

Swim Natation Manitoba Return to Play

Version 15

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(Approved by MHA on 17 June 2020)



**SWIM
MANITOBA**

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Legal Disclaimer

Swim Natation Manitoba Inc. (“Swim Manitoba”) has prepared this document based on the latest information available to date from a variety of sources, including that of public health officials. The document will be updated periodically as the situation evolves.

The purpose of this document is to provide information and advice on best practices. It also outlines requirements that clubs must adhere to in order to have events and activities sanctioned by Swim Manitoba.

It is the responsibility of each organization to assess the risks in its particular environment and to establish appropriate safety procedures to minimize these risks while following the advice and instructions of sports organizations and provincial governments.

In addition, it is up to each individual to assess personal risks in consultation with health professionals and to determine the outcome of their decisions and actions.

Revisions

June 17, 2020: The document was adopted by the Manitoba Health Authority. Updating web links.

July 2, 2020: update of [appendix A](#) - Screening Checklist to add the 14 days self-isolate exception for people who traveled in western Canada or northwestern Ontario due to the update of the 'State of Emergency of June 26, 2020. ([LINK](#))

July 17, 2020: Many updates through the document. ~~All the updates are identified in red.~~

September 28, 2020: Many updates through the document. ~~All the updates are identified in green.~~

March 9, 2021: Many updates through the document, mostly to reflect the new orders of March 5. ~~All the updates are identified in purple.~~ (Pages 12, 13, 14, 15, 16, 18, 20, and 21 ([Annexe A – Screening Checklist](#)))

June 25, 2021: Many updates through the document, mostly to reflect the new orders of June 26. ~~All the updates are identified in gold.~~ (Pages 8, 12, 13, 14, 15, 17, 18, and 19)

July 16, 2021: Many updates through the document, mostly to reflect the new orders of July 17. ~~All the updates are identified in orange.~~ (Pages 12, 13, 14, 15, 16, 18, and 19)

August 6, 2021: Many updates through the document, mostly to reflect the new orders of August 7. ~~All the updates are identified in pink.~~ (Pages 12, 13, and 14)

September 7, 2021: Many updates through the document, mostly to reflect the new orders of September 2. ~~All the updates are identified in blue.~~ (Pages 12, 13, and 14) Appendix B, Contact Tracing Log, have been removed.

November 12, 2021: Many updates through the document, mostly to reflect the new orders of November 12. ~~All the updates are identified in yellow.~~ (Pages 12, 13, 14, and 18)

December 8: addition of a Proof of Vaccination section on page 15.

February 10: Many updates through the document, mostly on [COVID-19 Outbreak Protocol](#), [Contact Tracing and Self-Isolation](#), and to reflect the [new orders](#) of February 12. (Pages 10, 11, 12, and 13)

February 15: Many updates through the document, mostly on [COVID-19 Outbreak Protocol](#), [Contact Tracing and Self-Isolation](#), and to reflect the [new orders](#) of February 15. (Pages 10, 11, 13, and 14)

March 1: Updates to reflect the [new orders](#) of February 28. (Page 13)

March 15: Updates to reflect the end of the Public Health Orders on March 15. (Pages 5 to 9)

Introduction

Swim Manitoba is committed to the health and safety of our community. We are closely monitoring the developments around COVID-19 and will follow the recommendations of the Government of Manitoba and Swimming Canada. The purpose of this document is to ensure that the return to play of its members is done in conditions allowing to follow the highest safety standards.

Swim Manitoba appreciates that the membership of Swim Manitoba and the swimming community are anxious to return to some of our normal routines and activities that were both an important and a large part of our daily lives prior to COVID-19. Swim Manitoba looks forward to supporting our membership in many of the routines and activities that involve the sport of swimming as we transition to opportunities to train outdoors in small groups and eventually return to the water.

The priority of Swim Manitoba has always been and will always be the safety of our membership, specifically our athletes, as well as our coaches, volunteers, staff, and families involved in the sport.

Swim Manitoba recognizes this is the priority of our clubs as well. As a collective group and community, this was demonstrated through how we significantly adapted and changed our routines and how we worked together over the last several months to flatten the curve of the COVID-19 pandemic. As important as our actions were over the last several months in supporting the health and safety of not only the swimming community but the community as a whole, our actions over the upcoming several months will be equally important. With the important relaunch of our economy through the leadership of our provincial government, it will remain vital that a continued effort to “return to sport” will need to be done in the safest way possible and to continue to follow all guidelines and restrictions that have been put in place through Manitoba Health, the provincial government and your local municipality.

Returning to sport will require your patience and support.

As the swimming community begins to slowly relaunch some of the activities of our sport, including dryland training and our eventual return to facilities and pools, both the patience and support of the Swim Manitoba membership and swimming community will be needed to ensure collectively our actions are in line with Swimming Canada, Swim Manitoba, Manitoba Health and other provincial and municipal regulations and orders. By working together, the swimming community can ensure the safety of our athletes and entire membership as we return to the sport of swimming, a sport that ignites the passion in all of us.

Commitment to the ongoing safety and updating of relevant and important information.

The situation and information around COVID-19 continue to evolve quickly. The information in this document is based on the best information available at the time of publication. Swim Manitoba will continue to monitor the situation very closely and will update this document accordingly.

Please do not hesitate to reach out to Swim Manitoba staff with any questions you may have or any guidance you may need.

Overview

Adherence to Requirements:

The Return to Play will be a gradual and phased process. Swim Manitoba will follow the lead of Manitoba Health Authority (MHA) as it relates to permitted activities both outdoors that clubs can engage in for dryland training, in pools where water training can resume, and eventually competitions. Clubs need to also ensure they fully understand any additional local municipal regulations that may be in place.

On May 29, 2020, Swimming Canada released Version 1 of the [Return to Swimming Resource Document](#). Swim Manitoba has been working closely with Swimming Canada in the development of the Return to Swimming Resource Document and will continue to work closely and provide input into future versions of the resource document. It is important that our activities and return to sport align with the guidance and advice of Swimming Canada. Swim Manitoba has also been working with Sport Manitoba, the City of Winnipeg, Lifesaving Society Manitoba, and Markel (Insurance Provider) to ensure we understand the provincial Restoring Safe Services and how we can safely return to the sport of swimming.

Club's should work closely with their local facility/municipality to understand any additional restrictions and limitations. Facilities may also open at different times across the province. Clubs should not be developing any guidelines or protocols that are independent or misaligned with Swim Manitoba, Swimming Canada, or MHA. Any additional restrictions or requirements of a club's local facility/municipality should align with Swim Manitoba, Swimming Canada, and MHA.

Conditions for In-Person Training, Return to Dryland, and Return to Swimming (including outdoor training):

Each stage outlined below will require, ALL the following conditions to be met:

- ✓ Each club must fill and return the **Club Declaration: COVID-19 – Return to Swimming** form ([LINK](#))
- ✓ Each club must fill and return the **Club Declaration: COVID-19 – Outdoor Activities** form ([LINK](#))
- ✓ Each participant (athletes, coaches, and health team) must fill and return the Swimming Canada **ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS FORM** located in the Swim Canada Registration system
- ✓ Each participant (athletes, coaches, and health team) must fill and return the **Swim Manitoba Waiver and Release** form ([LINK](#))
- ✓ Each participant (athletes, coaches, and health team) must fill and return the Swim Manitoba **ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS FORM** ([LINK](#))
- ✓ Swim Manitoba's Return to Play requirements are adhered to and followed, including any additional protocols, restrictions, and guidelines that may be updated.
- ✓ Club's and Club Members agree to adhere to Swim Manitoba's Return to Play Requirements as presented in this document and future documents and submit any required club declarations or waivers.
- ✓ Individual Club Return to Play Guidelines that have been developed in conjunction with your local facility.
- ✓ Club's ensure that all registered coaches, athletes, officials, health team, and parents understand and agree to follow all regulations as set out by MHA, the local municipality/facility, Swimming Canada, and Swim Manitoba.

* It is important to note that these guidelines were published using the most current information available from MHA as of the publication/revision date. All requirements and guidelines must adhere to the most recent public orders as posted on the [COVID-19 Novel Coronavirus](#) webpage. If the information in this document conflicts or contradicts regulations or orders from Manitoba Health Authority, the regulations/orders of MHA shall take precedence. All clubs have a responsibility to ensure they are aware and understand all orders, regulations, and guidelines of MHA as it relates to COVID-19.

A club MUST meet the minimum standards provided in these requirements and guidelines to offer any training activity. In assessing their own risk in their particular environment, a member club may use stricter guidelines.

Return to Play – General Rules

To relaunch the sport in a gradual and successful manner, Swim Manitoba requires the clubs to apply the various elements proposed in this document. The recommendations are based on information available at the time of publication from Swimming Canada, various multisport organizations, and the Government of Manitoba.

The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to.

Health Monitoring

- While the potential signs of COVID-19 do cover a wide range of symptoms, many can be quite 'normal' and routinely encountered on a regular basis. Part of the issue with this virus in the early stages was how quickly it overwhelmed the public health system in many countries. Similarly, we do not want to overwhelm our own health resources through persistent contacts with our physicians over health concerns that are fairly normal for you. While Swimming Canada and Swim Manitoba are firmly committed to a safe and responsible return to sport, we all must consider that our medical resources are finite. Please exercise sound judgement when performing the daily health monitoring and contact your physician if you are concerned that symptoms you are experiencing coupled with potential exposure in a social/public setting makes you think you could have contracted the virus.
- Stay home when sick, even with mild symptoms

Safety in sport

All interactions between an athlete and a person in a position of trust must take place in open environments that are observable at all times. That means make meaningful and concerted efforts to avoid situations where a coach, official, adult, or other representatives may be alone with an athlete and/or a vulnerable person. This also applies to online communication or electronic (email, texting, Facebook, TEAM, Zoom, Skype, etc.) All meetings, training, travel, and other situations should be a minimum of 3 people.

Affiliation

- All services offered by the clubs must be only to members affiliated with the club, Swim Manitoba, and Swim Canada.

Club Responsibilities

The clubs will have to ensure good management of communications, supervision of personnel, relations with the various partners, and review the budgetary forecasts according to sources of income and expenses following the new reality of the pandemic. Nothing should be taken for granted. Our competitive swimming community will have to adapt to the concept of change, to live with uncertainty, and with the reality of Covid-19.

Emergency Action Plan

- Each coach must know and be trained on the emergency plan of the aquatic facility which will have been adopted by the owner of the facilities according to the new reality.
- In open water, the coaches must set up an emergency action plan themselves and follow the Open Water Swimming Safety Guidelines ([LINK](#))
- Athletes must be aware of the emergency action plan.

Display and Communication

- Posting of safety instructions at training locations should be done by the owner of the facility. It is important to understand and follow the posted instructions.
- The club's responsibility is to manage information, training, activities, and risk management communications with its members in order to comply with safety instructions, mitigate risks, limit misinformation from other sources and build trust in its members.

Training and Meeting

- It is important that staff are trained in the new requirements of group management and safety rules. Training and information will be provided by facility owners. The club will have to commit to following and maintaining all protocols, training plans, reporting, and communication.
- Athletes must be trained before the first activity. It is recommended to hold a videoconference with visual supports, prior to commencing the first activity.
- It is recommended to continue the management of meetings or annual general meetings (AGM) by means of videoconferences.

Staff Certification

- The staff must be in good standing regarding the certification of coaches as well as the certification of aquatic safety as applies.
- Training will be offered by provincial partners.
- The Lifesaving Society will provide mandatory Covid-19 upgrade training for all rescuers.

Risk Management and Right of Refusal

Everyone should have the right to refuse to report for training or work if they have reasonable grounds to believe that their performance/participation puts them at risk of their health, safety or physical well-being or may have the effect of exposing another person to such a hazard.

Vulnerable People

Anyone who is immunocompromised or suffering from a chronic illness, 70 years of age or older, pregnant or of vulnerable health, should not be advised to go to a training site in the early stages of deconfinement.

Psychological Health Communication and Support

Each club should communicate regularly with its members to keep them informed of the latest developments in public health that may affect them and the various assistance programs available to them.

Symptoms experienced at the training or competition site

- Isolate the individual and ensure a protective mask is applied immediately
- The athlete or staff member are encouraged to get tested
- Follow the [COVID-19 Outbreak Protocol](#)

People at risk of serious illness from COVID-19 are recommended to review their specific health concerns with their doctor before participating in training sessions. Common conditions that could place an individual at higher risk include chronic respiratory diseases, such as asthma, hypertension, heart disease, diabetes, immunodeficiency, and obesity.

COVID-19 Outbreak Protocol

If a person is declared positive for COVID-19, the following steps must be followed:

- It is essential to keep calm and not to alert everyone who might have come to the scene randomly.
- The person must be immediately removed from the training group. If this is during the activity, the person must be isolated from the group in a previously established location.
- Inform local public health authorities, **your facility manager, and Swim Manitoba**. They will provide management recommendations which could include additional testing and planning contact tracing to avoid spreading the virus to a larger population of people.
- Anyone else who develops symptoms must get tested and follow the [orders to self-isolate](#).
- Team training may resume by following all the step of the [Contact Tracing and Self-Isolation](#) section. It can sometimes be difficult to trace close contacts and if you do not have all the information and an overall view of the situation, it may be preferable to cancel training while waiting to have the information to ensure everyone's safety.

Contact Tracing and Self-Isolation

Order to self-isolate

Effective March 15, the public health orders for isolation of individuals who have tested positive for COVID-19 are being removed. The orders are being transitioned to public health guidelines, similar to how other communicable diseases are managed.

Isolation for COVID-19 is still advised:

- People with symptoms should stay home and isolate for five days after symptoms start, until you have no fever and other symptoms have improved over the past 24 hours.
- Individuals who have tested positive but do not develop symptoms should isolate for five days from the date of the test.
- Individuals should wear a well-fitting, well-made mask if you must have contact with other people while you are ill, when your isolation is finished, for 10 days after the onset of your symptoms, or test date if asymptomatic.
- People who have symptoms or test positive should avoid non-essential visits with higher-risk people or at higher-risk settings for 10 days after the onset of their symptoms, or test date if asymptomatic.

Physical Distancing

- Avoid being exposed to COVID-19 by physical distancing (minimum 2 metres). 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, officials, volunteers, and staff must respect physical distancing during all aspects of training and competition.
- Athletes, coaches, officials, volunteers, and staff are encouraged to use a mask or face covering when at training, competition, or any other club activities. Masks should be considered when physical distancing isn't always possible such as on public transit on the way to training, crowded areas, and for those with chronic medical conditions. Remember that using a mask is not enough alone and should be combined with other preventative measures such as frequent hand washing and consistent physical distancing.
- Athletes, coaches, officials, volunteers, and staff must maintain appropriate distance from each other and facility staff members throughout the entire duration of time spent in the facility.
- The Government of Canada's community-based measures to mitigate the spread of COVID-19 in Canada indicate that minimal risk can be maintained by avoiding prolonged (more than 10 minutes) of close contact within 2m of other individuals. As such, physical distancing of 2m should be strictly maintained when athletes and staff are in static positions. This would include on-deck instruction, waiting at the wall, congregating at white boards, etc. Multiple swimmers can train within a single lane with appropriate guidelines and protocols in place to ensure that any close interaction only occurs briefly when athletes pass each other on opposite sides of the lane.
- Spectators/parents are required to follow facility rules and are expected to adhere to the physical distancing rules.

Athletes are encouraged to act responsibly and promote appropriate behavior on social media with their peers.

Best Practices

- Swimmers must arrive on time, not early.
- Swimmers are encouraged to wear a mask until they enter the pool.
- Coaches, volunteers, staffs, and officials are encouraged to wear a mask.
- No gathering before or after practice.
- Use the swimmer checklist tool. ([Appendix C](#))
- Use the staff/coach/health team/volunteer checklist tool. ([Appendix D](#))
- Use the parent/guardian checklist tool. ([Appendix E](#))

Return to Swimming

Public health orders requiring masks in public places ends on March 15.

People can continue to help prevent the spread of COVID-19 by getting vaccinated, staying home when sick, assessing their risk and making decisions about using masks, physical distancing and other actions based on those risks.

Swim Manitoba will work closely with pool managers and clubs to ensure that the rules for return to play are followed.

Swimming Canada has published version three of their Safe Return to Swimming that allows more flexibility in managing groups depending on the facility capacity, protocol, and approach.

Swimming Canada Safe Return to Swimming: <https://www.swimming.ca/en/resource-hub/>

Number of Swimmers per Lane

Since March 15, there is no longer a limit on the number of swimmers per lane.

Events and Competitions

Safety is a key priority with all aspects of return to competition. Clubs need to adhere to provincial and national guidance regarding large gatherings. This may impact the number of swimmers at a competition, the officials and volunteers required and the attendance of spectators. The competitive environment (training and competition venues) should be continually assessed to ensure precautions are taken to minimize risk to the swimmers, officials, volunteers and those attending events as spectators (where and when permissible). Initially, return to competition may only take place locally, as clubs/programs consider the impacts of travelling away to competitions (hotels and restaurants).

Each Provincial Section has the authority to determine appropriate competition guidelines within their jurisdictions. As part of the [Return to Competition](#) framework, best practices, recommendations and examples of how to run a competition were created and shared with the provinces to adapt to their needs, including the minimum number of officials required on deck, how to physical distance during a competition, and how to limit the handling of paper, among other items. A variety of meet formats/competition opportunities may be offered across the country including Time Trials, In-house competitions, Dual meets, Virtual meets, and non-sanctioned competitive opportunities.

RETURN TO COMPETITION PROTOCOLS – RECOMMENDATIONS AND BEST PRACTICES FOR OFFICIALS

Swim Natation Manitoba have published competitions protocols and best practices that can be found on the Return to Play web page: <https://www.swimmanitoba.mb.ca/return-to-play>

This document will be updated regularly, so it is important to consult them in preparation for each competition.

RETURN TO COMPETITION – NATIONAL RECOMMENDATIONS AND INITIATIVES

From John Atkinson – “Returning to competition will happen and it can be planned to ensure the requirements are always in place i.e. health and safety. Racing from September 2020 to March 2021 for the Olympic and Paralympic Trial’s level swimmer should be looked at within in each province and what can be offered and organized, this can cut down travel (and flights) and provide opportunities. This will give them the racing and quality swimming expose that is important as they prepare for the trials in April of 2021.

There are always things coaches can organize in their program’s such as suited effort’s and or time trials and make them effective. Things like ‘cold swims’ they came in to train and did an unannounced a time trial targeting within 3% of their best time, these can also be implemented in the programming now. Or we look to have these type swims under time trials conditions on off distances, i.e. 75m (for 100m events) or 150m (for 200m events) and so on. We are developing examples of this to be shared with our coaches, and that will be available soon.

Many of these innovations can be easily adapted for both Olympic and Paralympic Program swimmers, senior swimmers, junior swimmers and masters swimmers; the key is to use imagination, technology and stay in contact with coaching colleagues in your city, region or Province to see what is possible while maintaining a focus on health.

Another thing to consider is making age group and club competitions more attractive to swimmer’s and families, like we all know needs happen. This is required to perhaps retain our 12 and 13-year old

swimmers in the sport, we do need to seriously address the 15 hour days at swim meets over a long weekend (3 days), and remember other sports will become more attractive for an experience sport that these swimmers' and their families may move towards. We want all the swimmers and their families back to the pool and we want them to stay in the sport.

With social distancing that is still required we will need to have less swimmers in warm ups at competitions, we need more space in the stands and on the pool deck. This can all happen as a result of the pandemic and now is perhaps time to make the changes we should do for the sport of swimming. There will be other things to consider, like how many officials are really required, and how coaches rotate through more competitions that the clubs attend (and not attend all competitions, be sensible like we need to be with the swimmers).

The swim meets may have fewer age groups in them i.e. only 11/12 year old's one weekend and then 13/14 year old's the next weekend, and other combinations of these examples. Training and the right fundamentals need to continue, and we don't need swimmers doing more competitions, but there may be more competitions organized that can achieve shorter sessions and make the sport more attractive to all (and allow the new normal to happen with regard to health, safety and social distancing) and we retain swimmers in clubs and therefore in the sport. Swimming Canada and the provincial sections are already developing resources for a return to competition. There is an opportunity here that swimming as a whole can grab and we all make the sport better, don't let it pass you by!"

RETURN TO COMPETITION – COACHING CONSIDERATIONS

Obviously, competitive programs, coaches and swimmers will be excited about the return of racing opportunities as facilities re-open and training is re-established. However, there are three aspects that need to be carefully considered and understood by everyone. First of all, there is a very real need to establish a strong foundational technical, energy systems, and mindset basis for possible targeted competitive opportunities in the Spring and Summer of 2021. Second, aside from the expectations of an Olympic and Paralympic Trials event and the Games themselves, it will take time to establish a calendar of appropriate and meaningful competition, including the increased complexity of holding such events given the COVID19 restrictions. Finally, we likely need to remind ourselves that we are in the 'long game'; that is, we coach and train to compete when it really counts at some point in the future and, therefore, the distraction of short-term competition can obstruct our long-term goals. It is imperative that the next few months are seen as a golden opportunity to really build a training basis and launch pad for competition outcomes over the next 12-24 months. Over the course of the past few months, despite the best efforts of programs, coaches, and the swimmers themselves, a number of factors will have come into play. Without doubt swimmers will have 'lost' some level of specificity both for in-water training and competition, from the standpoint of technique, energy systems, and even mindset. On the other hand, other elements may well have progressed, such as an overall general level of conditioning and physical work capacity. Perhaps overall and specific movement strength (land-based) may have improved significantly. However, all of these changes should signal to coaches and swimmers the need to take a sensible and measured approach to swimming training over the next few months, so as to build the strong launch pad referred to earlier. Therefore, it is strongly recommended to take a 'speed through technique and endurance' approach to the first 3 months of a return to training. Improving technical execution (including starts, turns, & transitions) and establishing a strong aerobic capacity will allow programs to gradually push into higher intensities of training more effectively.

APPENDIX A – Screening Check List

SCREENING CHECKLIST

Swimmer Name: _____

Date: _____

Symptom and exposure screening questions (check all that apply)

A. Do you have any of the following symptoms?		Circle One	
	Fever > 38°C or subjective fever/ chills	YES	NO
	Cough	YES	NO
	Sore throat/ hoarse voice	YES	NO
	Shortness of breath/ breathing difficulties	YES	NO
	Loss of taste or smell	YES	NO
	Vomiting or diarrhea for more than 24 hours	YES	NO
If “yes” to any <u>one</u> of the above, DO NOT ENTER			
B. Do you have a new onset, or worsening, of any TWO of the following symptoms?		Circle One	
	Runny nose	YES	NO
	Muscle aches	YES	NO
	Fatigue	YES	NO
	Conjunctivitis (pink eye)	YES	NO
	Headache	YES	NO
	Skin rash of unknown cause	YES	NO
	Nausea or loss of appetite	YES	NO
	Poor feeding (if an infant)	YES	NO
If “yes” to any <u>two</u> of the above, DO NOT ENTER *			
<p>* If you have only one symptom in section B and it has been less than 24 hours since it started, stay home and avoid contact with others. Re-evaluate after 24 hours, and use the on-line COVID-19 Screening Tool. https://sharedhealthmb.ca/covid19/screening-tool/</p>			
Exposure history		Circle One	
1.	Have you, or a member of your household, been in close contact (within 2 metres / 6 feet for more than 10 minutes total over 24 hours) in the last 14 days with a confirmed COVID-19 case?	YES	NO
2.	Have you been exposed to COVID-19 in a work or public setting?	YES	NO
3.	Have you, or a member of your household, travelled outside of Manitoba in the past 14 days?	YES	NO
4.	Is a member of your household sick with COVID-19 symptoms, and waiting for COVID-19 test results?	YES	NO
5.	Are you, or a member of your household, waiting for COVID-19 testing results?	YES	NO
If “yes” to any of the above, DO NOT ENTER. Take the online screening tool https://sharedhealthmb.ca/covid19/screening-tool/			

If the checklist advises you **Not to Enter**: stay home, isolate and refer to the **online COVID-19 Screening Tool** at <https://sharedhealthmb.ca/covid19/screening-tool/> or call Health Links – Info Santé at 204-788-8200 or toll free at 1-888-315-9257 for further guidance.

Up to date information on COVID-19 can be found at: www.manitoba.ca/covid19/index.html

Clubs are encouraged to develop an electronic form (ex. Google Form, Survey Monkey, etc.) to facilitate the non-contact rule that every swimmer must complete before every training session before they leave home.

APPENDIX C – SWIMMER CHECKLIST

Use this checklist to help your swimmer prepare for practice.

Before you Leave Home

- Complete the Screening Checklist ([LINK](#))
- Eat before you come – no food on the premises.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Bring filled water bottle(s).
- Bring thoroughly washed equipment.
- Use the washroom at home.
- Put your swimsuit or training clothes – no changing in the facility.
- Consider bringing a mask and personal hand sanitizer.

Arrival

- Meet at the designated location.
- Respect physical distancing guidelines.
- Register your attendance for contact tracing and provide confirmation of Daily Health Monitoring.
- Wash hands at provided handwashing stations.
- DO NOT share water bottles.
- Follow traffic flow signs at your location.

After the activity is Complete

- No Loitering
- Leave with your swimsuit or training clothes – no changing in the facility.
- Exit through established exits.
- Wash hands at provided handwashing stations.
- Follow traffic flow signs out of your location.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat)

APPENDIX D – STAFF/COACH/VOLUNTEER CHECKLIST

Use this checklist to help prepare for practice safely.

Before you Leave Home

- Complete the Screening Checklist ([LINK](#))
- Eat before you arrive.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Bring thoroughly washed/sanitized equipment (cones, markings, etc.)
- Use the washroom at home.

Arrival

- Wash hands at provided handwashing stations.
- Set- up established entrances & exits with traffic flow considerations.
- Set-up traffic flow signs to your location.
- Set-up physical distancing 'grids' for participants including grid for personal items
- Respect physical distancing guidelines.
- Take attendance for all coaches and swimmers, including confirmation of daily health monitoring.
- DO NOT share water bottles.
- DO NOT share personal coaching items. (e.g. stopwatches)
- Sanitize all shared equipment between sessions. (pylons, cones, etc.)
- Consider wearing PPE (masks, gloves) at all times.
- Must wear PPE if dealing with an injured participant.

After the activity is Complete

- Sanitize all shared equipment (balls, cones, etc.) between group arrivals if applicable and at the end of the day.
- Takedown established traffic flow signs, entrances & exits.
- Wash at provided handwashing stations, between groups arrivals if applicable and at end of day.
- Respect physical distancing guidelines.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash equipment (clothing) each day.
- Wash hands at provided handwashing stations.

APPENDIX E – PARENT/GUARDIAN CHECKLIST

Use the below checklist to help prepare your swimmer for practice.

Before you Leave Home

- Complete the Screening Checklist ([LINK](#))
- Check the expected weather conditions.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Use the washroom at home.
- Consider bringing a mask and personal hand sanitizer.

Arrival

- Drop participants at the designated location – no carpooling outside the training group.
- Respect physical distancing guidelines.
- Consider wearing PPE (masks, gloves) at all times.

After the activity is Complete

- No Loitering.
- Respect physical distancing guidelines.
- Pick up participants at the designated location.
- Leave the location immediately.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat)