

Mallards Swim Team Return to Swimming Plan

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Background

- June 11, 2020 - MST Return to Dryland Training, Rules & Procedure document completed
- June 13, 2020 - MST Parent Volunteer Information document completed
- June 16, 2020 - Hurricane group returned to dryland training 2x/wk @ Thornlea (outdoors)
- June 20, 2020 - Online Assumption of Risks & Attestation forms sent to parents
- June 23, 2020 - Covid-19 Club Declaration Form completed and submitted to Swim Ontario
- June 24, 2020 - Tsunami group returned to dryland training 2x/wk @ Thornlea (outdoors)
- June 29, 2020 - Survey to poll athletes' readiness and availability to return to pool training at Markham PanAm, and info regarding vulnerable swimmers
- June 30, 2020 - Received and reviewed MPAC Return to Training Framework v.1
- July 3, 2020 - MST Return to Pool Training Rules & Procedure Document for athletes, parents and coaches completed.
- July 3, 2020 - Typhoon group returned to dryland training 2x/wk @ Thornlea (outdoors)
- July 3, 2020 - Tornadoes joined Hurricane group for dryland training @ Thornlea
- July 7, 2020 - Submitted MST Return to Training Plan to MPAC for approval.
- July 15, 2020 - Walked through MPAC from entry, to screening, to on deck, and exit of the facility.
- July 16 & 18 - Mandatory online information sessions for athletes, parents, coaches to review the rules, expectations, and consequences for breaking any safety rules.
- July 16 & 18 - Athletes & parents signed the MST Acknowledgements and Consent to Participate, and PanAm Acknowledgment Waiver and Indemnity forms.
- July 20 - 31 - Summer Session 1: 3 swimmers/ double lane, one tank, as per MPAC.
- July 27, 2020 - Zoom Pre and Post Training information session for new registrations and current participants of Summer Session 2.
- August 4 - 14 - Summer Session 2: 4 swimmers/ double lane, one tank.
- August 17-28 - Summer Session 3: 4 swimmers/ double lane, one to two tanks.
- Sept 14 - 27 - 2020-2021 Season began with 6 swimmers per double lane
- Sept 28 - 8 swimmers per double lane
- Nov. 6 - First weekly, coach led racing (no officials or volunteers)

Return to Swimming Committee

- John Sorrell
- Michael Chen
- Tiffany Lam
- Serge Vengeroff, Headcoach
- Lilly Hewwing, Tony Wong, Vivien Hughsam

Assessment of Risk

- 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, not at the time this plan was put together.**

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- b. Will the training be held in venues/facilities with access by multiple groups? **Yes, three other local groups also train at Markham PanAm Centre... Markham Aquatic Club, Markham Water Polo and Markham Synchro.**
- 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)? **No, not to our knowledge.**
- 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.**
- 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, Markham PanAm Centre has a large entrance foyer and spacious deck that allows for physical distancing. Only one half of the pool is in use at any given time by a single group. As well, MPAC will not have equipment available for swimmers to borrow. Athletes are required to bring their personal training equipment, no sharing of equipment allowed.**
- f. Will the training be held indoors? **Yes, at Markham PanAm Centre (MPAC).**

Program Requirements

- Summer return: All Swimmers and Coaches must have properly completed and submitted the following documents to the Club
 - [Acknowledgement of Risk Form](#)
 - [COVID-19 Attestation and Agreement Form](#)
- Fall Return:
 - All Athletes 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
 - 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
 - Coaches Rowan's Law requirements
 - Offence Declaration

Attendance and Health Screening Record Keeping for Pool & Dryland Training

- Attendance will and Screening will be tracked on **Team Unify OnDeck app**.
- **Monthly attendance reports will be generated and filed with athlete training bubbles info.**

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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.

- There is **no penalty** for training sessions missed.
- Any participant (athlete, coach, volunteers and officials) who does not feel well (does not pass screening), must stay at home and or seek medical attention if necessary.

[Screening Protocols \(Oct 8, 2020\)](#), CLICK [HERE](#)

Activity is any **Swim Ontario approved activity**.

Before In-Person Training Session

Officials, volunteers, staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending any training sessions.

- Common underlying health conditions which may place an individual at higher risk would include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are otherwise immunocompromised.

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

- have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- 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 he/she may have been exposed to COVID-19
- have returned from travel outside Canada with symptoms of COVID-19

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

- Do you have any of the following symptoms:
 - Cough
 - Shortness of breath
 - Chest pain
 - Difficulty breathing
 - Fever
 - Chills
 - Repeated shaking with chills
 - Abnormal muscle pain
 - Headache
 - Sore throat
 - Painful swallowing
 - Runny nose
 - New loss of taste or smell
 - Gastrointestinal illness
- Have you been in contact with or cared for someone with COVID-19 in the last 14 days?
- Have you returned from a trip outside the country within the last 2 weeks?

The above questions will be part of the screening process before athletes, coaches and staff members are permitted to enter the training environment (pool deck).

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

- **When an athlete answers 'Yes' to any of the above...**
 - The athlete will not be permitted to train with the group.
 - The athlete will wait in a designated area in the foyer to be picked up by his/her parents.
 - The athlete will seek medical advice immediately.
 - The Covid Committee will follow up with the athlete to ensure proper precautionary measures have been taken including a possible COVID test.
 - The athlete may not return to pool training until cleared by a medical professional.
- **When a coach feels unwell before leaving his house or answers 'Yes' to any of the above...**
 - A substitute (standby) coach will be called to take over the training workout. If necessary, the training will be cancelled, and parents notified accordingly.

During the Training Session

All athletes and staff should monitor their health during a training session. If they feel ill or experience signs or symptoms of COVID-19 (even mild), they must immediately leave the training session...

- **When an athlete or staff experiences symptoms consistent with Covid-19 during training...**
 - The athlete or staff will be removed from the training group immediately.
 - The athlete's parents(s) will be contacted to pick up their athlete.
 - The Covid Committee will follow up with the athlete/parent or staff to ensure proper precautionary measures are being taken, including a possible Covid-19 testing.
 - The athlete or staff may not return to training until cleared by a medical professional.
- **When a coach experiences symptoms consistent with covid-19 during training...**
 - The coach will remove himself/herself from the training group immediately.
 - Training will be halted immediately, and athletes instructed to exit the pool.
 - Athletes will dry off and be directed to a waiting area where they will wait to be picked up by their parent(s).
 - Parents will be contacted to pick up their athlete from the facility.
 - The Covid Committee will follow up with the coach to ensure proper precautionary measures are being taken, including seeking medical advice and or a possible Covid test.
 - A substitute coach will take over the training until the coach has been cleared by a medical professional to return to coaching.
- **Training group protocol for when an athlete or staff tests POSITIVE for COVID-19...**
 - York Region Public Health, Swim Ontario and facility staff will be notified immediately.
 - York Region Public Health, **Contact Tracing Team will determine and advise of who/which individuals are considered to be close contacts.**
 - **All persons who have been deemed to have been in close contact with the affected individual MUST self isolate for 14 days.**
 - Any further team member(s) who develop symptoms will be referred to York Region Public Health or help line for guidance on testing and appropriate management.
 - All affected athletes may only return to training if...

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- They undergo self isolation for 14 days
- Cleared by their medical provider in accordance with Provincial guidelines
- Complete Swim Ontario [Incident/Injury Report](#) Form and provide... Name, Gender, Age, and Recent Training Activity (last 14 days)

[Positive COVID-19 Test Protocols \(Oct. 8, 2020\), CLICK HERE](#)

Coaches Requirements

Pre-Training

- Coaches will provide athletes with a training schedule that ensures the same group of athletes (training bubble) per session with pre-assigned lanes (lane bubbles). Training groups size will adhere to 4 athletes per double lane until otherwise authorized.
- Coaches will attend the mandatory 'Zoom' meeting with athletes (and guardians) before the first training to discuss responsible training behaviour and expectations.
- Coaches will not use whiteboards/shared surfaces to communicate workouts.
 - Coach will email athletes their basic training workout at the start of the week.
 - Any additional workout information for specific groups will be delivered on deck while swimmers are at their physically distanced 'marked spots'.
- Coaches will take detailed attendance and confirm that athletes have completed the 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 a non-medical mask or face shield on entering, exiting, and when moving through the facility.
- Coaches will practice respiratory etiquette, hand hygiene and physical distancing protocols during training, ensuring Open and Observable environments are maintained.

After Training

- There will be a 15 min. transition time built in between training groups. Coaches will ensure athletes leave the training environment in a staggered manner to maximize physical distancing.
- Once athletes have left the training environment, coaches will exit immediately and use hand sanitizer as per facility guidelines.
- Coaches will evaluate the effectiveness of the Return to Training Plan daily and discuss any issues with the Covid Committee and or facility staff if necessary.

Swimmer Requirements

Pre-Training

- Athletes are expected to have reviewed the workout expectations before arriving at the pool.
- Athletes will conduct the mandatory **daily self screening protocol** before leaving their home and stay home if they are unwell.
- Activation (arm swings, sit ups, rope skipping, etc...) will be completed at home, or outside of the facility in groups no larger than 20. Athletes must ensure physical distancing practices are observed.

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- Athletes will arrive at the posted check-in/screening time for each session and not any earlier.
 - Athletes will line up outside the facility in order of their lane groupings.
 - Athletes will check-in with a designated parent volunteer or coach and confirm that they have completed the daily screening protocol, before entering the facility.
 - Athletes will arrive with their training suit already on under their clothes (change rooms will not be available and are limited to washroom use ONLY).
 - Athletes must shower at home before and after their training.
 - Athletes will only bring training equipment that is required, including their own water bottle pre-filled from home.

Training

- Athletes will maintain physical distancing at all times while making their way to pre-assigned lanes in an orderly manner.
- In the pool, athletes will circle swim on top of the lane line.
- Athletes will maintain the same lane grouping for the duration of the training session.
- 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 before and after training.
- Athletes will leave the pool immediately after training, when dismissed by the coach, in an orderly manner ensuring physical distancing is maintained.
- Athletes will attend the pre & post 'Zoom' training to evaluate the Return To Training Plan and safety procedures and are encouraged to clarify all aspects of the Return to Training Plan to ensure their safety and the safety of other athletes.

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 there are less than minimum 3 athletes.
- Additional staff will be arranged to ensure a minimum of 2 coaches.
- All forms of electronic communication (email, text, Zoom, Skype, etc.) will always be done in a group setting and never in the form of a one-on-one interaction.

Disciplinary Action

- Athlete(s) (or parents) who fail to comply with any of the requirements described above, will face escalating corrective action(s) up to and including removal from the session or removal from the program itself.
- Disciplinary measures will be communicated to parents in writing via email.

Participant Education

Coach/Staff Education

- Head coach and staff will walk through the facility with facility staff to be familiarized with the entry/screening, on deck and exit procedure, prior to the first training session at each facility.

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- Review latest guidelines and directives from:
 - [Swim Ontario](#)
 - [Swimming Canada Covid Resource Hub](#)
 - [Non-medical Face Mask guidelines](#) from Public Health Ontario
 - [York Region Public Health](#)
- Review facility guidelines and responsibility for coaches:

Athlete and Parent Education Plan

- Members will receive an email notification regarding Return to Pool Training details including...
 - Training Schedule,
 - Facility Location,
 - Pool Configuration and Swimmer/ lane load,
 - Registration process,
 - Mandatory online Pre-Training information session to review and discuss the Rules and Procedures which includes...
 - Pre-arrival procedures before leaving their homes.
 - Arrival/departure & organization information,
 - Health Monitoring process/questions including reporting requirements,
 - Implications of not following rules (disciplinary actions).
 - Forms and Waivers to be completed...
 - Online Assumption of Risks & Attestation forms
 - Online MST Acknowledgement & Consent to Participate form
 - PanAm Acknowledgement, Waiver and Indemnification form
- Athletes and parents will have the option to attend a Post Training Review to clarify questions re the rules and procedure and to share comments and or suggestions.

Mallards Swim Team Return to Training Plan

- **SUMMER** Return @ MPAC (2x25m tanks, 10 lanes)
 - **Pool Training, Phase 1...**
 - **Swimmer/ Lane:** 3-4 swimmers/double lane.
 - **Athletes:** Priority given to mature, high performance athletes who are capable of independently adhering to strict physical distancing guidelines, rules and procedures. Athletes are permitted to attend a max. of one training session per day and one group per session.
 - **Time frame:** Ran a minimum of two weeks, successfully, without incident before increasing # of athletes/ double lane load and adding additional groups.
 - **Dryland Training...**
 - Outdoor dryland training commenced when York Region was approved for Stage 2. Athletes trained in groups of 9 at Thornlea Secondary School field. Refer to Appendix C for more information.
- **FALL** Return @ MPAC (2x25m tanks, 10 lanes)
 - **Pool Training, Phase 2...**
 - **Swimmer/ Lane:** 6 swimmers/ double lane @ MPAC starting Sept. 8.

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- **Athletes:** Athletes are permitted to attend two training sessions per day, a morning practice (if available) and an evening practice.
- **Time frame:** To run a minimum of two weeks, successfully and without incident before increasing # of athlete/ lane load.
- **Phase 3...**
 - **Swimmer/ Lane:** 8 swimmers/ double lane @ MPAC (Phase 3) Starting 28, 2020, subject to facility approval.
 - **Athletes:** Athletes are permitted to attend two training sessions per day, a morning practice (if available) and an evening practice.
 - **Time frame:** To run a minimum of two weeks, successfully and without incident before increasing # of athlete/ lane load.
- **Dryland Training...**
 - Athletes will train twice a week outdoors in groups of 25. Designated parents will assist coaches with checking in and screening athletes and enforcing strict physical distancing requirements. A maximum of two groups will train at separate locations at Thornlea SS, with one group at the soccer field and the other by the tennis courts. Refer to Appendix C, Rules & Procedure for Dryland Training for more details.
- **Designated Parent Volunteers** must complete and sign the Acknowledgement of Risk and COVID-19 Attestation and Agreement Forms as well as the Rowan's Law requirements.

Mallards Phase in Training Schedule and Type of Activity

The schedule below shows Mallard's phase-in approach to swimmers' return to Dryland Training @ Thornlea Secondary School Field and Pool Training @ Markham PanAm Centre and Thornlea Pool.

Session	Activity	Dates	Location/ Configuration	Group Size	Total #/ Session	Coaches
Hurricane	Dryland	June 16-July 17	Thornlea SS Field	9 /group	9	Serge
Hurricane, Tsunami	Dryland	June 24-July 17	Thornlea SS Field	9 /group	9-18	Serge, Max
Hurricane, Tsunami, Typhoon, Tornado	Dryland	July 3-July 31	Thornlea SS Field	9 /group	9-18	Serge, Max, Craig
Summer Session 1	Pool	July 20-31	25m, One tank, MPAC	3/double lane	15	Serge
Summer Session 2	Pool	August 4-14	25m, One tank, MPAC	4/double lane	20	Serge, Max
Summer Session 3	Pool	August 17-28	25m, 1-2 tanks, MPAC	4/double lane	20-40	Serge, Max
Fall 2020	Pool	Sept. 14	25m, Two tanks, MPAC	6 /double lane	60	Serge Vengeroff, Maksim Frantskevich, Craig Hodge, Ethan Liu
	Dryland	Sept. 9	Thornlea SS Field	25 / group	25-50	Serge Vengeroff, Maksim Frantskevih, Craig Hodge
	Pool	Sept. 28	25m, Two tanks, MPAC	8/ double lane*	80	Serge Vengeroff, Maksim Frantskevich, Craig Hodge, Ethan Liu

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* Subject to facility approval

Training Schedule for Summer Session 2, August 4-14 @ MPAC

Days	Group	Group Size	Pool Configuration	Entry, Screening & Travel to Pool Deck	Pool Time	Athlete & Coach Exit Facility
Mon, Wed, Fri	1	20	25m, One tank	4:30 pm - 4:45 pm	4:45 pm - 6:15 pm	6:15 pm - 6:30 pm
	2	20	25m, One tank	6:15 pm - 6:30 pm	6:30 pm - 8:00 pm	8:00 pm-8:15 pm
Tues, Thurs	3	20	25m, One tank	6:00 pm - 6:15 pm	6:15 pm - 8:15 pm	8:15 pm-8:30 pm

Training Schedule for Summer Session 3, August 17-28 @ MPAC

Days	Group	Group Size	Pool Configuration	Arrival & Screening	Entry & Travel to Pool Deck	Pool Time	Athlete & Coach Exit Facility
Mon, Wed, Fri	3	20	25m, One tank	4:20 PM	4:30 pm - 4:45 pm	4:45 pm - 6:15 pm	6:15 pm - 6:30 pm
	1 & 2	40	25m, Two tanks	6:05 PM	6:15 pm - 6:30 pm	6:30 pm - 8:00 pm	8:00 pm-8:15 pm
Tues, Thurs	1 & 2	40	25m, Two tanks	5:50 PM	6:00 pm - 6:15 pm	6:15 pm - 8:15 pm	8:15 pm-8:30 pm

Note: Training groups are kept intact moving from Summer 2 to Summer 3.

Appendix A - [Rules & Procedures for Pool Training @ Markham PanAm Ctr.](#)

Appendix B - [Rules & Procedure for Pool Training @ Thornlea Pool](#)

Appendix C - [Rules & Procedure for Dryland Training @ Thornlea](#)

Appendix D - [Dryland Training](#)

Appendix E - [Return to Summer Training \(@MPAC\) Requirements Checklist](#)

Resource Links

- Swim Ontario
 - [Preparing for a Safe return to Operations](#)
 - [COVID-19 Information Page](#)
- Swimming Canada
 - [COVID-19 Resource Hub](#)
- Government of Ontario
 - <https://covid-19.ontario.ca/index.html>
 - [COVID-19 Reference Doc for Symptoms](#)
- Self Assessment <https://ca.thrive.health/covid19/en>