

RETURN TO RACING PROTOCOLS

ENTRY INTO BUILDING PROTOCOLS

Protocol for Swimmer entry into the building, screening, and going on deck:

1. As per the City of London and the Canada Games Aquatic Centre Facility, all swimmers eligible for vaccination must show proof of vaccination upon entry.
2. Swimmer arrives at the building ready to race (suits etc.).
3. Swimmer enters the building with mask on and social distanced 3m from other people
4. Swimmer gets screened, temperature check, assigned number
5. If a swimmer does not pass screening, they are to leave the building immediately and not return until cleared as per Club protocols. There are no penalties for non attendance
6. For swimmer's who do not pass the screening, the Safety Coordinator will take swimmer's name and contact information and notify their coach and the head coach Andrew Craven who will follow the Club protocols as outlined in the Return to Swimming and Return to Racing documents
7. Swimmer who passes screening goes down to pool deck, finds numbered chair and places their swim bag on that numbered chair
8. Swimmers are to remain at their numbered chair unless they are getting ready for the next heat.
9. If swimmers for the next session arrive prior to the previous session finishing and exiting the building, the swimmers will be distanced 3m by the Safety Coordinator on the bleachers after they are screened at the door.
10. Once the previous session swimmers have exited the building and the deck has been sanitized, the swimmers can go down on deck and find their numbered chairs.

Protocol for officials entry into the building, screening, and going on deck:

1. As per the City of London and the Canada Games Aquatic Centre Facility, all officials must show proof of vaccination upon entry.
2. Swimmer arrives at the building ready to race (suits etc.).
3. Official enters the building, gets screened, temperature check, assigned letter, given map of pool deck layout
4. If an official does not pass screening they are to immediately leave and not participate further until cleared as per Club protocols. The Safety Coordinator will coordinate with the Competition Coordinator/Meet Manager to call in a replacement who will be on a standby list in event this occurs
5. For officials who do not pass the screening, the Safety Coordinator will take official's name and contact information and notify the head coach Andrew Craven who will follow the Club protocols as outlined in the Return to Swimming and Return to Racing documents
6. Official who passes screening goes down to pool deck and finds letter where they will be during the meet and remains at that letter socially distanced 3m from others

Protocol for coaches entry into the building, screening, and going on deck:

1. As per the City of London and the Canada Games Aquatic Centre Facility, all coaches must show proof of vaccination upon entry.
2. Swimmer arrives at the building ready to race (suits etc.).
3. Coach enters the building, gets screened, temperature check, assigned letter, given map of pool deck layout

4. If a Coach does not pass screening they are to immediately leave and not participate further until cleared as per Club protocols. The Safety Coordinator will coordinate with the Competition Coordinator/Head Coach for a suitable replacement should this occur
5. For coaches who do not pass the screening, the Safety Coordinator will take the coach's name and contact information and notify the head coach Andrew Craven who will follow the Club protocols as outlined in the Return to Swimming and Return to Racing documents
6. Coach who passes screening goes down to pool deck and finds letter where they will be during the meet and remains at that letter socially distanced 3m from others

WARM UP PROTOCOLS

Protocol for Swimmers during warm up:

1. When warm up begins swimmers will walk 3m apart with their masks on towards the pool and wait at their assigned lane to begin. Masks will only be removed and put in a bag at their lane when they are ready to enter the water.
2. If there are multiple swimmers per lane, the first group of swimmers for each lane will walk with masks on over 3m socially distanced from each other and line up at their assigned lane. Once these swimmers have arrived at their lane, removed their mask and jumped in the pool, the next group of swimmers can walk over with masks on, 3m socially distanced to their assigned lanes. This will prevent the swimmers from being too close together while waiting.
3. When swimmers will be practicing diving off the blocks, they will line up behind each lane, socially distanced 3m apart from each swimmer.
4. After each swimmer dives off the blocks, the coaches will need to sanitize each block prior to the next swimmer stepping up on the block.
5. No equipment to be used during warm up.
6. Swimmers will warm up in their bubble groups where possible.

Protocol for cleaning blocks during warm up:

1. The diving blocks need to be sanitized with Surface Spray Deodorant Disinfectant (71702) (safety sheet attached) before each swimmer contacts the blocks
2. The blocks will be sanitized by the coaches between all swimmers using the blocks

RACING PROTOCOLS

Protocol for deck check prior to swim meet starting and between each meet:

1. Each session referee will complete a deck check prior to each session starting

Protocol for Swimmers when the racing begins:

1. Swimmers are to remain at their assigned numbered chairs unless their heat is assembling to move to the start end.
2. There will be cones set out and positioned 3m from each other and also from the other swimmers in their chairs. These cones will be used to assemble upcoming heats
3. At the session start or after the prior heat starts, swimmers are to walk, in the order of lanes 8, 6, 4, 2, with mask on, separated by 3m from each other and any swimmers, officials, or coaches on deck, towards the start end of their assigned lane
4. Once the swimmers in the water finish their swim, they need to move under the lane rope into the lower numbered lane so the next swimmer can get on the blocks.
5. The blocks need to be sanitized between each race by the stroke and turn judges
6. When directed by the Starter the swimmers who completed their race will exit directly from the unused lanes and will walk (maintaining 3m physical distance between each swimmer) to the scoreboard wall and follow each other toward the shallow end.
7. When the swimmers reach the bulkhead, if there are officials or other people on the bulkhead, then the swimmers will wait for those individuals to step off the bulkhead and then walk (3m apart) across the bulkhead and back to their assigned chair.
8. Each swimmer will leave the building as soon as their last race is completed. The change rooms may be used for 10 minutes to change while remaining appropriately distanced and masked.

Protocol for start-end officials during racing:

1. Normal movement of officials will continue but physical distancing will be maintained as much as space will allow.
2. Prior to the first heat the officials will spray disinfect the blocks and return to their chair.
3. Waiting swimmers will remove their masks and approach the blocks.
4. On the whistle the swimmers will mount the blocks or slip into the water (depending on the stroke).
5. Start end officials will stand for the start while maintaining distance.
6. On the start signal for all strokes each official will move to the edge and observe the start.
7. There are no stroke judges so the officials will observe the stroke until the swimmer reaches the halfway point.
8. After observing the start, and the stroke, the officials will return to their chairs to allow the swimmers exiting the pool to move safely and physically distanced.
9. As the returning swimmer reaches the halfway point the official will move to the pool edge and observe the stroke, turn, and stroke the center and then return to their chair.
10. After observing the first turn the officials will quickly disinfect the blocks before returning to their chair.
11. When the swimmer reaches the halfway point of the last length the official will stand, move to the edge, pick up a plunger, observe the stroke and the finish, will plunge on the touch, and return to their chair.
12. Return to point 3 until swimming is complete.

Protocol for stroke judges during racing:

1. Stroke Judges will NOT be used for stage 1 racing.

Protocol for bulkhead turn judges during racing:

1. Maintain physical distancing

2. There are no stroke judges so the turn judges will also judge strokes from the center of the tank, to the turn and back to the center of the pool.
3. When completed heats approach to cross the bulkhead, finish observing strokes and turns that are in process, then step off the bulkhead onto the deck and stand to the south of the bulkhead to allow the heat to cross then return to officiating.

Protocol for reporting swimming infractions:

1. Wait until the end of the race.
2. Look for others approaching the Referee.
3. No more than two officials should approach at a time.
4. Maintain distancing.
5. Explain observation to the Referee.
6. Referee will make a decision and, if an infraction is assessed, will fill out the card and hang on to it until the end of the session.
7. The Referee MAY attempt to inform the coach but ONLY if distancing can be maintained.
8. If the number of infractions warrants, the Referee may choose to pause the meet to handle the backlog.

Protocol for cleaning blocks between races:

1. The diving blocks need to be sanitized with Surface Spray Deodorant Disinfectant (71702) (safety sheet attached) before each swimmer contacts the blocks
2. The blocks will be sanitized by the stroke and turn judges prior to each race before each swimmer contacts the blocks.

PROTOCOLS BETWEEN MEETS**Protocol for cleaning between meets:**

1. All swimmers and officials not part of the next session must leave the deck at the end of their session before cleaning can begin.
2. The Safety Coordinator will oversee the cleaning and sanitizing of all chairs, signs and equipment used during the previous session.
3. Any Officials/Coaches participating in the next session who leave the building between sessions will be rescreened on re-entry.
4. Officials not required for warm up may leave the building or sit in the stands appropriately distanced. Rescreening will occur if leaving the building.
5. Once the deck area has been sanitized after each session, the swimmers for the next session can make their way to the deck and find their assigned numbered chair.
6. Cleaning products safety data sheets are attached.
7. To ensure cleaning has been completed between meets, the Safety Coordinator will complete a checklist.

PROTOCOL FOR SYMPTOMS DEVELOPED AT A SWIM MEET**Protocol for swimmer, coach, or official who develops symptoms while at a swim meet:**

1. Any Swimmer, Coach, or Official who develops symptoms while at the swim meet must leave the facility immediately after giving their contact information to the Safety Coordinator(s) and the head coach Andrew Craven (from the isolation room).
2. All Club protocols will be followed as outlined in the Return to Swim/Racing document. No penalty for missed sessions.

PROTOCOL FOR COVID SAFETY INFRACTIONS

Protocol for swimmer not following safety procedures:

1. If a swimmer is seen not following the rules for wearing a mask or physical distancing of 3m, the Safety Coordinator(s) will notify the supervising coach and the swimmer will be given one warning.
2. If a swimmer is caught again, they will be asked to leave the swim meet.

Protocol for coach not following the safety procedures:

3. If a coach is seen not following the rules for wearing a mask or physical distancing of 3m, the Safety Coordinator(s) will notify the head coach Andrew Craven who will speak to the coach with a warning.
4. If a coach is caught again, they will be asked to leave the swim meet by the head coach Andrew Craven.

Protocol for official not following the safety procedures:

5. If an official is seen not following the rules for wearing a mask or physical distancing of 3m, the Safety Coordinator(s) will notify the Competition Coordinator who will speak to the official.
6. If an official is caught again, they will be asked to leave the swim meet by the Competition Coordinator.

Questions answered from Swim Ontario template that are not provided in the above protocols:

Attendance & Screening Record Keeping

How will attendance and screening be maintained for an extended period of time (10 years) for all participants?

We have a document template developed that will be used for each meet to keep a record of all swimmers, officials, and coaches who attended each meet and whether they passed screening, including recording their temperature. We will keep this document on the LAC computer files for 10 Years.

Pre-Racing Event (before arrival at facility)

How will recruitment of officials work?

Officials are recruited through emails.

How will you address the various briefings & education sessions with swimmers, coaches & officials?

Swimmers and coaches will be briefed via zoom session with the head coach Andrew Craven. These sessions will also be recorded and sent to swimmers attending the meet. Each swimmer's attendance

will be taken during the synchronous zoom meeting or will be required to confirm they have reviewed the video if they were not in attendance of the synchronous zoom meeting.

Officials will be briefed via email by the competition coordinator, which will include a recorded zoom video of briefing instructions. As each official enters the building for the swim meet, they will be asked if they have reviewed the briefing and the safety protocols.

Pre-Racing Event (deck setup & arrival)

How will changes to heat sheets be managed?

There won't be any changes to heat sheets.

How will the Safety Marshal(s) communicate with swimmers, coaches or the referee for any infractions?

The safety marshall will notify the safety coordinator via walkie talkie.

What is the signal to coaches/swimmers on when to approach the blocks for their race?

Starter will marshall the swimmers

What is the signal for getting prepared for the start of the race?

Fina tweets

What is the signal to coaches/swimmers on when and where to exit the pool after their race?

Starter will announce.

What side of the blocks for Timekeepers/Inspector of Turns?

Left side

What side for Swimmers?

Right side

Timelines

How will heats be managed for all participants? Adjust as needed.

Coaches will send each heat over just before the starter, 3m apart. Starter will say 'clear the pool', swimmers will get out the pool and the next heat will move the blocks.

If not using timekeepers, how will missed time re-swims be managed?

S&Ts will plunge and use a watch

Results

How will the Results be managed at the racing event?

Results will be available via Meet Mobile and the LAC website.

LAC Safety Coordinators Contact Information

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