MMST Summer Training Meeting

MILTON MARLIN SWIM TEAM

AGENDA

- MMST Expectations & Best Practices
- Sherwood Video Tour
- Practice Instructions
- Required Forms- **DUE SUNDAY AUG 9th @ 6PM**
- Questions?

MILTON MARLIN SWIM TEAM

The requirements for MMST's Return to Training have been dictated by Swimming Canada and are being overseen by Swim Ontario. There are instances where MMST Guidelines that our swimmers must follow will be stricter than Public Health & the Town of Milton.

MILTON MARLIN SWIM TEAM

STANDARD PROCEDURES FOR MMST STAFF, ATHLETES, AND PARENTS

- The most update to date version of our MMST Standard Operating Procedures Document is posted to our website under "NEWS"
- **ELIGIBILITY FOR ATTENDING PRACTICES**
  - The following eligibility criteria must be met by all staff, athletes, and anyone residing in their household:
    - Cannot present any **COVID-19 symptoms** in the last 14 days.
    - Cannot have had contact with anyone who has tested positive for COVID-19 in the last 14 days.
    - Cannot have traveled outside Canada in the last 14 days.
  - Any athlete or staff member experiencing any **COVID-19 symptoms** or has had any exposure to someone who has any **COVID-19 symptoms** must stay home and seek medical treatment.
    - If any athlete or staff member has **COVID-19 symptoms**, they may not attend practice until 14 days after the symptoms have ceased unless cleared by their physician or Halton Region Public Health.
    - Athletes and staff members must see a physician and be cleared for training after being diagnosed or suspected of COVID-19.

STANDARD PROCEDURES FOR MMST STAFF, ATHLETES, AND PARENTS

- Swimmers & Coaches will be required to complete a self-assessment everyday at home prior to attending practice. By attending, they are confirming that they have done this at home and are well and able to attend practice.
- Coaches will be outside the building prior to practices asking for verbal confirmation that they have completed a self- assessment prior to
  - COVID-19 Support App https://ca.thrive.health

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HAND HYGIENE AND PERSONAL PROTECTIVE EQUIPMENT

- Athletes and staff are required to follow proper hand hygiene (i.e., wash their hands with soap and water or hand sanitizer for 20 seconds) prior to entering the building.
- Athletes are expected to have a bottle of hand sanitizer in their bag and bring it to practice every time.
- All athletes will be required to wear face coverings when entering and exiting the facility as well as on deck prior to entering the pool.

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SOCIAL DISTANCING REQUIREMENTS

- Athletes and staff must maintain 2 metres distance at all times both outside and inside the building ***as well as in the pool while swimming***.
- Congregating of athletes pre- or post-practice is not permitted.
- Once athletes enter the building, athletes will go to their designated spot and await instructions from their coach.
- There will be markings on the pool deck for athletes to leave their personal belongings to ensure social distancing. **Athletes are encouraged to bring a minimal number of items to the pool.**
- For the safety and well-being of all, athletes and staff are required to practice responsible social distancing at all times, even when away from the pool.
- All athletes from previous practice must exit the facility before the athletes for following practice may enter.

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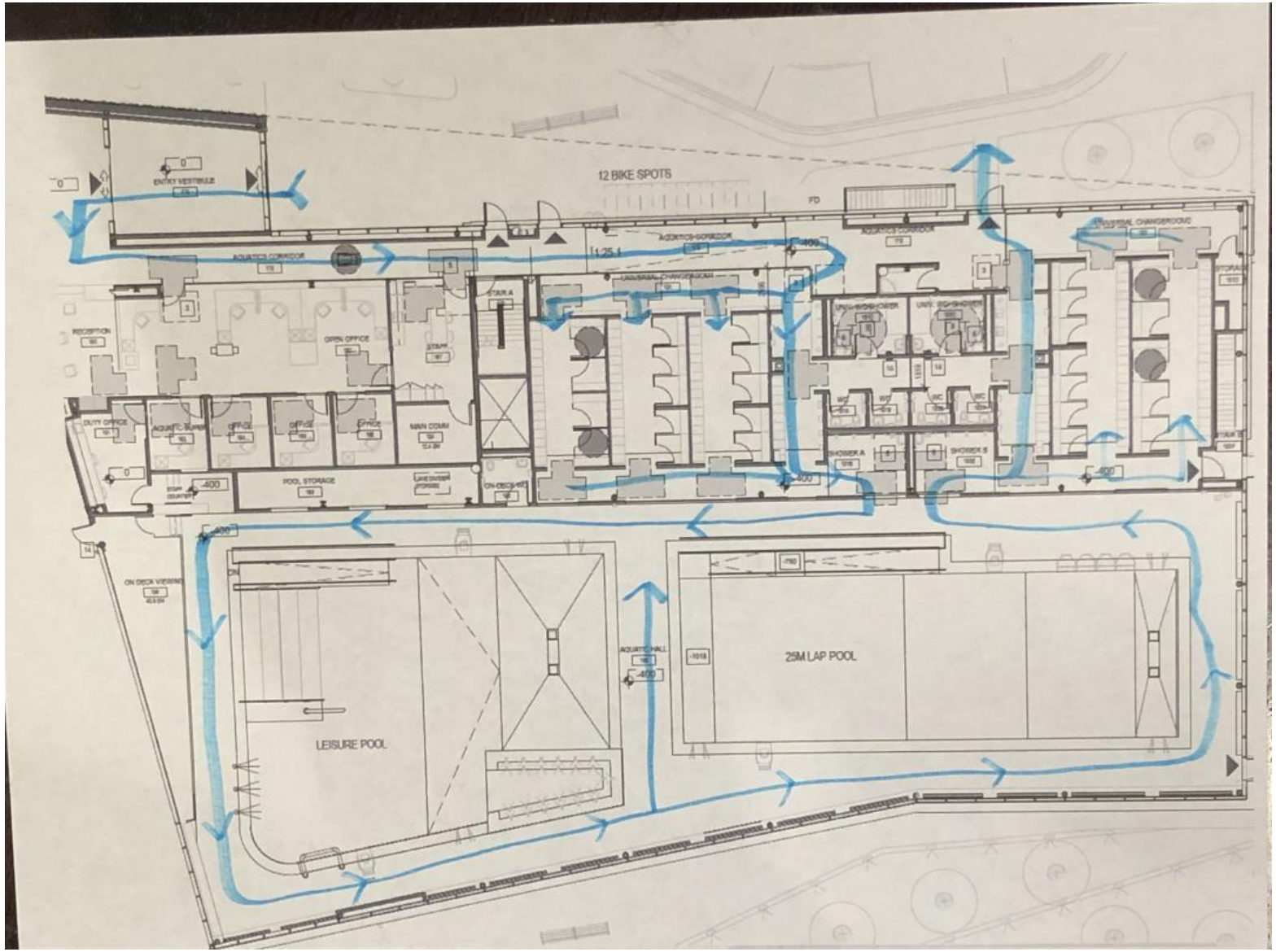
BEST PRACTICES: COME PREPARED / HURRY OUT

- Athletes are expected to come prepared to minimize change room traffic.
  - Shower at home prior to arriving for practice & at home post practice.
  - Use the washroom at home prior to arrival. Off deck washroom will be available if absolutely necessary during practice.
  - **Arrive and Depart Sherwood Community Centre in their swimsuit!**
- Athletes must bring their own water bottle (**already filled**) and any other equipment required by their coach.
- Athletes are not allowed to share equipment (including caps and goggles).
- Athletes are not to line up outside the facility more than 5 minutes before their scheduled practice start time.
  - If they arrive early, they should wait away from the entrance (e.g., in their car) until the appropriate time to line up to enter the facility. Groups will walk in together (socially distanced) with their coach.
- Athletes must leave the facility as soon as possible at the completion of the practice.
- Athletes are encouraged to clean equipment, clothes and water bottles after every practice when they get home.

Sherwood Video Tour & Expectations



****** Please disregard the blue arrows as the Town has updated their traffic flow since sending this!***

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Practice Instructions

- Coach Meghan will be coaching the AM groups & Richard will be coaching the PM groups.
- Swimmers will be assigned to a specific lane for practice.
- Use of white board for instructions is no longer permitted.
  - Instructions for training will be sent via e-mail to athletes the night prior to each practice.
    - Your swimmer's email can be added to your MMST account if you'd like them to receive the workout directly.
  - Athletes are to print or write it out and place it in a clear plastic/Ziploc bag with their name on it and bring it to practice. There will be no sharing of practice plans amongst swimmers!
- All instructions and feedback to athletes will be provided while respecting the 2 metres physical distance at all times.

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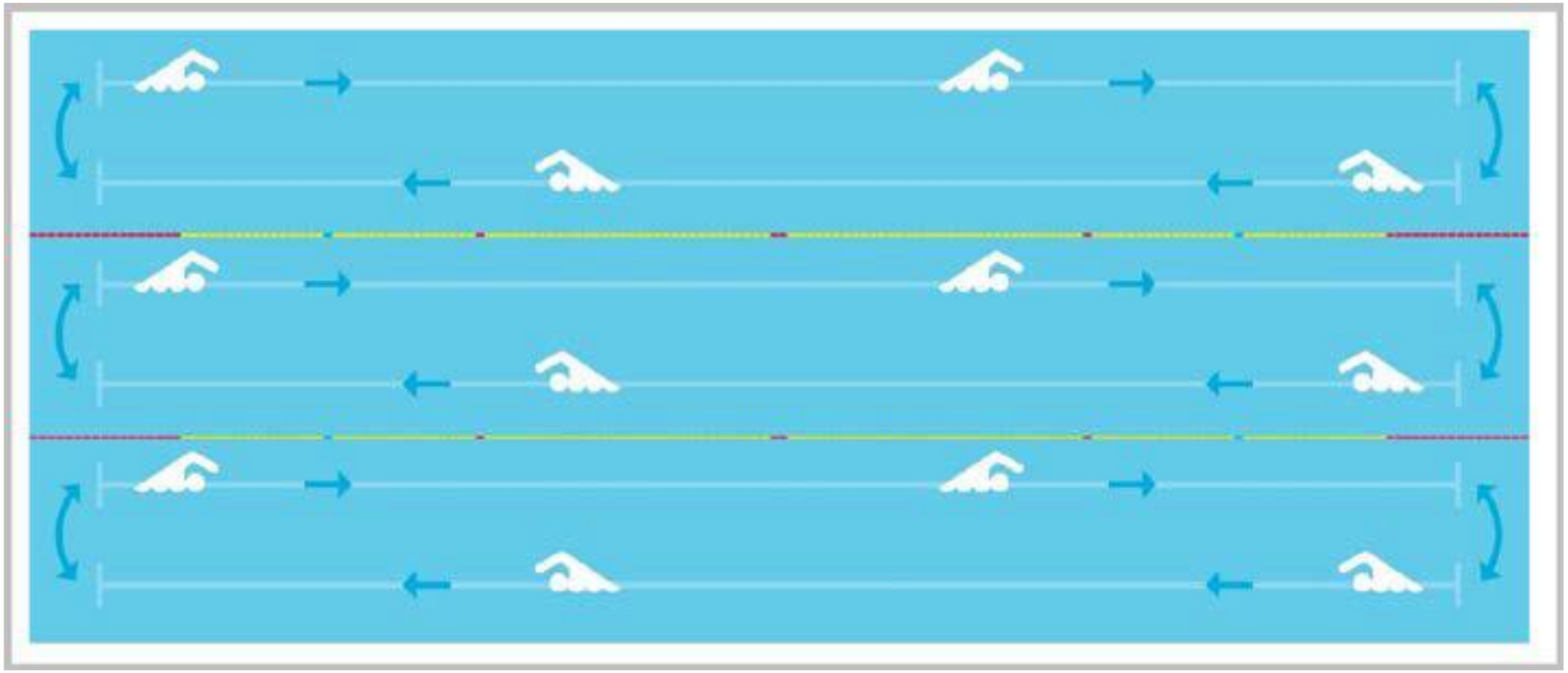
Practice Instructions cont'd



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Required Forms

- Every Swimmer & Parent/ Guardian must complete the below 2 online forms.
- Email a copy of the completed forms to headcoach@miltonmarlins.ca by SUNDAY @ 6PM

Acknowledgment of Risk
COVID-19 Attestation

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If your swimmer will be missing a practice, please email headcoach@miltonmarlins.ca & Richard@miltonmarlins.ca so that the coaches are aware!

Questions??

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