

Markham Pan Am Centre Return to Aquatics Training Principles for a safe return to sport framework

The Markham Pan Am Centre is committed to a safe and healthy return to the pool for all aquatic sport participants. The four Aquatics Canada sport organizations have developed their own sport specific return to sport framework. The tenets of each plan are consistent and follow all current public health information. These include a commitment to physical distancing at all stages of training, equipment cleanliness, hygiene, health monitoring, safe sport and on-going communication.

Sport is valued by Canadians and is a proven mechanism to strengthen, unite and build Canadian communities. Aquatic sports and athletes are looked at as role models not only in the sport community but in the country at large. Return to sport/work can show a way forward and can help Canadian communities re-unite. A safe return to the pool is critical to this process.

According to the Centre for Disease Control (USA), there is no evidence that COVID-19 can be spread to humans through swimming pools. COVID-19 has a fragile lipid outer membrane and is therefore highly susceptible to elimination by soaps and oxidants, such as chlorine. Proper maintenance and disinfection with Chlorine or Bromine should inactivate the virus (CDC 2020).

A return to sport must strictly adhere to the policies and procedures outlined by provincial and municipal governments and public health agencies that have been established to ensure a safe environment for all. The aquatic sports joint working group has agreed on a number of key principles that will form the foundation of the return to our respective sports.

These principles include:

- Physical Distancing
- Hygiene
- Equipment Cleaning
- Individual Health Monitoring
- Safe Sport Environment
- Planning and Communications

All Aquatic Sport Clubs will be required to create a return to training in a step by step phased in approach as requested by their Sport Organization. It is recognized that each situation will vary from club to club, but the principles above should be applied when developing a return to training plan. All return to training plans must adhere to the local public health information and guidelines, Provincial and National Sport Organization guidelines as well as the Markham Pan Am Centre's Covid-19 facility procedures.

Plans must be submitted in advance of returning to training at the Markham Pan Am Centre with the appropriate approvals as outline by sport specific return to training guidelines.

Markham Pan Am Centre return to training facility specific procedures.

Prior to Return to Training

- Clubs must submit their sport specific return to training plan to the Sport Development Team for approval
- A site meeting with Club representatives including coaches/staff who will conduct training will take place upon approval of a return to training plan
- Weekly submission of names & contact information of athletes & coaches attending each scheduled training sessions.
- Required waivers and forms completed as outline by sport organization
- Facility usage contracts completed
- Certificate of Insurance submitted

Athlete preparation prior to arriving at Markham Pan Am Centre

Athletes and staff will conduct a COVID 19 self-assessment to determine if any symptoms are present. If they feel unwell or exhibit any symptoms they are not to travel to the Markham Pan Am Centre and should seek medical advice for next steps.

- If athlete is fit to train, shower with soap and water prior to leaving the house and be free of perfumes, colognes & deodorants
- Change into training suit at home and wear light clothes that are easy to remove
- Only leave the house with sport specific training equipment required for the day.

Arrival to Facility

- Parking
 - o Park in designated parking areas in the south parking lot. Follow all signage directing you to the East entrance.
- Drop off
 - o Athletes can be dropped off in a designated location at the East entrance.
- ONLY ATHLETES AND COACHES WHOSE NAMES APPEAR ON THE CHECK IN SCHEDULE ARE ALLOWED ENTRY. NO SPECTATORS OR PARENTS WILL BE ALLOWED ACCESS DURING TRAINING TIMES.

Entrance to facility

Clubs will have scheduled access to the facility for their designated training time and be given a 15-minute window to enter the facility. Athletes who do not arrive within the specified window will not be allowed entry into the facility.

Clubs will line up using physical distancing markers outside of the East sliding doors to the Markham Pan Am Centre. Markham Pan Am Centre staff will permit athletes and coaches to enter when ready. Athletes will not be permitted access without a designated coach or staff member from their club. Clubs will sign in all athletes and staff for contact tracing purposes

and only those who are authorized to enter will be permitted and will be screened prior to entering. Parents and spectators are not permitted. Athletes and Staff will be required to use hand sanitizer upon completion of a successful screening. Athletes and staff will assemble in a designated waiting area inside the facility entrance prior to moving to the pool. Once completed, the club will be escorted to the pool deck.

Pool Deck

Athletes & Coaches/Staff will be escorted to their designated pre-training area on the pool deck. Participants are required to move as a group and obey all signage and floor markings. Once on the pool deck, athletes will be given a bin to put their personal belongings in and directed to floor markings on the pool deck to store their belongings for the duration of their practice.

Athletes will not be required to shower at the facility and must shower prior to arrival. The on deck washroom will be available for use.

Field of Play

- **Length swimming**
Athletes will enter the water from their designated lane by stepping onto the bulkhead/head wall from the deck while maintaining physical distancing
- **Non Length swimming**
Athletes will enter from the north or the south side of the pool deck while maintaining physical distancing

Completion of Training

Athletes will not be permitted use of the change rooms upon completion of training. Athletes will dry off in their assigned personal areas on the deck and put on their outer layer of clothing. Deck Changing will not be permitted. Athletes will wipe down their bin and leave at the door on the way out. Clubs will be escorted out the West exit doors of the facility to check out. Hand sanitization will be made available at the exit.

Size of Training Group

In the First Phase, the pool will be setup in short course with two 25m tanks. Training clubs will only be permitted to use half the pool of 25m x 10 Lanes short course. This will allow quicker transition between training groups alternating each end of the pool

The following number of athletes and coaches will be permitted in the first phase

- 15 Athletes
 - o See configuration guidelines below under physical distancing.
- A **maximum** of two coaches will be permitted.
 - o No other support staff will be permitted.

The First Phase will last a minimum of 2 weeks and be reevaluated to allow additional athletes per lane, increased pool space and time offerings. Clubs will still need to follow their sport specific timelines for the length of phases. The success of the clubs individualized return to training plan as well as following current public health restrictions will determine the next steps. Increasing training opportunities will also follow sport specific return to training guidelines.

First Phase Athletes

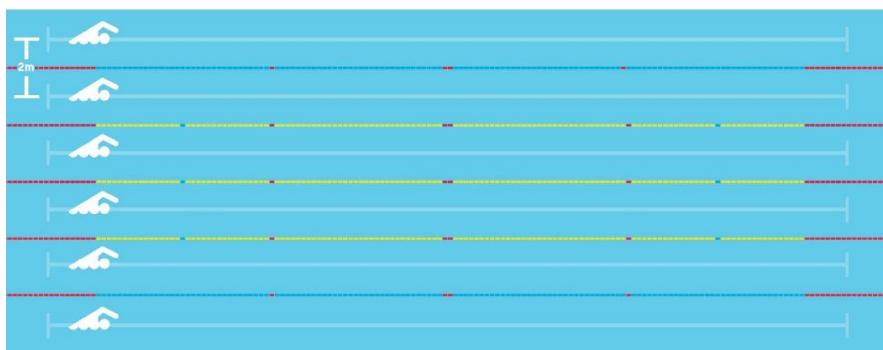
Training groups are to be selected based on sport specific guidelines from your Sport Organization. Athletes who require physical manipulation and are immunocompromised are not permitted in this group.

We request that the initial training group is small and comprised of High Performance and mature athletes who are capable of independently adhering to strict physical distancing guidelines. These athletes can then be used as role models to the rest of the club as training group sizes increase. Considerations for bubbling a coach and athletes to training groups are recommended.

Physical Distancing on the deck

Athlete physical distancing will be the responsibility of the Coach and/or Community Sport Group Staff. Lifeguards will not be enforcing physical distancing.

- Athletes that are swimming 1 per lane, swimmers are suggested to swim down the middle of the lane and rest at the bulkhead at the middle of lane.



- Athletes that are swimming 3 per double lane are to be adequately spaced out at all times while swimming continuously in circles. When resting, athletes may have to position themselves on the lane ropes 2 meters apart. (Note, this image indicates 4 per double lane, but Markham Pan Am will be starting with 3 per double lane)



- Athletes that are swimming in any other pool configuration without lane ropes must maintain 2 meters of physical distancing at all times.

Equipment

Athletes and coaches must bring their own equipment. Markham Pan Am Centre training equipment will not be available for use. Clubs will not be permitted to leave training equipment at the facility. Training equipment should not be shared between athletes. Whiteboards will not be available for use. The facility will be setup in short course and starting blocks will not be available in the first phase.

Dryland Training/Activation/Land Drilling

Will not be permitted until further notice. This to limit the maximum number of participants in the facility. This will also reduce the number of touch points required for sanitization between training sessions.

First Aid

All first aid will be provided by City of Markham staff. Staff will use additional PPE when providing first aid treatment.

Masks

Athletes and Coaches will be required to wear at a minimum a cloth or non-medical masks during the entering and exiting of facility and moving throughout the facility. Athletes and Coaches will not be required to wear a mask during training once they are in the field of play. If physical distancing cannot be met by a coach, a mask will be required.

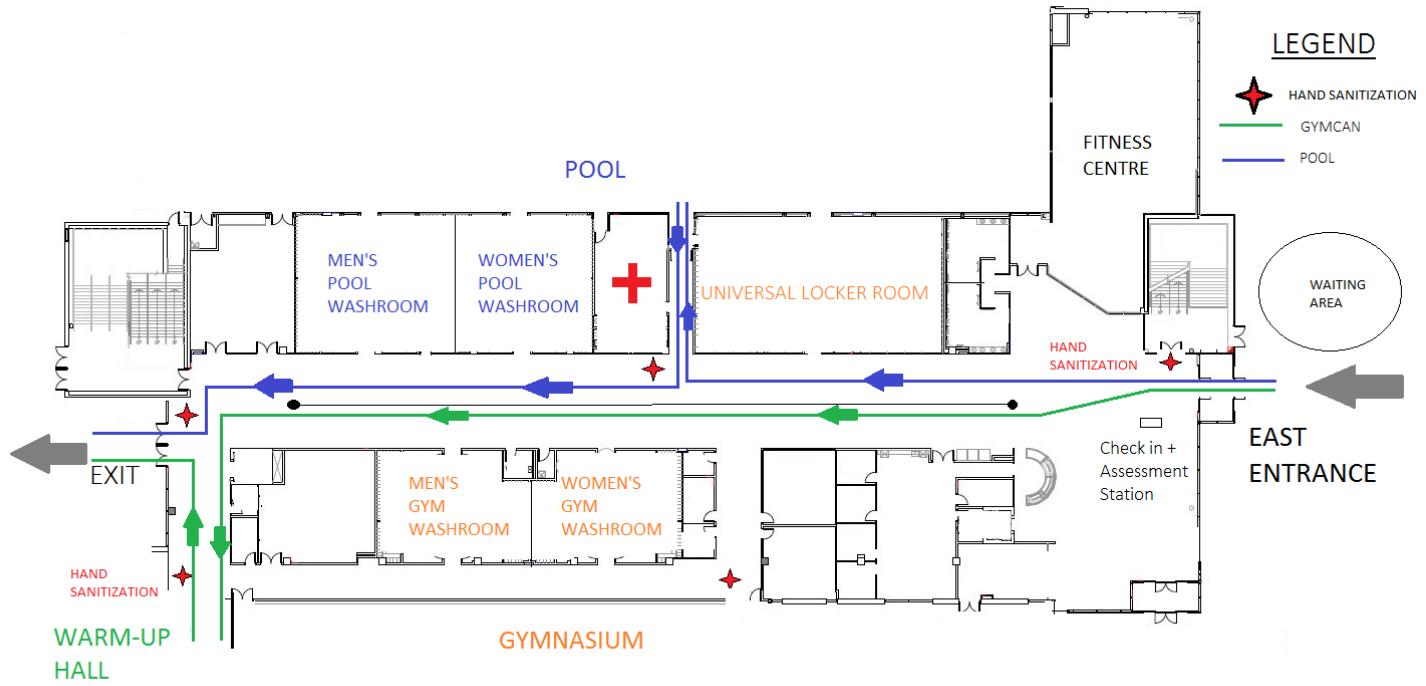
Positive Covid-19 Positive Test Protocol

Any athlete or staff member that is required to leave a training session as a consequence of experiencing signs or symptoms consistent with COVID-19 is required to contact their physician 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 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, guidelines have been provided in a subsequent section below.

Clubs will be required to follow sport specific procedures for returning to training and all public health requirements.

Any athlete who exhibits symptoms during their training session or is unsuccessful at the prescreening will be provided any area away from the training group in the facility to isolate while waiting for transportation home.

Facility Map



Phase Two

Phase two training will be communicated once phase one has commenced. Phase two will follow sport specific guidelines and current public health regulations. Phase two may include, but is not limited to additional athletes per lane and additional pool training space.