

Orillia Channel Cats Swim Club Return to Swimming 2020-2021

- Since the COVID -19 pandemic we have had to significantly adapt our normal routines and activities. We would like to thank all of our members for your continued support and understanding.
- We have begun the process of what returning to the pool will look like. Our return to the pool must be done in a safe manner. It is imperative that this plan adheres to the municipal, provincial and national health guidelines and restrictions that are in place.
- The situation around Covid-19 continues to evolve quickly. The information available in this document is based on the best information available at the time of publication.
- We would like to thank our Orillia Channel Cats family for your continued patience and support as we try to get back in the water as safely as possible.

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.

Additional self- screening will be required before entering the facility.

Physical Distancing guidelines (such as those outlined below) will be followed at all times:

- Avoid being exposed to COVID-19 by physical distancing (min 2 meters)
- Avoid crowded places
- Avoid handshakes, hugging, high fives
- Athletes and staff must respect physical distancing during all aspects of training
- The facility will have signage to direct athletes, coaches and staff to enter the building/pool deck one at a time
- Coaches and staff will wear masks and maintain appropriate distance from each other and facility staff members

***During Covid the available pool time for our club is: Mon-Fri 5:45-7:15 am, Sat 6-9 am, Mon-Fri 3:30-5:30 pm 8 lane pool and 4:00-5:30 pm leisure pool** *currently sharing of pool time between our club and community groups is not permitted.

Before In-Person Training Session We expect all participants to be COMPLETELY honest when answering the self-screening questions.

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

The following questions are to be ascertained before any in-person training:

- 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
 - Gastrointestinal illness
- Have you been in contact with or cared for someone with COVID-19 in the last 14 days?
- 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.

-Coaches must self-administer the screening questions before coming to any practice.

-Parents and swimmers must self-administer the screening questions before coming to any practice.

-IF A SWIMMER/COACH ANSWERS YES TO ANY SCREENING QUESTIONS THEY WILL NOT BE ABLE TO ATTEND PRACTICE, RETURN HOME IMMEDIATELY AND FOLLOW UP WITH THEIR PRIMARY CARE PROVIDER. THE ATHLETE OR STAFF MAY NOT RETURN UNTIL RECEIVING CLEARANCE FROM THE PHYSICIAN.

-Parents are expected to keep the Head Coach updated on their swimmer's wellbeing through a detailed email in order to keep a record of communication.

-If a coach answers 'Yes' to any of the above the practices will be suspended. No other coach is permitted to take the group. Parents will receive an email informing them of the situation. *If the coach is unable to return, a new coach will be assigned to the group.

During 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.

What to do if you feel sick during a practice: (Orillia Recreation Centre facility procedure)

1. Any individuals (staff or facility users) showing symptoms of illness must be sent home immediately. ***Coach will call parents/guardians and ask them to come and pick up their swimmer immediately.**
2. Those who cannot leave immediately, should be sent to a facility identified isolation space where they will be supervised by staff. If necessary (close contact) staff will wear the Infection Prevention Kit (gloves, face shield, gown, mask and maintain physical distancing).
3. If individual with illness is a participant or facility user, staff will record details on a Non-Worker Incident Report Form documenting all symptoms.
4. In the event of serious illness (e.g. individual is disoriented or slips into unconsciousness), call 911 and follow appropriate emergency procedures and follow the appropriate reporting procedures.
5. In the event of a staff illness, staff will contact their immediate Supervisor as soon as they display any symptoms of the virus. The Health & Safety Reporting Procedures listed in the next section will be followed.
6. Any facility user or staff who receive a confirmed diagnosis of COVID-19 or has exposed to a confirmed case of COVID-19 for longer than 15 minutes or without the use of PPE, will be excluded from the program/work for 14 days and must be symptom free, prior to returning to program/work.
7. Any staff who receives a confirmed diagnosis of COVID-19 must notify their Supervisor immediately. Supervisor will contact appropriate personnel.
8. Cleaning/disinfection of the facility user's/participant's or staff's activity space, including washrooms and change rooms and equipment must be conducted once the individual has left. Items that cannot be cleaned and disinfected, should be removed and stored in a sealed container for a minimum of 7 days. The Simcoe Muskoka District Health Unit will notify the City of Orillia if a program or facility is required to be closed.
9. All participants/parents/guardians will be notified of the situation and the confirmed diagnosis of COVID-19, if applicable.
10. The SMDHU will provide further instruction if an outbreak is declared.

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. **How to**

Self-Isolate:

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

- 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:
 - a. Gender
 - b. Age
 - c. Recent Training Activity (14 days)

Coaches Duties 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 4 athletes per double lane during week 1-2 and progress to 6 per double lane week 3-4.
 - Coaches will host a 'Zoom' 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 distance.
 - Coaches will email copies of workout. **Coach will print copies and bring to practice and place at the end of the lanes in a wipeable Ziploc bag.** Coaches will disinfect bags after every use.
 - Coaches will communicate the necessary training equipment prior to each session. ***there will be no sharing of any training equipment.**
- Coaches will take detailed attendance 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 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 Training Plan daily.

Swimmer Requirements please review Arrival/Exit/Changeroom procedures here:

<http://www.orilliachannelcats.ca/wp-content/uploads/2020/09/Arrival-and-Changeroom-Exit-Procedures.pdf>

Pre-Training

- Coaches will send weekly emails and/or set up Zoom meetings regularly to review the return to swimming process
- Orillia Channel Cats website will be updated regularly
- Coaches will assign **permanent** lanes to swimmers until further notice
- Practices (Sr Novice and up) will be explained via email or a Zoom meeting depending on the practice content.
- Athletes will arrive at designated time for each training session. Do not arrive any earlier than necessary.
 - Activation should be completed at home before entering the facility. **See Swimmer Activation document here:** <http://www.orilliachannelcats.ca/wp-content/uploads/2020/08/Activation-.pdf> **subject to change*
 - Athletes/Parents will complete the **daily self-screening questions** 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.
 - *On October 1 2020, The Orillia Rec Centre will open the Universal changeroom only for swimmers to change *departure only*.**
 - 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, *and stick to their assigned lanes.*

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. Congregating at the end of the lanes (between sets or on rest intervals) will not be tolerated.
- Athletes will not share water bottles.

After Training

- Athletes are not permitted to leave equipment at the pool.
- Athletes will clean their equipment with disinfectant pre and post training session.
- Upon completion of the training session, athletes will exit the water in a staggered approach to ensure physical distancing.
- Each athlete will quickly towel dry, retrieve all equipment, put face mask on and exit the facility avoiding changerooms
- All athletes and coaches will wash hands upon exiting the facility and return home to shower.

- Parents are expected to follow facility rules and are expected to adhere to the physical distancing rules *parents are not permitted in the building at this time
- 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.

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. **Please see Facility Rules document here: (this is an evolving document):** <http://www.orilliachannelcats.ca/wp-content/uploads/2020/09/City-of-Orillia-Return-to-Recreation-Guideline.pdf>
- We will refer to the Orillia Channel Cats Swim Club Code of Conduct when reviewing any disciplinary actions.
- Parents will be informed of any swimmer infractions by email following the practice.

Zoom Mind/Dryland Training: We will begin our season hosting Zoom mind/dryland training, as we will not be able to use the fitness centre at the facility upon initial start up. This will be reviewed with the Rec Centre as we progress. Initial dryland activities will consist of core strength, plyometrics, balance and flexibility. Mind training will focus on goal setting/positive self-talk and self awareness exercises. Coaches will ensure Safe Sport requirements are being followed at all times during any Zoom training.

The Zoom training session will be cancelled if less than minimum 3 athletes

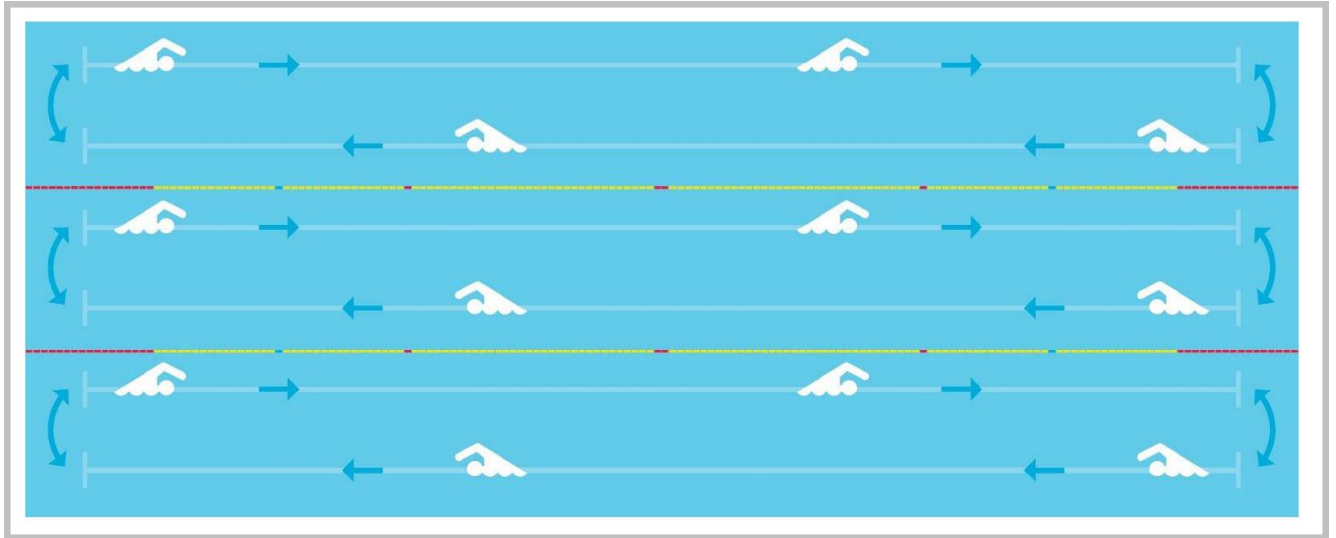
Open and Observable environments will apply to online communication. All forms of electronic communication (email, text, Zoom, Skype, etc.) will never be in the form of a one-on-one interaction and will always be done in a group setting. Any Coach/Swimmer emails or text messaging will **always** be copied to the parents.

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

Simcoe Muskoka District Health Unit <http://www.simcoemuskothealth.org/Topics/COVID-19>

Telehealth (1-866-797-0000)

4 swimmers per double lane (8 lane pool means 4 double lanes)



6 Swimmers per double lane (8 lane pool means 4 double lanes)

