

WHAT RECREATION **SWIMMERS AND PARENTS NEED TO KNOW BEFORE RETURNING TO** THE POOL! **OCTOBER 2020 BULLETIN #1**

WE ARE SO EXCITED TO SEE YOU BACKI

HERE ARE SOME THINGS YOU NEED TO KNOW....

OVERVIEW

- I. INTRODUCTION TO NEW SEASON
- 2. WHAT TO DO BEFORE YOU LEAVE HOME
- 3. WHAT TO DO WHEN YOU ARRIVE AT THE POOL
- 4. WHAT TO DO AT PRACTICE
- 5. WHAT TO DO WHEN YOU LEAVE THE POOL
- 6. COVID-19 CONSIDERATIONS

WE ALL MUST DO OUR PART TO STOP THE SPREAD OF COVID-19

While training, we follow the rules to help stop the spread and keep everyone safe and healthy. These include:

Social Distancing

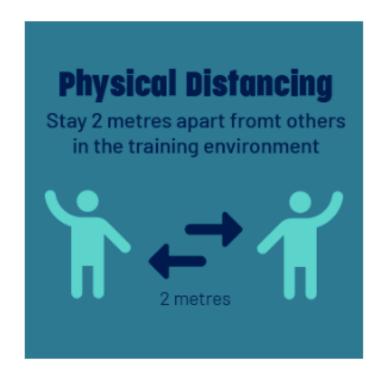
Hand Washing

Clean Equipment

Self Assessments

Mask Wearing

GUIDING PRINCIPLES







Source: Ontario Artistic Swimming 2020

SESSION INFO

- SWIMMERS: Born between 2008 and 2012 only, with Red Cross Swim Level 4 or higher/able to swim 2 lengths of pool unassisted and residents of Durham region.
- HOURS: Pool times will be roughly the same as last year.
- LOCATIONS: All sessions will be at Boys & Girls Club
- ACTIVITIES: All activities will remain similar to last year however, everyone will be spaced out according to OAS and Government standards.

SOME CHANGES YOU WILL SPOT

- To observe limits on number of people allowed in a facility:
 - No parents are allowed in the facility.
- New measures as per Ontario
 Artistic Swimming and facility
 guidelines



EXAMPLES OF NEW MEASURES

- OAS RETURN TO SPORT [LIVING DOCUMENT]
- DSC RETURN TO SPORT [LIVING DOCUMENT]
- FACILITY RISK ASSESSMENT [SCORING LOW TO MODERATE]
- DAILY SELF-ASSESSMENT ATTESTATIONS
- TEMPERATURE CHECKS AND ON-SITE SCREENING TO GAIN ENTRY
- COVID HEALTH & SAFETY BINS
- SWIMMER AND COACH ATTENDANCE LOG
- COMPLETED EMERGENCY ACTION PLAN FOR EACH FACILITY
- NEW REGISTRATION WAIVERS
- COVID DECLARATION OF COMPLIANCE [COMPLETED NO MORE THAN 7 DAYS BEFORE START]
- PRE-REGISTRATION HEALTH SURVEY FOR ATHLETES [COMING SOON]
- COMPLETED FACILITY READINESS EVALUATION CHECKLIST
- PHYSICAL DISTANCING CUES
- PREVENTATIVE MASK WEARING FOR SWIMMERS AND COACHES
- NEW OAS SANCTIONS FOR RETURN TO SPORT

NEW HEALTH & SAFETY BINS

- Touchless thermometer
- Personal protective equipment (known as PPE) for at least 2 people:
 - Disposable masks
 - Eye protection (safety goggles or face shields)
- First aid kit
- Hand sanitizer (> 70% alcohol)
- Paper towel/tissues
- Cleaning supplies/alcohol rubs for sanitizing shared equipment
- Attendance log to be completed by coaches
- Cleaning log maintained by COVID Coordinator
- I bin at each training facility



Swimmers and coaches whose temperature is higher than 37.8 degrees Celsius will NOT be granted entry or permitted to participate.

WEBSITE UPDATE

- www.durhamsynchro.com has been updated to include a link to the OAS COVID-19 Resource page where the Framework for Return to Artistic Swimming can be found
 - You can find this under our 'Resources' tab
 - You can also find this on the <u>main page</u> of the Ontario Artistic Swimming site
- Our club main page includes a direct link to access the daily self-attestation: you can find that here
- Our DSC Framework for Return to Artistic Swimming in Ontario in 2020/21 will also be available for more details: please review
 - Includes protocols for suspected or confirmed cases
 - Includes pool specific protocols

WHAT TO DO BEFORE YOU LEAVE HOME

DAILY SELF ASSESSMENT

ACTION for PARENTS:

• Complete a self-assessment for your swimmer before every practice. Assessment will be emailed to you before the first practice.

Swimmers MUST provide a completed and signed attestation to their coach or upon entry to facility prior to being allowed on pool deck. We are exploring online options that work for our non-profit amateur sports organization.

If the swimmer responds YES to any of the self assessment questions, KEEP your swimmer AT HOME. They will NOT BE permitted into the pool.

Should swimmers (or immediate family members) have any COVID-19 related symptoms, please stay home and self isolate, and seek medical advice if symptoms worsen.



EXAMPLES OF SELF-ASSESSMENT ATTESTATION QUESTIONS

APPENDIX 5 OAS FRAMEWORK

- I. Have you or a family member travelled outside Canada in the past 14 days?
- 2. Are you or a family member feeling sick?
- Examples include: a new cough, headache, weakness, fever, difficulty breathing, loss of smell or taste, loss of appetite, chills, nausea, vomiting, diarrhea?
- 2. Do you have a runny nose, sneezing or nasal congestion that can't be explained by underlying conditions such as seasonal allergies?
- 3. Did you provide care or have close contact with a person with probable or confirmed case of COVID-19 while they were ill (without appropriate PPE)?

READY TO SWIM GUIDE



Pack all your gear!

Bring goggles (and back up pair), extra nose clips, caps, flutter board,/swim jugs, water bottles, and towel, Sharing is NOTpermitted.



Fill out your daily attestation form before you leave home.

You will not be able to take part without it.

NO EXCEPTIONS.



Fill water bottles at home.

Sharing is not permitted. Water fountains will NOT be available.



Arrive in your swimsuit!

Changerooms will NOT be available before training. Shower when you get home.



Use the washroom.

Use of washrooms at pool will be for essential use only (i.e. You really gotta go!!)

- ✓ All participants must have a **closed bag** for safe storage of hygienic materials (tissues, towels, masks) and a **bag/bin for all equipment** (Nose clips, goggles, water bottle and swim cap). Gear must be kept separate from others.
- ✓ **NEW:** all swimmers will need their own **flutter board** plus 2 collapsible water containers (with their name on it)
- ✓ Clean your equipment when you get home.
- ✓ Forgotten items will be disposed of there is NO lost and found.

WHAT TO DO WHEN YOU ARRIVEAT THE POOL



Arrive ready for practice (swimsuit on) and wearing a mask.



Wait near designated doors until instructed to enter the facility.



Respect all social distancing rules inside and out of the facility.



Complete attestation before arriving to the pool



Swimmers will have their temperature taken before entry.



Swimmers must sanitize their hands upon entry.



Wait for coach for instructions to enter the pool area.

ARRIVING AT THE POOL: SWIMMERS

BOYS AND GIRLS CLUB (B&G)

Please park in the parking spaces on the west side of the building. We will be using the main entrance and screening will take place by B&G staff upon entry.

A B&G staff member will take each swimmer's temperature using a contact-free thermometer. If the swimmer's temperature is 37.8 degrees Celsius or above, they will NOT be permitted to train, and should immediately return to their parent/guardian's vehicle and return home.

Due to facility rules, only athletes and coaches will be permitted onto the pool deck.

Swimmers will enter the main entrance and immediately enter the pool door (bypassing the changeroom). Swimmers will exit the pool through the main entrance. After school users will exit via a different door to avoid any cross-over.

Bleachers have been marked off for individual spaces to store gear and teams will be assigned to corners to go to at the beginning of practice.

ARRIVING AT THE POOL: PARENTS

- Please respect social distancing rules in parking lot (leave a parking space between cars, where possible).
- Parents are asked to wait in their cars to ensure swimmers are permitted entry before leaving.
- Parents must ensure they are available for pickup in case of emergency.
- Make sure your swimmer knows who is responsible for picking them up. Send coaches a message if there are any changes in pick up plans (e.g., early pick up).
- Viewing will not be permitted at this time.
 Parents may not be allowed entry into facilities.

WHAT TO DO AT PRACTICE

DURING PRACTICE

- Coach instructions MUST be adhered to at all times. Each pool may have different or changing rules and as a Club we must adhere to all rules put in place by the pool.
- Bags will be placed in designated area, as instructed by coach. Phones should be put in bags prior to arriving at pool, and should not be used until after leaving the facility except to contact parents/drivers if needed.
- Swimmers will be assigned swim lanes, workout zones and other spaces to ensure physical distancing IN and OUT of the water. Cues/guides (e.g., cones, tape, stickers) will be used to ensure 2m distancing.
- Goggles MUST be worn for all in water activity.

WHAT IF I BEGIN TO FEEL SICK AT PRACTICE

Any athlete who feels any COVID-related symptoms at practice must inform the coach immediately.

The swimmer will be removed from the pool, isolated from other swimmers, asked to wear a mask, and remain under supervision of coach who will also wear a mask.

If the symptoms are not explainable by activity in the pool, swimmers will be asked to use hand sanitizer and leave the pool area, contacting parents for pickup, and families will be informed a swimmer experienced symptoms related to COVID-19.

The swimmer will not be permitted to return to practice until cleared by a medical professional.

Families of swimmers in the pool at the time will be contacted and advised how to proceed.

WHAT TO DO WHEN YOU LEAVE THE POOL

LEAVING THE POOL

- Practice will end promptly and swimmers will be expected to follow social distancing rules leaving the pool. Swimmers will not be allowed to use the showers, and will leave in their swim suits.
- Swimmers will wait in designated areas. Swimmers will exit via the designated exit door to avoid crossover with those entering facility.
- If you have swimmers in two different sessions, swimmers are not permitted to stay on deck and watch. Swimmers should be picked up and dropped off immediately following their practice times.
- Parents/drivers are asked to be at pool at pickup time, but to remain outside the facility and respect social distancing rules in parking lot (eg. leave a parking space between cars where possible). Swimmer exiting may be staggered so please be patient.

WHAT IF THERE IS A SECOND WAVE AND POOLS CLOSE?



IF CLOSURES PERSIST, WE WILL
ASSESS BASED ON INFORMATION
AVAILABLE AND GUIDANCE
PROVIDED BY OAS TO DETERMINE
THE BEST COURSE OF ACTION

QUESTIONS

Need more information? Email your question to our club inbox and a member of our volunteer Executive will get back to you....we will continue to send out more bulletins to keep you up to date!

Email:

REC Coordinator

dscrecregistrar@durhamsynchro.com

