

Windsor Aquatic Club - Covid-19 Return to Train Plan - Updated July 7, 2020

Introduction

Since the onset of Covid-19 the Windsor Aquatic Club has taken the approach to follow the explicit guidance, direction, and recommendations of the following organizations:

Swim Canada - <https://www.swimming.ca/en/resource-hub/>

Swim Ontario - <http://www.swimontario.com/>

Government of Ontario <https://covid-19.ontario.ca/index.html>

Windsor Essex County Health Unit - <https://www.wechu.org/>

The COVID-19 Return to Train Plan is developed using Swim Canada Covid-19 Return to Swimming Resource Document and Swim Ontario “Preparing for a Safe Return to Operations”.

<https://www.swimming.ca/content/uploads/2020/05/Return-to-Swimming-Resource-Documents-From-Swimming-Canada-V1-05292020.pdf>

<http://swimontario.com/uploads/ReturntoOperationsSafely.pdf>

The Windsor Aquatic Club Covid-19 Return to Swim Plan is intended to provide guidance for all employees, athletes, and family members of the Windsor Aquatic Club to ensure we remain vigilant and safe during these unprecedented times. As new information and recommendations come available this living document will be updated as needed and shared with all stakeholders.

Questions with regards to the Windsor Aquatic Club COVID-19 Return to Swim Plan can be directed to Return to Training Designate: sherry@windsoraquatic.com.

AT ANY TIME RETURN TO TRAINING PLANS CAN BE MODIFIED, POSTPONED OR CANCELED DUE TO THE EVOLVING COVID-19 OUTBREAK. Athletes & guardians will be notified by email if this occurs.

Preparing for a Return to Train

The following documents must be completed prior to the Return to Train Plan begins:

1. Complete the Club Declaration for COVID-19 return to programming
2. Individual participating swimmers will complete
 - i.) Acknowledgement of Risk form
 - ii.) COVID-19 Attestation form

Communication Plan

IMPORTANT

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.

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 healthcare provider to consider the appropriateness of further investigations.

The safety of our athletes and coaches remain our overriding priority.

DAILY SELF-SCREENING PROTOCOL:

To prevent the spread of COVID-19 and reduce the potential risk of exposure you must answer 'NO' to all the following questions prior to attending any training session:

- Have you had any symptoms of respiratory infection such as fever, cough, shortness of breath, chest pain, chills, difficulty breathing, repeated shaking with chills, abnormal muscle pain, headache, sore throat, pain swallowing, runny nose, new loss of taste or smell or gastrointestinal illness in the last 14 days?
- Have you travelled outside the province or outside the country within the last 14 days?
- Have you had any close contact with someone with a confirmed case of COVID-19 in the last 14 days?

If an athlete answers yes to any of the Daily Self-Screening questions:

DO NOT come to the pool.

Follow-up with your health care provider or call Telehealth 866-797-0000 (A Registered Nurse will take your call 24 hours a day, seven days a week).

Athletes and/or coaches are required to remain off the property for 14 days if COVID-19 symptoms are present, if you've been directly exposed to COVID-19 or if a test shows positive results.

At Risk Populations

Coaches or athletes at risk for severe illness from COVID-19 are recommended to review their special health concerns with their primary care provider prior to attending 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.

If a Coach or Athlete tests positive for COVID-19

Windsor Aquatic Club will:

1. Suspend training.
2. Complete an Incident/Injury Report Online form.
<https://form.jotform.com/SwimOntario/incident-and-injury-report>
3. Contact all athletes & families, and staff that are part of their Training Group. All Training Group members will enter self-isolation.
4. Contact the training facility and local health authorities
5. Contact Swim Ontario.

Team training may resume if:

All team members undergo self-isolation for 14 days and no other member has developed symptoms.

All team members are cleared to return to group training by their healthcare provider in accordance with provincial guidelines.

Returning to Swim After being diagnosed or suspected to have COVID-19

Swimmers with COVID-19 themselves, presumed or tested, or have been directly exposed to others with COVID-19 who have been under home isolation/quarantine can return to train under the following conditions, consistent with **current Public Health Ontario** guidelines:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND
- Other symptoms have improved (for example, when your cough or shortness of breath have improved)
- At least 14 days have passed since your symptoms first appeared AND
- You have been given clearance by your healthcare provider or public health authorities.

Please contact your coach prior to returning to the pool to advise you have met the above criterion for your return, and to discuss documentation that may be required prior to return to the pool.

Healthcare Resources

If you have any questions or concerns please speak to your healthcare provider or make contact with any of the following help aides listed below.

Telehealth - 866-797-0000 (A Registered Nurse will take your call 24 hours a day, seven days a week).

If you are worried you were exposed to COVID-19 or have symptoms, take the self-assessment test at this link <https://covid-19.ontario.ca/self-assessment/>

You will get a recommendation on what to do next. You can also take it on behalf of someone else.

Guidelines for Coaching Staff

Coaches shall be informed about the latest guidelines and directives on the COVID-19 outbreak from Federal, Provincial, Municipal governments and their Public Health authorities.

COVID Symptoms:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html?topic=tilelink>

Coaches follow the “Guidance for Pool Users-Essex Pool” when in the training environment. This includes wearing a mask at any time they are not on the pool deck, using designated pool access points, etc.

Coaches will wear appropriate Personal Protective Equipment at all times. At minimum this will mean wearing a non-medical mask and/or face shield.

Coaches, facility staff and athletes must maintain appropriate distance from each other at all times.

Coaches will not share any equipment or materials (i.e. stopwatches, clipboard, etc.)

Coaches - Best Practice guidelines during training:

Before

Coaches will provide athletes with a training schedule that ensures the same group of athletes (training bubble) per session with assigned lanes (lane bubbles). Training groups size will adhere to 4 athletes per double lane until otherwise authorized.

Coaches will host a mandatory ‘Zoom’ meeting with athletes (and guardians) before training to discuss responsible training behaviour and expectations.

The training schedule will indicate arrival time to ensure physical distance.

Coaches will not use whiteboards/shared surfaces to communicate workouts. Alternative methods such as emailing copies of workout are encouraged.

Coaches will communicate the necessary training equipment prior to each session.

Coaches will complete the **daily self-screening protocol** before entering the training environment. **If a coach answers ‘yes’ to any of the self screening questions before a scheduled practice. The coach will stay home. The coach will immediately contact their healthcare provider. If they are able they can arrange for a replacement coach or cancel the practice.**

Coaches will take detailed attendance, using ‘Team Unify app’ (i.e. date, name) and confirm that athletes have completed 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 should stay at home.
<u>During</u>	<p>Coaches will practice respiratory etiquette, hand hygiene and physical distancing protocols during training, ensuring Open and Observable environments are maintained.</p> <p>Coaches will observe swimmers during practice to ensure that they are following Training Session Procedures. If a coach observes swimmers not observing best practices they will immediately correct the swimmer(s).</p>
<u>After</u>	<p>Mandatory transition times of 15 mins will be built in between training groups. Coaches will ensure athletes leave the training environment in a staggered manner in order to maximize physical distancing. Athletes are responsible for their own equipment not coaches.</p> <p>Once athletes have left the Training environment, coaches will exit immediately and use good hand hygiene practices (hand sanitizer) following the facility guidelines.</p> <p>Coaches will evaluate effectiveness of the Return to Training Plan daily and debrief with athletes post-training through regularly scheduled 'Zoom' meetings.</p>

Guidelines for Families and Athletes	
<p>Families and Athletes shall be informed about the latest guidelines and directives on the COVID-19 outbreak from Federal, Provincial, Municipal governments and their Public Health authorities.</p> <p>COVID Symptoms: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html?topic=tilelink</p> <p>Athletes will follow the "Guidance for Pool Users-Essex Pool" when in the training environment. This includes wearing a mask at any time they are not on the pool deck, using designated pool access points, etc.</p> <p>Athletes will follow Training Session Procedures at all times.</p> <p>Athletes will act responsibly and promote appropriate behaviour at all times.</p>	

Coaches, facility staff and athletes must maintain appropriate distance from each other at all times.

Athletes will not share any equipment or materials.

Parents/Guardians are not allowed on deck at any time. Parents/Guardians must follow facility rules at all times.

There is no penalty for missed practices. If an athlete or household member does not feel well, they should stay at home. Athletes will communicate with their coach before returning to practices.

If a Parent/Guardian has a question or concern they can contact their athlete's coach and/or RRT designate at any time. Email is the preferred method of communication.

Training Session Procedures for Athletes

Before

Athletes will arrive at designated time for each training session. Do not arrive any earlier than necessary. Activation should be completed before entering the facility, either at home or outside of the facility. If activation is completed on site, outside of the facility, athletes must ensure physical distancing practices are in place and that they are in groups no larger than 10.

Athletes will complete the **daily self-screening protocol** before entering the training environment.

Athletes will not use changing rooms. Athletes should shower at home before and after their training.

Athletes shall wear their training suit to and from the pool. They will only bring training equipment that is required. They are required to bring their own pre-filled water bottle.

Athletes are expected to have reviewed workout expectations before arriving at the pool.

Athletes will place bags 2m apart on deck when necessary.

During

Athletes shall maintain physical distancing at all times while in the pool. This means circle swimming on top of the lane line.

Athletes will start/stop training sets at opposite ends of the pool, ensuring physical distancing is maintained at all times.

Athletes will maintain same lane grouping at all times.

Athletes will maintain appropriate distance from each other at all times while in the pool.

<u>After</u>	<p>Athletes are not permitted to leave equipment at the pool.</p> <p>Athletes will clean their equipment with disinfectant pre and post training session.</p> <p>Athletes will leave the pool immediately after training, ensuring that physical distancing is maintained at all times.</p> <p>Athletes will attend all pre & post training 'Zoom' to evaluate the Return To Training Plan and safety procedures. Athletes are encouraged to clarify all aspects of the Return to Training Plan to ensure their safety and the safety of other athletes.</p>