



UXBRIDGE SWIM CLUB

Return to Swimming Plan

Version 6 – 2021-02-27

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Table of Contents

Introduction	2
Return to Swimming Plan - Key Considerations	3
Specific Measures to Limit Transmission	3
Health Monitoring.....	3
Home Isolation Recommendations.....	4
Physical Distancing.....	5
Hand and Personal Hygiene	5
Use of equipment	5
Safe Sport	6
Public Health awareness.....	6
Emergency Process	6
Coordination & Logistics	7
Risk Communication	8
Return to Swimming Framework	9
Step 1 Resumption of Training	9
Step 1 Athlete Priority Group	9
Training Session procedure.....	10
Coaching Guidelines.....	11
Step 2 Resumption of Training.....	11
Step 2 Athlete Priority Group	11
Training Session procedure.....	12
Coaching Guidelines.....	12
Step 3 Resumption of Training.....	12
Training Session procedure.....	12
Coaching Guidelines.....	12
Pre-pool (on deck) Activation requirements.....	13
Indoor Dryland (off-deck) Requirements.....	13

Introduction

The COVID-19 pandemic has forced the Uxbridge Swim Club (USC) to significantly adjust our normal routines and activities to be able to minimize the risk of the virus and protect our community. Health and safety are always a major priority for USC. We are proud of our organization and the efforts we've made during these very challenging times. We would like to thank our members for their cooperation and understanding as we all worked to do our part to control the spread of the virus.

USC acknowledges that the return to swimming must be done in the safest way possible. We know that we have the responsibility to make sure that we do everything we can to keep our community safe, both within the club and in general.

This document is separated in two sections. The first section explains all the key considerations that the club is looking at with the most up-to-date information available. It includes the measures provided to control the spread of the virus and the procedures put in place that will apply to our facility during the Return to Swimming's various steps.

The second section explains, in detail, the different steps of the return to swimming framework for Uxbridge Swim Club.

The information around COVID-19 continues to change daily. This document will evolve when new, updated information becomes available. Most of this Return to Swimming plan follows the Swimming Canada and Swim Ontario recommendations for swim clubs.

We ask that all members of the USC family - swimmers, parents, coaching staff, and partners, be familiar with this document.

With these measures that USC and the Uxpool/Township of Uxbridge have put in place together, we believe we are providing a safe return to swimming for our membership.

Return to Swimming Plan - Key Considerations

Specific Measures to Limit Transmission

COVID-19 has a fragile lipid outer membrane, and is therefore highly susceptible to soaps and oxidants, such as chlorine. According to the US Centers for Disease Control and Prevention (CDC), “there is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs...”. Proper operation, maintenance and disinfection with chlorine or bromine of pools should inactivate the virus. A related coronavirus, which caused the SARS epidemic in 2003, was found to be inactivated by UV treatment and disinfectants.

The following health, medical, and safety information are applicable to all steps of the return to swimming (RTS) plan until such time that public health information and guidelines change. This should prevent and/or limit the transmission of the virus and allow a safe return to the pool.

I. Health Monitoring

Athletes, coaches and staff must answer ‘NO’ to all the following questions prior to attending any training session. The Individual Self-Assessment Tool can be used – (<https://covid-19.ontario.ca/self-assessment/>):

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

On February 19, the Ontario government updated their screening process (<https://covid-19.ontario.ca/school-screening/>) for school aged children. From a Swim Ontario perspective, these updates also **apply to after school activities such as training:**

- Everyone in your household should stay home if anyone has COVID-19 symptoms or is waiting for test results after experiencing symptoms.
- Stay home until the person with symptoms gets a negative COVID-19 test result, is cleared by public health, or is diagnosed with another illness.

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 investigation. This 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 the 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. See **Emergency Process** for further details on this.

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 training sessions.

These include:

- 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.
- Swimmers (masters) or staff members who are older than 65 years old are also considered to be at risk of complications.

II. Home Isolation Recommendations

If you find yourself ill with symptoms suggesting COVID-19,

- Remain at home except to get urgent medical care.
- Do not go to work, school, swimming facility or other public places.
- Cancel non urgent appointments.
- Do not use public transport.
- Notify your doctor or local health department by phone, as testing may be required.
- Monitor your symptoms and seek medical attention if you are having difficulty breathing, are unable to drink fluids, or if your illness is significantly worsening.
- Wear a face mask when around others, particularly when physical distancing cannot be maintained.
- Separate from household members, at least 2 meters at all times.
- Do not have visitors.
- Stay in a well-ventilated room (open windows) and use your own bathroom, if possible.
- Sanitize common use surfaces frequently.
- If close contacts are vulnerable in terms of their health, consider alternative accommodations.
- Maintain excellent hand hygiene
- Avoid sharing household items
- Follow any other local health regulations.

III. Physical Distancing

All swimmers and coaching staff are required to adhere with the following recommendations for the people that are not in the same household or within the same “social bubble”.

- Avoid being exposed to COVID-19 by physical distancing (minimum 2 meters). Keep a safe distance at all times. This is critical as COVID-19 can be spread prior to symptom onset.
- Avoid crowded places.
- Avoid greetings with handshakes, hugging, high fives, etc.
- Athletes and staff must respect physical distancing during all aspects of training.
- Athletes and staff **must wear protective masks and they are to remain on at all times except when in the water.**
- Adhere to facility access provisions where one entry point and a separate exit point will be designated with appropriate signage.
- Adhere to physical markers that indicate appropriate two meters spacing distances for athletes and staff on deck or in dryland areas.
- Staff must maintain appropriate distance from each other and facility staff members throughout the entire duration of time spent in the facility.
- To maintain physical distancing of 2 meters during training, the number of swimmers will be modified. Swimmers should swim on top of the lane line.

IV. Hand and Personal Hygiene

- Clean/wash your hands frequently with soap and water for at least 20 seconds or use hand sanitizer (>60% alcohol content). Athletes and staff are encouraged to carry personal supply of hand sanitizer for use as needed before, during and after training.
- Avoid touching your eyes, nose, and mouth.
- On arrival, athletes and staff must wash their hands or use hand sanitizer.
- Follow respiratory protocols - Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.

V. Use of Equipment

- Clean equipment thoroughly with disinfectant pre and post training session. Remember that COVID-19 can last between two hours and nine days on surfaces depending on several factors. Simple cleaning measures can inactivate the virus.
- Athletes are not to leave equipment or mesh bags at the facility.
- Personal items and clothing brought by athletes and staff should be kept to a minimum. Bags must be stored separately, with adequate space between each member’s items.
- Coaches will communicate necessary swim training equipment prior to each session.
- It is highly recommended to **not** use snorkels at this time due to the spitting factor.
- Athletes are not permitted to share any training equipment.

- Athletes and staff are required to fill their personal water bottles at home prior to leaving for the facility.
- Staff are not permitted to use whiteboards. Workouts will be communicated prior to the training sessions.
- Staff are not permitted to share hand-held items (stop watches, phones, whistle).

Safe Sport

- An Open and observable environment will be maintained at all times. At no time will a coach, official or other representative be alone with a single athlete (of any age) and/or vulnerable individual (of any age).
- The training session will be cancelled or additional staff will be arranged to provide coverage (i.e. 2 coaches) if less than a minimum of 3 people
- Open and Observable environments also apply to online communication. All forms of electronic communication (email, text, ZOOM, etc.) will never be in the form of a one-on-one interaction and will always be done in a group setting.

Public Health Awareness

Athletes and staff must stay informed of the most up-to-date public health information regarding COVID-19. To help with this while we are in the first part of the RTS framework, USC will:

- Have a weekly virtual staff meeting to update staff on new information regarding COVID-19 and evaluate how it impacts our RTS plan including
 - a. Revised recommendations from health authorities
 - b. Revised gathering size limitations, opening of public areas, etc.
 - c. Revised physical distancing rules
 - d. New outbreaks within the region
- With any new or revised information, the RTS committee will review and adapt the procedures, if needed, prior to the next training session.
- Communication to membership regarding changes will be made via email as soon as practical and with the most reliable information.

Emergency Process

In order to respond effectively to an emergency related to COVID-19 (i.e. a swimmer or staff member develops COVID-19 symptoms or is confirmed COVID-19 positive), USC will respond as follows:

USC Response to Symptoms:

- Any athlete or staff member will be required to leave a training session as a consequence of experiencing signs or symptoms consistent with COVID-19 and will be required to contact their physician to consider the need for further investigation.
- Further investigation may include a test for COVID-19.
- The health care provider will determine if the athlete or staff member can Return to Swimming.

Participants shall not attend training if they:

- are currently diagnosed with COVID-19, or waiting to hear the results of a lab test for COVID-19
- someone in their household has COVID-19 symptoms (updated Feb. 23)
- do not pass screening
- 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 returned from travel outside Canada in the last 14 days

USC Response to a Confirmed Case:

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

- The athlete is removed from the training session immediately.
- Group training will be suspended, and all group members will be placed in self-isolation.
- The local public health authority will provide further recommendations, which may include further testing, and contact tracing.
- Any further team members who develop symptoms will be referred to the appropriate public health authority for guidance on testing and appropriate measures.
- USC will notify Swim Ontario and Uxpool/Township of Uxbridge of a positive test (age & gender of participant)
- A confirmed case within the group will be communicated to the members of this training group as soon as practical (i.e. with valid information) and within 24 hours, via email through Team Unify.
- Group training could continue if:
 - a. All group members undergo self-isolation for 14 days and no other member has developed symptoms
 - b. All group members are cleared to return to group training by their physician in accordance with provincial guidelines.

Coordination & Logistics

This RTS Plan, and any revisions, will be shared with Swim Ontario and Uxpool/Township of Uxbridge to maintain collaboration.

USC will follow any new procedure or policy implemented by Swimming Canada, Swim Ontario, Uxpool/Township of Uxbridge, or the public health agencies.

Risk Communication

USC acknowledges the risks related to a Return to Swimming during the COVID-19 pandemic and will share any valuable information related to this topic with the members. When invited to register for RTS, swimmers and parents/guardians will receive the following information to make them aware of the risks associated with training during the COVID-19 pandemic:

- A link to the **Swim Ontario COVID-19 page** (http://swimontario.com/news_detail.php?id=3408) and to the most up-to-date version of the “**Swimming Canada Return to Swimming Framework**” link in their COVID-19 Resource Hub (<https://www.swimming.ca/en/resource-hub/#return>).
- The most up-to-date version of the **USC Return to Swimming Plan**
- A link to the **Province of Ontario website** (<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>).
- **Durham Region Health Department website** <https://www.durham.ca/en/health-and-wellness/health-and-wellness.aspx>

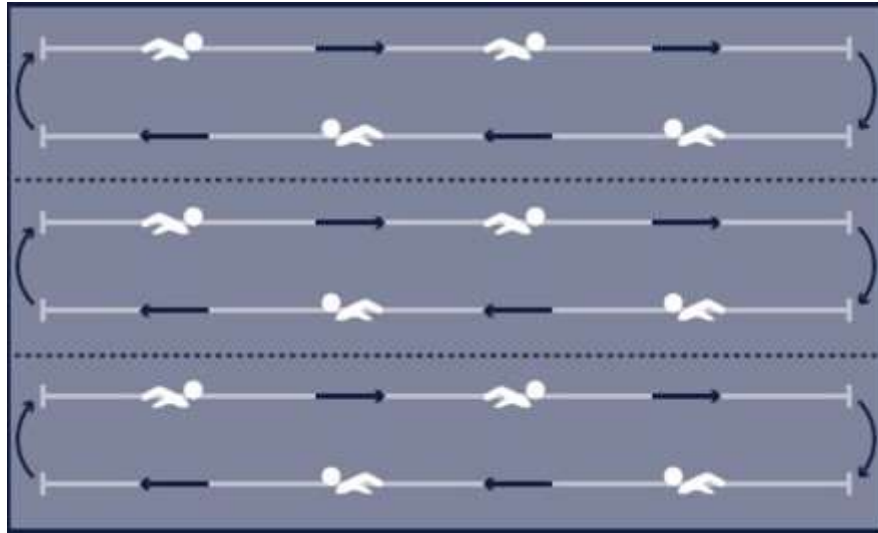
In addition, each swimmer (or parent/guardian) and staff will be required to complete both the **Swim Ontario COVID-19 Attestation** <http://www.swimontario.com/uploads/COVID19Attestation.pdf> and **Acknowledgement of Risk** <http://www.swimontario.com/uploads/COVID19AssumptionRisk.pdf> forms before being allowed back in the pool.

USC will be required to complete and submit the **COVID-19 Club Declaration** once the above have been collected <https://form.jotform.com/SwimOntario/club-declaration-covid-19>

Return to Swimming Framework

Step 1 Resumption of Training

During the first step of the RTS plan, group sizes were to be limited to 4 swimmers per double short course lane. As follows:



At Uxbridge Pool, USC had access to 6 x 25 meter lanes for 1 hour at a time. We had a group of a maximum of 12 swimmers (may be less). This group swam for about 1 hour, ideally 4 times per week. The group convened for activation in the field beside the building for 15 minutes ahead of the swim time

Athletes will only participate in one training group and are not allowed to move between multiple training groups. The same rule applies for the coaches.

No dryland training will be performed within the pool facility. Any dryland training or pre-pool activation should be done before entering the facility.

We will share the complete list of swimmers and staff that will have access to the facility, including age and swim level with the pool (additionally parents name, address, phone number, health card # with process for security). There will be no penalty for missing a practice session.

Step 1 Athlete Priority Group

Swimmers who Returned to Swimming during Step 1 were limited to mature athletes who were more capable of independently adhering to strict physical distancing requirements.

For USC, the athletes were prioritized as follows:

1. Swimmers qualified for a national championship
2. Swimmers 12 and over qualified for provincial championship
3. Swimmers 14 and over qualified for regional B championship

Training Session procedure

1. Access to Uxbridge Pool

- Only swimmers and coaching staff are permitted to enter the facility.
- Swimmers must arrive in their training suit.
- If not driving themselves, swimmers should be dropped off outside the facility at the drop-off area. **Parents will not have access to the facility.**
- If swimmers are driving themselves, the East parking lot has been assigned as the USC parking area. Athletes and staff must find a parking spot and follow the directives from the coach as to how to travel to and through the facility.
- Practice physical distancing of at least 2m at all times.
- Swimmers should arrive at the facility no more than 10 minutes ahead of scheduled start of the training session.
- Pre-identified staff and athletes will be required to check-in through an access control area (identified by your coach prior to training) which will have the following measures in place:
 - o Everyone is required to wear a mask at all times when inside the facility, this includes the pool deck. Swimmers shall remove their mask just prior to entering the water to begin their session and put them on **immediately** following the conclusion of their sessions.
 - o A series of covid 19 questions will be asked
 - o Hand hygiene (hand sanitizer upon entry)
 - o A temperature scan of the forehead may be completed

2. Pathway to the Pool

- Access to the building will be through the main double doors, where entry will be monitored and staggered to maintain physical distancing. Athletes and coaches will not have access to any additional areas.
- Athlete entry to the Pool will be through the double doors between the main lobby and the pool deck. Markings will be in place to guide staff and athletes.
- Athletes and staff must stagger entry and proceed directly to the pool deck. Shoes will be removed before entering the pool deck and taken with you.
- There will be **very limited change room access, following the training.** Athletes are to arrive showered and product free. Swim bags, with shoes placed inside/underneath, are to be left on deck bleachers/benches/chairs. Change room washrooms will be available for individual athlete use, if absolutely necessary.

3. Departure Process

- Athletes will have a scheduled 10-minute time frame to check-out and depart the building. There will be no access to any other areas of the facility and **socializing will not be permitted** (parents, staff and athletes included)
- Athlete exit from the facility will be through the exit door on the East side of the pool, leading to the parking area. Markings will be in place to guide staff and athletes.

Coaching Guidelines

- To reduce the risk of injuries, we began with a gradual resumption of training, with the initial focus on light intensity and technique. This is due to the diminished strength, conditioning, and endurance experienced during the pause from swimming.
- Coaches must be familiar with this document.
- Coaches must complete the **Swim Ontario Acknowledgement of Risk** and the **COVID-19 Attestation** forms before being allowed on deck.
- Coaches must keep a detailed electronic attendance and screening questions record.
- Coaches will ask themselves and their athletes the following questions prior to each training session. All questions must be answered 'NO' prior to attending any training session:
 - Do you have any of the following new or worsening symptoms or signs? **Symptoms should not be chronic or related to other known causes or conditions.**
 - Fever or chills
 - Difficulty breathing or shortness of breath
 - Cough
 - Sore throat, trouble swallowing
 - Runny nose/stuffy nose or nasal congestion
 - Decrease or loss of smell or taste
 - Nausea, vomiting, diarrhea, abdominal pain
 - Headache that's unusual or long lasting
 - Not feeling well, extreme tiredness, sore muscles
 - In the last 14 days, have you been in close physical contact with someone who currently has COVID-19? This includes getting a COVID Alert exposure notification.
 - Have you returned from a trip outside the country within the last 14 days?
- Staff must maintain appropriate distance from each other, lifeguards and swimmers.
- Coaches must educate their athletes on the importance of physical distancing prior to the training session and cannot tolerate any lack of respect of the physical distancing rules during the training sessions.
- The practice presentation will be done online:
 - The day before the training session in a group email or text.
 - **Athletes will print out a copy of the practice.**
- Staff will not share handheld items.
- Athletes will respect staggered start at opposite ends.
- Most of the feedback may be given via online platform.
- During this step, practices were a duration of about one hour.

Step 2 Resumption of Training

During the next step of the RTS plan, group sizes was increased by 50%, which could possibly mean a maximum 6 swimmers per double short course lane.

At Uxbridge Pool, USC had access to 6 x 25-meter lanes for 2 hours at a time. After consultation, we had 2 groups of a maximum 12 swimmers (can be less). Group 1 swam for about 75 minutes, 4 times per week then a 15-minute transition and the Group 2 swam for about 45 minutes, 3-4

times per week. Each group convened for activation in the field beside the building for 15 minutes ahead of the swim time.

As per Step 1, the same guidelines will apply, with any updates/additions incorporated as needed.

We will share the complete list of the various swimmers per group and staff that will have access to the facility, including age and swim level with the pool. There will be no penalty for missing a practice session.

Step 2 Athlete Priority Group

Swimmers who trained during Step 2 should also be limited to mature athletes capable of independently adhering to strict physical distancing requirements.

For USC, the athletes are prioritized as follows:

1. Swimmers identified already with Step 1
2. Swimmers aged 12 and up qualified for Regional B Championships

Training Session procedure

As per Step 1, the same guidelines will apply, with any updates/additions incorporated as needed.

Coaching Guidelines

As per Step 1, the same guidelines will apply, with any updates/additions incorporated as needed.

Step 3 Resumption of Training

The intent is to allow all groups to be back to training by this point.

During the next step of the RTS plan, group sizes are increased to 100%, which could possibly mean a maximum 8 swimmers per double short course lane (or a max of 4 swimmers per single short course lane).

At Uxbridge Pool, USC has access to 6 x 25-meter lanes. After consultation, we have groups of a maximum 24 swimmers (can be less). They swim for a training session ranging from 60 to 120 minutes, depending on the level of the swimmer from 3 to 6 times per week. There is a 10-minute transition between any group that swims back to back. Each group convenes for pre-pool activation or dryland training in the field beside the building for 15 to 30 minutes ahead of the swim time, or if they are the first ones in for the day, on deck socially distanced by 2 m with mask on for 15 minutes of pre pool activation.

As per Step 1 & 2, the same guidelines will apply for training session procedures and coaching guidelines, with any the following updates/additions incorporated as listed below:

- swimmers must be physically distanced with the start/stop points and there will be absolutely no assembling/congregating at the end walls of the pool;
- swimmers must be spaced out with start, stops at a minimum 2m;

- there should never be 2 or more swimmers at the end walls or side by side between single or double lanes;

Pre-pool (on deck) Activation requirements

- On-deck pre-pool activation must be part of the regular scheduled training permit, where transition times shall remain in place.
- Maximum allowable length of time for an activation session is 15 minutes.
- Group numbers must not exceed the maximum group size allowed in the pool by the facility.
- Masks must be worn at all times by all participants. A second, clean mask will be worn following the session.
- 2m physical distancing must be maintained at all times. This will increase to 4m during the 'Raise' portion of activation.
- A pre-assigned space for each swimmer must be clearly marked.
- All activation activities will only be permitted when there are no multi-group traffic flow issues.

Pre-pool activation cannot occur when:

- On deck space is also designated as a walk-through for other users.
- Other groups are entering/exiting the training space.
- All athletes have their own equipment, no sharing of equipment.
- No equipment that promotes intense active movement will be utilized.
- Any equipment used must be wiped down prior to and after use.
- Facility is responsible for spraying down used areas follow the session.
- Coaches must directly supervise/coach activities at all times.

Indoor Dryland (off-deck) Requirements

Indoor dryland activities away from the pool deck, in a separate room/facility are permitted, (subject to Swim Ontario prior approval) provided:

- public health regulations are followed,
- that 2m physical distancing is maintained at all times,
- any equipment used is cleaned before and after use,
- masks are worn at all times,
- coaches must directly supervise/coach activities at all times.

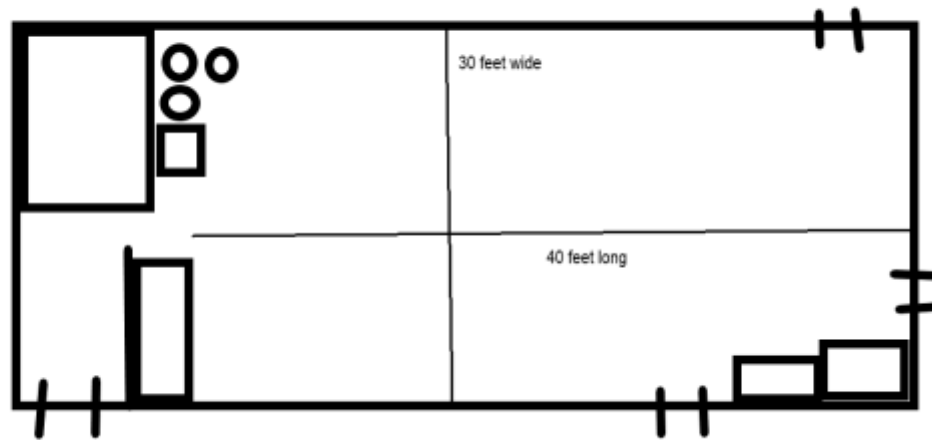
USC will be utilizing the Upstairs Hall at Uxpool

- Similar to our usual entry procedures, swimmers and coaches will enter through the main lobby doors after responding to their questions with their mask on, hand sanitize.
- They will remove footwear and put on indoor footwear.
- They will then access the door to the Upstairs Hall off the main lobby and move through physically distanced, carrying all personal belongings.

- Once the training session is completed, the swimmers and coaches will gather their belongings and exit the building via the balcony to the emergency exit, which will take them to the field on the west side of the building.

Detailed facility protocols about sanitization of the training space are available in the Uxpool Addendum to Staff Manual pdf.

A diagram of the training space to confirm appropriate space and layout of the training area (as provided by Uxpool) is shown below. Based on the measurements, we are told there is space for 33 people but for doing exercise, USC will only allow a maximum of 15 swimmers. **This number is subject to Public Health requirements (ie: could be less).**



The type of activity being performed by the USC swimmers during the off deck dryland sessions will be within the Swim Ontario Approved Activities list, and similar in nature to the outdoor sessions performed pre-pool in Step 1 & 2 of the USC RTS plan. These sessions will be normal gym type activities including: calisthenics, mobility & flexibility exercises, core strength segments and light cardio-agility work.