

FALL 2020 // COVID-19 RETURN TO SWIMMING PLAN

WHITBY

SWIMMING

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INTRODUCTION

The COVID-19 pandemic forced us to significantly adapt our normal routines and activities in order to control and minimize the spread of the virus and protect our community. Health and safety have always been the priorities of Whitby Swimming and we are proud of our organization and its efforts during these challenging times. We would like to thank our members for their efforts in flattening the curve.

Whitby Swimming acknowledges that a return to swimming must be done in a safe manner. We recognize that we have the responsibility to ensure we are doing everything we can to keep our community safe both within the club and at large.

This document explains the return to swimming procedures for the Fall of 2020.

The information around COVID-19 is changing on a daily basis. This document will be updated and shared again when new valuable information is available. Most of this return to swimming plan is in accordance with the Swimming Canada and Swim Ontario recommendations for swim clubs.

We require all swimmers, parents, coaching staff and partners to familiarize themselves with this document.

With all the measures that Whitby Swimming and the host facilities will put in place together, we believe we can offer a safe return to swimming for our athletes.



BACKGROUND

After a successful return to training during the Summer, WS is happy to continue to fulfil its mission during the Fall of 2020.

So far, all our swimmers and coaches have been involved in the RTS at TPASC, BGCD and/or on a soccer field for swimming and dryland activities. For more information about the Summer RTS, please consult the *Return to Training (V4)* document (available on request).

ASSESSMENT OF RISK

Whitby Swimming acknowledges the risks related to a return to training 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:

- The most up-to-date version of the "Swimming Canada Return to Training Framework"
- The most up-to-date version of the WS Return to Swimming Plan
- A link to the Swim Ontario COVID-19 page and to the Swimming Canada COVID-19 Resource Hub
- A link to the Province of Ontario and Durham Region Health Department websites.

In addition, each swimmer (or parent/guardian) and staff will be required to complete the program requirements listed in this document.

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.

- 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.

PROGRAM REQUIREMENTS

REGISTRANTS

All registrants 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

COACHES

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
- Rowan's Law requirements
- Offence Declaration

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.

BEFORE IN-PERSON TRAINING SESSION

Participants (athlete 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 you may have been exposed to COVID-19
- have returned from travel outside Canada with symptoms of COVID-19

Athletes and staff will have to fill an online (google form) health self-monitoring form prior to each in-person training session. The form will contain the following questions:

1. 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 and/or Gastrointestinal illness ?
2. Have you been in contact with or cared for someone with COVID-19 in the last 14 days?
3. Have you returned from a trip outside the country within the last 2 weeks?

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

If an athlete/coach/staff member answers 'Yes' to any of the above, the person cannot participate in the in-person training and they must contact their medical provider (doctor/nurse practitioner) and follow medical directions and cannot return to in-person training until cleared by the medical provider.

If an athlete answers 'Yes' to one of the questions, he must email the coach to let them know.

If a coach answers 'Yes' to one of the questions, an email will be sent to the group. If possible, another coach will cover for the practices until the coach is cleared to come back. If not, the practice(s) will be cancelled.

DURING IN-PERSON TRAINING SESSION

All athletes and staff should monitor their health during a training session, and if they feel ill or experience signs or symptoms of COVID-19 (even mild) they must leave the training session and contact their medical provider (doctor/nurse practitioner) 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 the 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, Public Health guidelines must be followed.

TRAINING GROUP PROTOCOL FOR A POSITIVE COVID-19 TEST

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

The athlete/staff member is removed from the training group immediately

- Team Training will be suspended, and all team members are placed in self-isolation.
- The local public health authority will provide further management recommendations which may include further testing and arrange for contact tracing.
- Any further team members who develop symptoms will be referred to the appropriate public health authority or helpline for guidance on testing and appropriate management.
- Team training could 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 medical provider in accordance with Provincial guidelines.
- Swim Ontario will be notified of any COVID-19 positive test of any participant (athlete, coach, volunteer, staff...) by completing the Incident/Injury Report Online Form. Requested information will include:
 - Gender
 - Age
 - Recent Training Activity (14 days)
- The host facility will also be notified of any COVID-19 positive test of any participant.
- A confirmed case within the group (athlete or coach) will be communicated to the members of this training group as soon as practical (i.e. with valid information).

PUBLIC HEALTH AWARENESS

Athletes and staff must stay informed of the most up-to-date public health information regarding COVID-19.

To help keep athletes and staff informed while we are in the first steps of the RTS framework, WS will:

- Have a weekly virtual staff meeting to update staff on new information regarding COVID-19 and evaluate how it impacts our RTS plan:
 - Revised recommendations from health authorities;
 - Revised gathering size limitations, opening of public areas, etc;
 - Revised physical distancing rules;
 - 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.



REQUIREMENTS FOR COACHES

*** AT ALL TIME, FOLLOW THE SPECIFIC MEASURES LISTED IN APPENDIX D. ***

PRE-TRAINING

- 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 6 athletes per double lane until otherwise authorized.
Coaches will host a mandatory virtual meeting with athletes (and guardians) before training to discuss responsible training behaviour and expectations.
Coaches will not use whiteboards/shared surfaces to communicate workouts.
 - The training schedule/details will indicate arrival time to ensure physical distancing.
 - Coaches will email copies of workout.
 - Coaches will communicate the necessary training equipment prior to each session.
- Coaches will take detailed attendance and confirm that athletes have completed **mandatory daily self-screening protocol** (Google Form).
- 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 appropriate Personal Protective Equipment at all times. In most cases this will minimally mean wearing a non-medical mask and/or face shield.
- Coaches will practice respiratory etiquette, hand hygiene and physical distancing protocols during training, ensuring Open and Observable environments are maintained.

AFTER TRAINING

- 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.
- Once athletes have left the Training environment, coaches will exit immediately and use good hand hygiene practices (hand sanitizer) following the facility guidelines.
- Coaches will evaluate the effectiveness of the Return to Swimming Plan daily.

REQUIREMENTS FOR ATHLETES

*** AT ALL TIME, FOLLOW THE SPECIFIC MEASURES LISTED IN APPENDIX D. ***

PRE-TRAINING

- Athletes must print or write down their own copy of the workout that will be sent prior to the practice.
- Athletes will arrive at designated time for each training session. Do not arrive any earlier than necessary.



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- 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 **mandatory daily self-screening online form** before entering the training environment.
- Athletes will not use changing rooms and must arrive beach ready (training suit on).
- Athletes must shower at home before and after their training.
- Athletes will only bring training equipment that is required.
- Athletes 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 in designated area.

TRAINING

- 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.

AFTER TRAINING

- Athletes are not permitted to leave equipment at the pool.
- Athletes will clean their equipment with disinfectant pre and post training session.
- Athletes will leave the pool immediately after training, ensuring that physical distancing is maintained at all times.
- Athletes will attend all pre & post training virtual meeting to evaluate the Return To Swimming Plan and safety procedures. Athletes are encouraged to clarify all aspects of the Return to Swimming Plan to ensure their safety and the safety of other athletes.

SAFE SPORT

- All efforts should be made to ensure that Open and Observable environments are maintained at all times. It means making meaningful and concerted efforts to avoid situations where a coach, official or other representative might be alone with an athlete and/or vulnerable individual. All interactions between an athlete and an individual who is in a position of trust or authority should normally, and whenever possible, be in an environment or space that is both "open" and "observable" to others.
- Open and Observable environments also apply to online communication. All forms of electronic communication (email, text, ZOOM, etc.) should never be in the form of a one-on-one interaction and should always be done in a group setting.
- Training sessions should include a minimum of 3 people (any variation of athletes and coaches).



DISCIPLINARY ACTION

- If any swimmer (or parent) fails to comply with any of the requirements described above, it will be grounds for corrective action up to and including removal from the session or removal from the program itself, using *WS's Discipline and Complaints* procedure.
- Parents will be informed of any swimmer infractions by email following the practice.



APPENDIX A. TPASC ACCESS AND TRAINING PROCEDURES

PRE-ARRIVAL PROCEDURES

Even if TPASC has its own screening protocol when entering the facility, WS requires all swimmers to fill an online self-screening form before attending each practice.

Each group will receive their own link. Coaches will not allow swimmers to train if the online form hasn't been submitted.

ARRIVAL PROCEDURES

- 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 in the North parking lot. Parents will not have access to the facility.
- If swimmers are driving themselves, the north parking lot has been assigned as WS parking area. Athletes and staff must find a parking spot distanced from other cars and follow the directives from your coach as to how you travel to the facility. This lot will not be exclusive use so please practice physical distancing.
- Swimmers should arrive at the facility no more than 15 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 which will have the following measures in place:
 - You must be wearing a mask to enter TPASC
 - A three-question survey will be administered
 - A temperature scan of the forehead will be completed
- Pathway to the pool
 - Access to Level 1 will be via the north staircase outside the CSIO double doors, where entry will be monitored and staggered to maintain physical distancing. Athletes and coaches will not have access to any additional areas on Level 2 and are not to enter the doors to the main hallway.
 - Access the pool deck by using the doors between the Competition Pool and Dive Tank even if your training is scheduled in the Training Pool, these doors are designated for club swimmer access.
 - Transitions may occur where your team will follow another. With that, please use the deck bleachers as your staging area to ensure the pool is clear.
 - Athletes and staff must stagger entry and proceed directly to the pool deck. Shoes will be removed before entering the pool deck.
 - There will be no change room access. Athletes are to arrive showered and product free. Swim bags to be left on deck bleachers. Deck washrooms will be open and available for individual athlete use.
 - Face coverings must be worn at all times when in the facility
 - Masks should be the last thing removed before leaving the bleacher area and the first thing back on when preparing to leave

EXIT PROCEDURES

- Athletes will have a scheduled 10-minute window to check-out and depart the facility – there will be no access to any other areas of the facility and socializing will not be permitted.
- Athletes will use the stairway next to the freight elevator for exiting the facility – this stairway will lead directly outside to the North Parking lot.



APPENDIX B. AOP ACCESS AND TRAINING PROCEDURES

PRE-ARRIVAL PROCEDURES

Even if TPASC has its own screening protocol when entering the facility, WS requires all swimmers to fill an online self-screening form before attending each practice.

Each group will receive their own link. Coaches will not allow swimmers to train if the online form hasn't been submitted.

ARRIVAL PROCEDURES

- Only swimmers and coaching staff are permitted to enter the facility.
- Swimmers must arrive in their training suit.
- As per Durham Regional Health requirements, all swimmers and staff will be required to wear a face mask in the building.
- If not driving themselves, swimmers should be dropped off outside the facility at the drop-off area in the North parking lot. Parents will not have access to the facility.
- Swimmers should arrive at the facility no more than 10 minutes ahead of scheduled start of the training session and line up outside the front doors in designated space while waiting for facility to open.
- Pre-identified staff and athletes will be required to check-in through an access control area which will have the following measures in place:
 - You must be wearing a mask to enter IPSC
 - You must sanitize hands upon entry to facility
 - You must follow self-screening protocols prior to entry as established by WS
- Pathway to the pool
 - Athletes and staff are required to follow the directional markings upon entry, leading to the change rooms.
 - Entry must be staggered
 - Swimmers will proceed to the male and female change rooms where they are to change quickly
 - Face coverings must be worn at all times when in the facility
 - Masks should be the last thing removed before leaving the bleacher area and the first thing back on when preparing to leave
- Bags must not be stored in the change rooms but are to be brought out onto the pool deck and stored on the chairs at the applicable lane signs.

EXIT PROCEDURES

- Athletes will have a scheduled 15-minute window to change and depart the facility – showering is not permitted.
- There will be no access to any other areas of the facility and socializing will not be permitted.
- Exit the change rooms, following directional markings out into the vestibule area, and then exit to the outside.



APPENDIX C. BGCD ACCESS AND TRAINING PROCEDURES

PRE-ARRIVAL PROCEDURES

Even if TPASC has its own screening protocol when entering the facility, WS requires all swimmers to fill an online self-screening form before attending each practice.

Each group will receive their own link. Coaches will not allow swimmers to train if the online form hasn't been submitted.

ARRIVAL PROCEDURES

- Only swimmers and coaching staff are permitted to enter the facility.
- As per Durham Regional Health requirements, all swimmers and staff will be required to wear a face mask in the building.
- Swimmers must arrive in their training suit.
- Swimmers should be dropped off outside the facility at the drop-off area. Parents will not have access to the facility.
- Upon entry to the building all staff and swimmers will be subject to thorough screening procedures to ensure that all who enter The Boys and Girls Club of Durham meet the requirements set out by public health officials.
 - Staff and swimmers will be required to keep social distancing measures in place upon arrive to the designated entrance door of the agency (Front Lobby Door), while maintaining a distance of at least 2 meters or 6 feet from other people, to the greatest extent possible. Physical distancing markers and signs will be posted outside of the Club to ensure 6 meter distances are adhered to.
 - Upon arrival to the entrance door, staff and swimmers will be instructed to enter the building one person at a time and be screened for temperature and symptom check by a member of the SLT (Senior Leadership Team).
 - Members of the SLT will be responsible for administering temperature checks and recording a daily log of those who enter the building. The following information will be captured on a daily log sheet: Date, First and Last Name of the Individual, Time of Entry to building, Temperature level, Symptoms Check, and Time of Exit from the building.
 - Screening will also include symptoms check where individuals will be required to disclose if they have displayed any of the following symptoms in the last 24 hours.
- Swimmers should arrive at the facility no more than 15 minutes ahead of scheduled start of the training session.
- Pathway to the pool
 - Following the completion of the screening procedures, individuals will be directed to their designated floor location within the building and will be required to keep physical distancing measures in place throughout the building by maintaining 2 meters or 6 feet from others at all times.

EXIT PROCEDURES

- Departure process
- Upon exit of the building, all parties will use the same designated entrance and exit door, to alleviate congestion to the entrance door, and to maintain social distancing measures.
- All parties will be required to log out their time of departure from the Club on the COVID-19 Daily Log Sheet at their designated exit door.



APPENDIX D. MEASURES TO LIMIT THE SPREAD OF COVID-19

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 a face covering.
- Athletes and staff must follow the directional arrows in the facilities.
- Staff must maintain appropriate distance from each other and facility staff members throughout the entire duration of time spent in 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.

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.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.

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 a number of 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.
- Athletes are not permitted to share any training equipment or to use public 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.