



Orillia Channel Cats Swim Club Return to Swimming Plan

Program Requirements

- 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
- 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

Attendance & Screening Record Keeping

- Covid screening will be conducted for all participants daily by the club and/or facility prior to the activity.
- All club covid screening and attendance data for all participants (coaches, swimmers, service providers, volunteers etc.) will be stored in a secure manner for a period of 10 years.

Screening Protocols

 (Latest update July 12, 2021)

The **Self-Screening Protocol** is in place to try to decrease the likelihood of spreading infection by encouraging sick or symptomatic participants (swimmers, coaches, officials, volunteers) to stay home and take care. ***all participants MUST complete the City of Orillia Covid screening before every practice. See Orillia Rec Centre Covid Screening Links on page 8.**

Activity is any Swim Ontario approved activity

Before the activity

Participants shall not attend the activity if they:

- are currently diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- someone in their household has COVID-19 symptoms
- 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 been told by public health or school to self-isolate
- **do not pass screening**

Please follow all Ontario published Health screening guidelines.

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- Age Group Swimmers may use the [Ontario Health School Screening guidelines](#) before attending an activity
- Participants must do a screening before attending an activity ([see below](#))

Anyone who does not pass screening may not attend the activity and should follow provincial guidelines (self-isolate, call their health care provider or Telehealth Ontario and take the [COVID Self-Assessment](#). Further investigations may include a test for COVID-19. If home isolation is required, all Public Health instructions must be followed. The participant may not return until they pass screening (min. 24 hours).

Screening Questions - Regardless of one's personal vaccination status

1. Do you **or someone in your household** 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
2. In the last 14 days, have you or **someone in your household** been in close physical contact with someone who currently has COVID-19? This includes getting a COVID Alert exposure notification.
 - *(medical professionals)* Have you been in contact with or cared for someone with COVID-19 in the last 14 days without appropriate medical grade PPE?
3. Have you travelled outside the country within the last 14 days and are you required by the Canada Public Health Authority to quarantine/isolate?
4. Has someone within your household travelled outside the country within the last 14 days and are you required by the Canada Public Health Authority to quarantine/isolate?

A participant must answer 'No' to all the above questions before attending the activity.

During the activity

All participants should monitor their health during an activity, and if they feel ill or experience signs or symptoms of COVID-19 (even mild) they must leave the activity and contact their medical provider (doctor/nurse practitioner) or Public Health to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19. If home isolation is required, all Public Health instructions must be followed.

[Positive COVID-19 Test Protocols](#)

If a participant tests positive for COVID-19, the following steps must be taken:

- The athlete/staff member is removed from the training group or sanctioned SO activity immediately.



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- Report to Local Public Health and facility(ies)
 - Follow all directions from public health unit and facility(ies)
- Report to Swim Ontario by completing the [Incident/Injury Report Online Form](#)
- Individuals identified by Public Health officials cannot return to activities until cleared to do so by public health with provincial guidelines.
 - Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements **with respect to** contact tracing as it relates to managing the spread of the virus. With the understanding that strict safety rules and procedures are in place and adhered to by all participants.
 - The Public Health Unit, Contact Tracing Team may, in some regions, determine who/which individuals are considered to be [close contacts](#).
 - All persons who have been deemed to have been in close contact with the individual follow all public health directions.
 - If public health does not provide direction, the club should consult with the facility and determine the next steps for the training group.
 - Training cancelled and group to self-monitor
 - The facility may request the training group be suspended.
- Any additional participants who develop symptoms will be referred to the appropriate public health authority or helpline for guidance on testing and appropriate management.

Coaches Requirements Training

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).
 - Coaches will not use whiteboards/shared surfaces to communicate workouts.
- Coaches will take detailed attendance and confirm that athletes have completed mandatory **daily self-screening protocol**. ***completing the City of Orillia Covid screening before every practice**
- 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 mandatory non-medical mask that covers the nose, mouth and chin.
- Coaches will practice respiratory etiquette, hand hygiene and physical distancing protocols during training, ensuring Open and Observable environments are maintained.

After Training

- Coaches will ensure athletes leave the training environment in a staggered manner in order to maximize physical distancing (min 5 minute transitions).
 - Athletes are responsible for their own equipment.
- 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 Training Plan daily.



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Swimmer Requirements

Pre-Training

- Athletes will arrive at designated time for each training session.
 - They must not arrive earlier or later than the designated arrival period.
 - Athletes will complete the **daily self-screening protocol** before entering the training environment.
 - Athletes must follow all facility rules (covid safety rules and health regulations)
 - 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.
- Athletes must wear a mask at all times except when in the water.

Training

- Athletes will start/stop training sets at opposite ends and middle 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 sessions.
- Athletes will leave the pool immediately after training, ensuring that physical distancing is maintained at all times.

Safe Sport

- An Open and observable environment will be maintained at all times.
- At no time will a coach/staff be alone with a single athlete.
- Open and Observable environments will apply to online communication. All forms of electronic communication (email, text, Zoom, Skype, etc.) will never be in the form of a one-on-one interaction and will always be done in a group setting.

Disciplinary Action

- There is a fair process in place to ensure compliance with the COVID safety requirements and breaches of these safety procedures will be grounds for corrective action up to and including removal from the session or removal from the program itself.
- Parents must be informed of any swimmer infractions following the practice.



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Participant Education

- A COVID Safety Plan is on file and has been approved by the Board of Directors and is shared with all participants, staff and facilities.
- All participants, service providers, volunteers and staff have acknowledged that they have reviewed the COVID Safety Plan.
 - Swim Ontario - http://swimontario.com/news_detail.php?id=3408
 - Swimming Canada - <https://www.swimming.ca/en/resource-hub/>
 - Including [Non-medical Face Mask guidelines](#) from Public Health Ontario
 - Simcoe Muskoka District Health Unit **705-721-7520**
<http://www.simcoemuskokahealth.org/Topics/COVID-19>

Training Schedule and Type of Activity

[Operational Framework for Summer 2021 Swimming](#)

- Training programs will not exceed Swim Ontario capacity limits
- A letter of approval/support for Step 3 programming is on file with your club and available to Swim Ontario on request.
- A Dive Start certificate from the club has been completed and is on file with Swim Ontario for all pools that are currently being used and will be used for the season.
- All pools and dryland (indoor & outdoor) facilities are named on the club insurance certificate for which a rental agreement is in place.
- *Describe each type of training that will be involved, location, facility, schedules, group size, number of swimmers per single/double lane, coaches in a training schedule (see below)*
- **Beginning Fall 2021:** All practices will occur in the indoor pool at The Orillia Recreation Centre. Channel Kittens practice in the 3 lanes Leisure Pool, Jr Novice and above practice in the 8 lane Competition Pool. Once the dryland schedule is confirmed, dryland will also occur in the Orillia Recreation Centre for certain groups (Sr Nov and up) We are working with facility staff to organize dryland space for our club. We will update this plan as we receive information. *We plan to begin dryland the first week of Oct 2021. The maximum number of swimmers our club will have per single lane is 6.
 - [Graphics](#)



Orillia Channel Cats Swim Club Return to Swimming Plan

2021-2022 Swimming Schedule Orillia Recreation Centre – 4-8 lanes *dryland to begin Oct, 2021

Group	Coach(es)	Group size	Number per lane	MON	TUES	WED	THURS	FRI	SAT
Gold (5 lanes in am) (4-8 lanes in pm)	Meredith Thompson-Edwards	Max 24	3 - 6	5:35-7:15am	6:00-7:00 am strength fitness centre ? 3:30-5:30 pm pool	5:35-7:15 am 3:30-4:30 pm pool	 3:30-4:30 pm pool	5:45-7:15 am strength first, fitness centre then pool ? 3:30-4:30 pm pool time trial	6-7 am pool
Silver (5 lanes in am) (4 lanes pm)	Meredith Thompson-Edwards	Max 24	3 or 6	6-7 am land track and open space ? 4-5:30 pm pool	5:45-7:15 am pool	 4:30-5:30 pm pool	5:45-7:15 am land first track and open space, then pool ? 4:30-5:30 pm pool	 3:30-4:30 pm pool	7-8 am pool

Group	Coach(es)	Group size	Number per lane	MON	TUES	WED	THURS	FRI	SAT
Bronze (4 lanes)	Tatum Haslem	Max 24	6	4-5:30 pm pool	4-5:00 pm pool 5:10-5:30 pm land skipping session open space off deck?		4:30-5:30 pm pool	4:30-5:30 pm pool	6:15-6:55 am land track and open space? 7-8 am pool



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Group	Coach(es)	Group size	Number per lane	MON	TUES	WED	THURS	FRI	SAT
Sr Novice (4 lanes)	Meredith Thompson Edwards Justin Fairgrieve Meghan Tibbett	Max 24	6		6:30-7:30 pm pool	4:00-5:30 pm pool	5:30-6:20 pm land track and open space ? 6:30-7:30 pm pool	4:30-5:30 pm	
Jr Novice (4 lanes)	Meredith Thompson Edwards Justin Fairgrieve	Max 24	6		5:30-6:30 pm pool		5:30-6:30 pm pool		
Channel Kittens in Leisure Pool (3 lanes)	Justin Fairgrieve Tatum Haslem Meghan Tibbett	Max 18	6	4:30-5 pm		4:30-5 pm			

Appendix – Facility Rules

- All facility rules for both covid and health regulations are on file with the club and are followed.



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Facility guidelines and responsibilities for coaches, swimmers, etc. **Facility Rules (updated Sept 11, 2020):** <http://www.orilliachannelcats.ca/wp-content/uploads/2020/09/City-of-Orillia-Return-to-Recreation-Guideline.pdf>

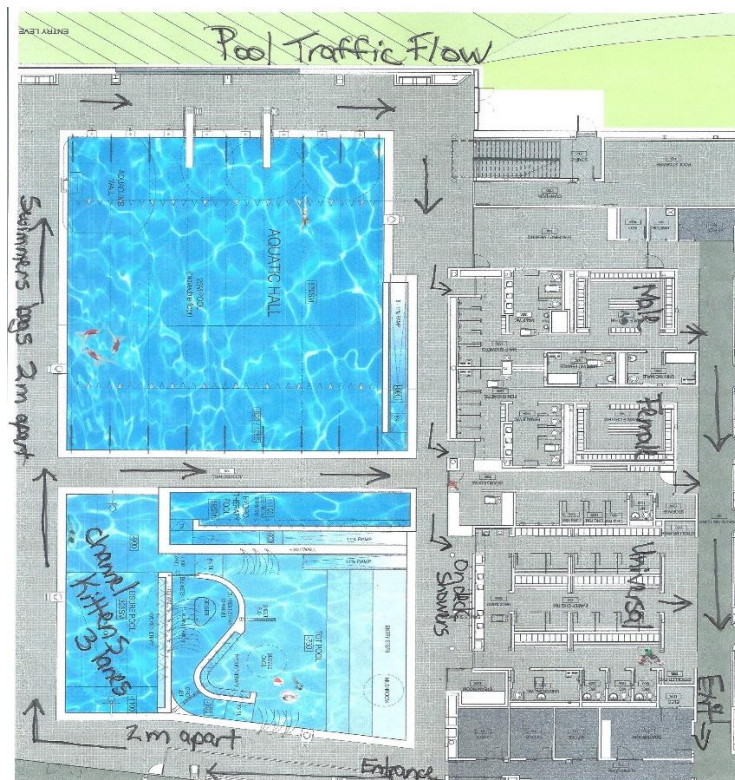
UPDATED City of Orillia Covid-19 Rules and Restrictions Aquatics **(July 19, 2021)** [City of Orillia - COVID-19 Rules and Restrictions - Aquatics \(2\)](#)

Orillia Rec Centre Covid Screening Links:

Under 18: <https://forms.orillia.ca/Parks-Recreation-and-Culture-Surveys/Facility-Rental-Surveys/Under-18-Self-Screening-and-Liability-Waiver-Form>

Over 18: <https://forms.orillia.ca/Parks-Recreation-and-Culture-Surveys/Facility-Rental-Surveys/Over-18-Self-Screening-and-Liability-Waiver-Form>

Map of pool traffic flow 2021:



Resource Links

Swim Ontario

- [Operational Framework for Summer Swimming](#)
- [Screening and Positive Test Protocols](#)

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Orillia Channel Cats Swim Club Return to Swimming Plan

- [Multi-swimmer Single Lane Swimming Scenarios for Ontario](#)
- [COVID-19 Information Page](#)

Swimming Canada

- [COVID-19 Resource Hub](#)
- [Swimming Canada's Return to Swimming Resource version 3](#)
- [Multi-Swimmer Single Lane swimming – Club Training](#)

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