Boys:

Tuesday 6:00-6:30pm

Thursday 7:00-7:30pm

## Intro Comp Girls:

Tuesday 7:00-7:30pm

Thursday 6:00-6:30pm

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## Appendix - Open Water Summer Training

Question		YES	NOTES
1	Coach Experience – attendance at OW provincial and/or Canadian Juniors or above	YES	Head Coach Chris Henderson has attended multiple sanctioned open water provincial championships over the years winning multiple medals. He also has had the unique experience of taking an open water clinic with Ron Jacks in 2010 in Welland.
2	Swimmer Experience – min 11 years old, participation in OW event at provincial level and/or Canadian Juniors or above	YES	All athletes will be given and must pass an assessment done by Group Coach as well as Head Coach Chris Henderson in order to participate in the HHBF open water training.
3	Safety Person – NLS certified and experienced kayaker on water or on shoreline, ration 1:10 to # of swimmers	YES	A NLS certified Safety Person will be on water kayaking alongside swimmers or accompanying on the shoreline line. HHBF will maintain the 1:10 Safety Person to Swimmer ratio
4	Site Review – completed with all specifics documented	YES	See images attached
5	Route – viewable with safety person	YES	YES- the route being swam by swimmers is visible at all times by Coach and Safety Person
6	Emergency Action Plan – completed and documented	YES	Plan will be printed and included with Swimmer Medical and Contact Information and First Aid Kit <a href="https://docs.google.com/document/d/1Za6DCRZFdW2aOFyyQPRKGJjmGtt2BRCq5jxPW7V-jGo/edit?usp=sharing">https://docs.google.com/document/d/1Za6DCRZFdW2aOFyyQPRKGJjmGtt2BRCq5jxPW7V-jGo/edit?usp=sharing</a>

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7	Acknowledgement and Assumption of Risks form – for all participants completed and on file	YES	All Swimmers and Coaches are registered Swim Ontario Swimmers and Coaches, Acknowledgement and Assumption of Risk forms were completed during Swim Canada RTR Registration. Being a Swim Ontario approved and sanctioned activity additional forms are not required.
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## Location

- C3 James Dick Quarry - Caledon Village, ON
- 18075 Hurontario St (Hwy 10), Caledon Village, ON L7K 1X2
  - 800m south of Caledon Village on the east side of Hwy 10
- <https://c3online.ca/>

## HHBF Program Details

- The program would be open to Intro Comp, Junior & Senior Groups
  - All swimmers will need Coach approval before registering for program
- 8 week program:
  - July 11 - September 5 , 2021
- A certified/registered coach will be supervising each group with each group remaining separate at all times so as not to be perceived as one large group.
- Days and Times

Coach	Group	Tuesday Swim	Tuesday Dryland	Thursday Swim	Thursday Dryland	Sunday Swim	Sunday Dryland
Chris Henderson	1-Blue	4:30-6pm	6-6:30pm	4:30-6pm	6-6:30pm	9-10:30am	10:30-11am
Shannon Cunningham	2-White	5-6:30pm	4:30-5pm	5-6:30pm	4:30-5pm	10-11:30am	11:30-12pm

## Groups

- 2 separate groups of 10 will follow Provincial and Municipal Guidelines
- If and when larger groups are allowed based on Provincial Guidelines, HHBF max group size is 20 swimmers
- Swimmers will be kept together based on size and abilities

## Coaches & Other Staff

- Chris Henderson (HHBF Registered Coach), Shannon Cunningham (HHBF Registered Coach), 1 NLS Safety Person per 10 participants and a C3 Coach (C3 Coach will be made aware they are not covered by Swim Ontario Insurance).

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- Coach in the front of training group and at rear of training group
- Coach on craft will be ready to jump in water if needed and have whistle
- Coach will walk athletes through procedures BEFORE first day of training

## COVID Screening Protocol

- C3 James Dick Quarry
  - Swim Teams will have coach sign in their name and the number of Club swimmers swimming that day for contact tracing
- HHBF Screening and Attendance
  - HHBF Screening will need to be completed by Coaches and Swimmers, as per Swim Ontario Screening and Positive Test Protocols and outlined in RTS Plan
    - [https://docs.google.com/document/d/1TdT0HPfHR69wyZH9U-IIFrcu4\\_vcCF\\_vaiiwQIJdmyk/edit](https://docs.google.com/document/d/1TdT0HPfHR69wyZH9U-IIFrcu4_vcCF_vaiiwQIJdmyk/edit)
  - Swimmer attendance will taken at each practice by Coach and stored on Google Form for the Club
- All Provincial, Municipal and local Public Health Unit Guidelines will be adhered to.
- Coaches will ensure that all participants maintain physical distancing of at least 3m at all times during ALL training activities.
- Mask Usage
  - Masks must be worn in all outdoor settings until the training begins. Swimmers shall remove their mask just prior to entering the water or their training area to begin their session and put them on immediately following the conclusion of their sessions.
  - Coaches must wear their masks at all times in the training environment.

## Weather and Water

- Coach will arrive before swimmers to gauge weather and water temperature
- C3 staff will communicate concerns for unsafe weather (tornado, lightning, etc.)

## Arrival

- Upon arrival swimmers will be required to wait in one of the swim team holding areas while maintaining required 3M physical distancing until coaches arrive. Once coaches have arrived swimmers will head into the swim area through the Paddle Board Entrance
- Home Base Person will be assigned for each session to watch over swimmers personal belongings and team gear
  - Home Base Person will be registered as a level 0 official if not already a registered official
  - Attendance and screening questions will be asked and stored along with swimmer and coach attendance and screening.

## Swimmers

# HHBF Return to Swimming Plan

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- Swimmers will be encouraged to have mirrored goggles for sunny days, clear goggles for cloudy days, bright coloured swim caps, warm clothing, beach hat, bring sufficient water for practice, nut free snack for break between swimming and dryland, no glass containers
- Swimmers are to arrive swim ready with swimsuit already on as change rooms will be closed
- Swimmers will be encouraged to towel dry after practice due to change rooms being closed

## Dryland Plan

- Coach will directly supervise/coach activities at all times.
- Each athlete has personal training space which is 3-4 meters away from other athletes.
- Workout is done in a personal training space with attention to physical distancing of 3m
- Dryland will be performed on grassed area surrounding the team waiting area
- All activities will be from Swim Ontario Approved Activity ([see LINK](#))
  - General gym activities as stated on Approved Activity Endorsement

## C3 James Dick Quarry

- Portable bathrooms will be on site, there is no running water. Hand sanitizer will be provided for usage on the property
- C3 James Dick beach has life guards, but they are not monitoring participants.
- Site Review and layout
  - Images below

# HHBF Return to Swimming Plan

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**AN AERIAL SHOT OF C3 QUARRY-**

ORANGE- OPEN WATER SWIMMING AREA

RED- BEACH, ENTRANCE AND EXIT OF WATER

GREEN- MEETING AREA, ENTRANCE TO BEACH, HOLDING AREA FOR GEAR, DRYLAND



- PADDLE BOARD ENTRANCE FOR SWIM TEAMS ONLY
- ALL GREEN GRASS AREA SURROUNDING THE TEAM WAITING AREA WILL BE USED FOR DRYLAND TO ENSURE REQUIRED 3M PHYSICAL DISTANCING IS MAINTAINED

# HHBF Return to Swimming Plan

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- OPEN WATER TRAINING AREA (400M AND 1000M LOOPS)
- 50M LANE AREA
- WATER EXIT AND ENTRANCE AREA



GRASSED AREA USED FOR MEETING AREA, ENTRANCE TO BEACH, HOLDING AREA FOR GEAR, DRYLAND