

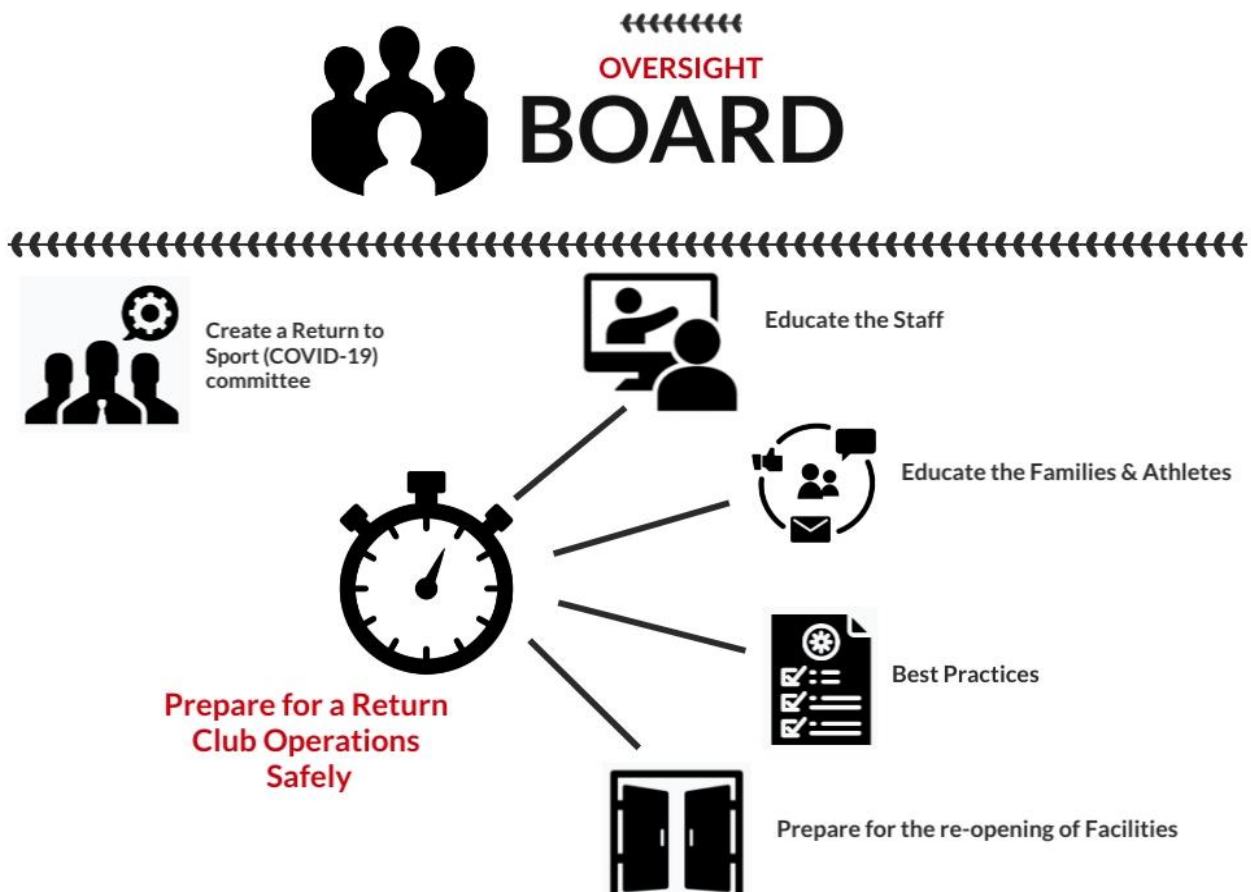


Preparing for a Safe Return to Operations

With the release of the [Swimming Canada's Return to Swimming Documents](#) and as Ontario prepares for a gradual re-opening of facilities throughout the province, Swim Ontario has identified some key guidelines as clubs prepare for a Return to Sport. It is more important than ever that Club Boards and Club owners exercise careful oversight over the implementation of these guidelines. These guidelines include, but are not limited to risk assessment, safety protocols for athlete and staff, facility dynamics and communication between administration, staff and facilities. **These guidelines also align with the detailed information that will be published by the [Swimming Canada Return to Swimming Working Group](#).**

Clubs should include all guidelines set out by government agencies, municipalities, facilities, the Swimming Canada Working Group and Swim Ontario in any type of Return to Sport discussions, planning or strategies to help assess preparedness for their clubs Return to Sport.

It is important to note that this document will evolve and that new information will be added as the [Government of Ontario](#), [Municipalities](#), and [Public Health Authorities](#) and [Swimming Canada](#) provide directives for the reopening of facilities, parks, lakes and a return to organized sporting activities.





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Prepare for a Return to Sport

1. The following 6 questions will help assess risk to the organization as they prepare for a Return to Sport.
 - a. Will the training be held in a region that has documented active local transmission of COVID-19 (community spread) in the last 14 days?
 - b. Will the training be held in venues/facilities with access by multiple groups?
 - c. Will the group include team members relocating from areas outside the training location that have documented active local transmission of COVID-19 (community spread)?
 - d. Will the group include participants (athletes or coaches) at higher risk of severe COVID-19 disease (e.g., people over 65 years of age or people with underlying health conditions)?
 - e. Is the training considered at higher risk of spread for COVID-19 (where physical distancing cannot be maintained, indirect contact through training equipment etc)?
 - f. Will the training be held indoors?
2. **Create a Return to Sport (COVID-19) committee that reports to the Board of Directors who have ultimate approval which includes the head coach, board members, admin staff, health professional (if available), etc.**
3. Designate an individual(s) within that committee that will monitor the latest development surrounding COVID-19 and communicate to the committee, board and staff.
4. Clubs should implement Return to Swimming guidelines and best practices set out in the [Swimming Canada Return to Swimming Guidebook](#).
5. Prepare a communication plan for swimmers and staff, if they or other participants feel unwell or show signs of COVID-19 before, during and after training sessions. ([Individual Self-Assessment Tool](#))
6. Prepare a communication plan if a swimmer or staff have COVID-19 or have been in contact with someone that has COVID-19.
7. Prepare a plan to modify, restrict, postpone or cancel the return to training or training sessions related to the evolving COVID-19 outbreak.
8. Be prepared to update rules, best practices, plans and procedures as situations evolve.



Preparing for a Safe Return to Operations



Educate all the Staff (Admin & Coaches)

1. Ensure that your staff has been informed about the latest guidelines and directives on the COVID-19 outbreak from Federal, Provincial, Municipal governments and their Public Health authorities. [Covid-19 Symptoms](#)
2. Create “best practices” for the staff to follow before, during and after training to mitigate the spread of COVID-19. These best practices must include respiratory etiquette (sneezing in elbow), hand hygiene, physical distancing, cleaning of non-personal equipment in between use, non-sharing of equipment (water bottles), etc. ([Prevention of Risk](#))
3. Create “best practices” for the staff to follow when planning training gatherings, taking into consideration potential family related isolation dynamics, potential travel restrictions and gathering restrictions in the municipality/province.
4. Create an attendance mechanism for all training sessions for staff to strictly follow.
5. Create communication plans for staff to follow when interacting with athletes, families, support teams and other key partners.



Educate the Families and Athletes

1. Create strict rules for athletes and staff surrounding staying home and self-isolation if displaying symptoms or coming into contact with someone who is displaying symptoms or has COVID 19.
2. Athletes must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.
3. Communicate clear training expectations and facility mandates as early and as often as possible
 - a. Athletes should stay home if they or any member of their family does not feel well.
 - b. Clubs and Coaches must make it clear that there is no penalty for missing practice.
4. Provide information on at-risk populations within the club to families and swimmers so they may make an informed decision on their participation. ([At Risk Populations](#))
5. Provide links to virtual healthcare resources in your area.

Things to avoid



Hugging or shaking hands



Crowds



Visiting friends





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Best Practices: Daily Training Environment (example)

1. Implement facility directives around arriving and leaving training sessions **“Arrive-Train-Depart”**
2. Swimmers must follow facility and club directives around the mitigation of Covid-19. ([Prevention of Risk](#))
3. Follow facility directives around the limiting of unnecessary social gatherings (before & after training sessions)
4. Be aware and communicate all traffic and movement plans as well as area closures within your facilities.
5. Athletes must wear swimsuits or dryland clothing to training sessions as change areas may be off limits.
6. Provide clear directives on how to manage the training equipment before, during and after all training sessions. ***There should be no sharing of any equipment such as water bottles, kick boards, towels, paddles, snorkels, fins etc.***
7. Minimize use of training environment equipment that compromise appropriate physical distancing (white boards, on deck dryland items, video monitors or cameras, training chords etc.)
8. Minimize use of communal facilities (e.g. change rooms, gym, court)

Prepare for Re-Opening of Facilities and a Return to Swimming



[Swimming Canada Return to Swimming Steps and safety guidelines](#)

[Return to Swimming Resource Document FAQ](#)

Additional Resources

- Resources for the workplace and guidelines: www.ontario.ca/covid and <https://www.ontario.ca/page/resources-prevent-covid-19-workplace>
- PPE suppliers: www.ontario.ca/ppe
- [Swim Ontario COVID-19 page](#)
- [Swimming Canada COVID-19 page](#)