



MSSAC COVID-19 Standard Operating Procedures (as recommended by SC/SO).

PPE REQUIREMENTS:

1. At all times swimmers are required to self-monitor for any symptoms related to COVID as well as follow masking and social distancing protocols as dictated by the provincial, municipal and local health authorities (depending on the spread, these mandates are constantly updated by the governing authorities).

Exceptions will be made for persons with conditions that prohibit them from wearing a mask.

HEALTH SCREENING

Prior to each training session, coaches and athletes are to verbally screen/ self-screen for the following:

1. Do you have any of these symptoms: cough, shortness of breath, chest pain, difficult 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?
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 of the country within the last 2 weeks?

Any athlete or staff member that is required to leave a training session as a consequence to answering yes to any of these questions or begins experiencing any of these symptoms during a session that is consistent with COVID-19 is required to contact their physician to consider the appropriateness of further investigations. The athlete or staff member may not return until receiving clearance from the physician and/or public health.

SOCIAL DISTANCING REQUIREMENTS:

1. Athletes and coaches must respect physical distancing requirements at all times, 6 feet/2 metres.
2. This includes but is not limited to respecting physical markers on floors or walls that indicate physical distancing requirements.
3. There will be markings on the pool deck for athletes to leave their personal belongings to ensure social distancing.
4. Once athletes enter the building, they will go to their designated spot and await instructions from their coach.

FACILITY PROCEDURES:

1. Facility entrance and exit protocol are to be followed. Where possible, there will be one entry point and a separate exit point. In the case of a single entry/ exit point coaches will direct athletes through the exit in order to maintain physical distancing requirements.
2. Locker rooms will be limited to restroom use only.
3. There will be a 15-minute window between practices.
4. All athletes will enter/exit facility iaw facility guidelines and protocols.
5. All common areas, including restrooms, will be cleaned between practices.
6. The facility will be cleaned daily following all practices.

COACH PROTOCOL:

1. The use of white boards will be limited. In support of physical distancing requirements, coaches will not ask swimmers to congregate around the whiteboards before, during, or after a practice.
2. Coaches should not share hand-held equipment such as stopwatches, clipboards, pens etc.
3. Coaches must keep detailed attendance sheets. The attendance record may be provided to the facility operator for the purpose of contact tracing.

ATHLETE/FAMILY PROTOCOL:

1. Athletes must arrive and depart in their swimsuit.
2. Athletes will not be able to change or shower at the facility unless permitted by facility.
3. Athletes will only be permitted to line up to enter 15 minutes before their scheduled practice time.
4. If they arrive early, they should wait in their car until the appropriate time to enter the facility.
5. Athletes must leave the facility immediately at the completion of any practice.
6. Parents/spectators will follow facility rules at all times. It is recommended parents wait in their cars. If there is only 1 coach and the training session is indoors and not observable, 1 parent will be permitted to view the training session to comply with Safe Sport. Parents are not permitted on deck to view the swimmers.
7. We will ensure that the appropriate number of coaches are present during each practice to comply with these Standard Operating Procedures and to ensure monitoring and management of athlete flow.
8. Athletes will bring their own water bottle (already filled) and any other equipment required by their coach.
9. Athletes will not be permitted to store their equipment bags at the facility.
10. There will be no sharing of equipment or personal items, all swimmers must have a skipping rope, yoga mat, extra pair of goggles, extra swim cap in addition to their normal training equipment. MSSAC will provide athletes with tubing for their additional dryland training.
11. For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible physical distancing when they are away from the pool as well.
12. MSSAC reserves the right to invoke and athlete/ suspension in cases where the MSSAC COVID-19 Standard Operating Procedure is not consistently followed.
13. Athletes and staff will avoid greetings with handshakes, hugging, high fives etc.
14. Physical distancing must be maintained at all times between athletes, coaches and facility staff.
15. Athletes should encourage good pool hygiene by showering at home before and after swimming.
16. Athlete groupings will remain the same during each returning to swimming phase. Groups will become larger as each phase begins.
17. During Phase 1 and 2 all dryland training will be performed outside of the pool facility unless approved by public health officials and Swim Ontario.
18. Each swimmer's personal item (jackets/bags etc) will be placed 2m apart along the pool deck.
19. The city will not provide any equipment.
20. At this time SO sanctions 4 swimmers per single lane. This may be revised at a later date, pending approval from the relevant municipality as well as SO.
21. Alumni swimmers not registered with MSSAC as full time swimmers would be able to attend a drop in swim session only if they have had a recent (within a week) negative COVID test.
22. Should an alumni swimmer wish to swim with MSSAC for an extended period like Xmas break or spring break, they would require a recent (within a week) COVID negative test or, in the case of not being eligible for testing would have to complete a two week home quarantine prior to entering the MSSAC "bubble".

23. Athletes using the dryland area at GF will bring indoor only shoes with them and change into those shoes prior to entering the dryland area.
24. Athletes will sanitize hands upon entry and exit of the dryland area.
25. Athletes will maintain physical distancing requirements during training in the dryland area.
26. There will be at least 15 minutes between groups so that equipment and space can be sanitized between groups.

COVID TEST PROCEDURE:

This virus being so new, there are many mixed messages and unclear directives on a set course of action. Of course the safest approach is the longest amount of self-isolation and self-monitoring. For practical purposes based on recommendations from The Region of Peel and supervising public health authorities monitoring COVID positive cases, the following guidelines are recommended:

If any MSSAC athlete or coach test positive for covid-19:

1. The individual should let MSSAC staff know immediately.
2. SO has to be contacted and an incident report has to be filled with SO.
3. In the case of a coach testing positive, protocol for a replacement coach must be provided to SO.
4. The athlete is removed from the training group immediately.
5. The city manager of aquatics/ facility manager will be informed of the +ve test.
6. The facility will be shut down to deep clean (as per facility guidelines).
7. Should a swimmer test positive for COVID, they would need to follow all directions outlined by public health. A release letter from the supervising health authority is required for a COVID positive patient to return to swimming.
8. A negative COVID test is not required to return to swimming, the reason being fragments of the virus can exist in the body for weeks or months, leading to false positive tests.
9. Should a swimmer show any symptoms related to COVID, then immediately follow public health guidelines of isolation and testing.
10. Any swimmer isolating would have to follow directives of the said organization requiring the isolation.
11. High risk contacts (no masking/less than 2 meters/more than 15 minutes from a confirmed positive are required to self-isolate for full 14 days- symptoms can develop on day 13!)
12. The 14 day period is calculated from the last day the known positive was present with the group.
13. Low risk contacts (masked/ 2 meter distance) will need to monitor for symptoms and can choose to isolate as well.
14. The confirmed positive case has to be cleared by public health/ physician as to when to return to swimming, a copy of the clearance letter has to be submitted to the head coach.
15. White, Orange, Blue Groups: If there is a positive COVID-19 test in the group, then the swimmers in the lane of the swimmer who received the positive test and the swimmers in the lane to the right and the left of that lane will be deemed to be in close contact and those swimmers must self-isolate. Swimmers not in those lanes will be deemed not to be in close contact and may continue to train but must self-monitor iaw Peel Public Health recommendations.
16. HPAG East, West, JRN and HP: If there is a positive COVID-19 test in the group then all swimmers in the group will be deemed in close contact and will be required to self-isolate and move to Zoom training while in isolation. Due to the dryland and conditioning programs it is determined that most swimmers will have been in close contact due to the combination of both dryland training and pool training.
17. Self-Isolating swimmers/staff (COVID TEST NEGATIVE) may return to training 14 days after last contact with the close contact known positive case.

