

## Northumberland Aquatic Club – Preparing for a Safe Return to Operations

The priority of the Northumberland Aquatic Club (NORAC) return to swimming plan is to protect the health and safety of the swimmers, coaches, facility staff and the community at large.

### 1. Risk assessment

Risk factor	Assessment	Mitigation
Will the training be held in a region that has documented active local transmission of COVID-19 (community spread) in the last 14 days?	Training for the 2020-2021 season will be held at the Jack Burger Sports Complex in Port Hope. As of September 14, 2020 Port Hope is located in an area that has been allowed to move into Stage 3 of Ontario's re-opening plan.	The Haliburton, Kawartha, Pine Ridge District Health Unit website (hkpr.on.ca) will be monitored daily for current cases in Northumberland County. The risk of exposure to any active or current high risk contacts will be lowered by actively screening each participant before they enter the pool.
Will the training be held in venues/facilities with access by multiple groups?	The pool will be used by the public as well as NORAC. The town of Port Hope may run swim programs in a separate therapy pool while NORAC swimmers are in the 25 metre pool (only NORAC swimmers will be in the 25 metre pool during training). The Jack Burger Sports Complex also has an ice rink.	<ul style="list-style-type: none"> <li>i) NORAC swimmers and coaches will not be in the facility at the same time as public patrons,</li> <li>ii) cleaning protocols will be completed before NORAC participants use the facility.</li> <li>iii) Facility staff (lifeguards/maintenance) are responsible for cleaning the change rooms and pool areas between groups</li> <li>iv) there are 1-2 lifeguards on duty during NORAC swims</li> </ul>
Will the group include team members relocating from areas outside the training location that have	No, only participants from Northumberland County will be participating in NORAC training.	None needed.

documented active local transmission of COVID-19 (community spread)?		
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)?	No. Only participants who do not have any underlying conditions that put them at a high risk of severe COVID-19 disease will train at this time. All Masters swimmers who are over 65 years of age will be asked to determine if they have any underlying health conditions that put them at a greater risk of severe COVID-19 disease.	All participants who have underlying health conditions that put them at a greater risk of having severe symptoms will be screened for prior to restarting and will not be included in those who can participate.
Is the training considered at higher risk of spread for COVID-19 (where physical distancing cannot be maintained, indirect contact through training equipment etc)?	The pool is in an indoor facility which is a greater risk than an outdoor pool.	i) Physical distancing can be maintained at all times. ii) Swimmers will bring their own equipment and take it home with them. iii) Equipment will not be shared during training.
Will the training be held indoors?	All training will be indoors at the Jack Burger Sports Complex.	

## 2. Create Return to Sport Committee

NORAC Return to Sport Committee:

Carla Ring Herron, President  
Trish MacNeil, Head Coach  
Annette Otter, Registrar, Board Member  
Matthew Forbes, Board Member  
Mary-Ellen McKenna, Board Member  
Terry Teno, Past President

## 3. Designate an individual(s) from the Committee to monitor the latest COVID-19 developments and communicate them to the Committee.

Communication will be done by email when the information is urgent. If there is no urgency, the information will be provided in a report to the Board at its next scheduled board meeting.

#### **4. Implement Swimming Canada's return to swimming recommendations**

##### **a. Screening of Participants**

Participants are considered to be coaches and swimmers.

Participants who have any of the common underlying health conditions which may place them at higher risk for severe illness from COVID-19 will not participate in training. The underlying conditions include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are otherwise immunocompromised.

In accordance with the Swim Ontario requirement all participants will complete the Acknowledgment and Assumption of Risk Online form and the COVID-19 Attestation and Agreement Online form via the RTR.

Participants will be told to stay home when they feel sick, even if the symptoms are mild. If a participant feels ill with symptoms that are suggestive of COVID-19 they will be provided with the following recommendations for home isolation.

- Remain at home except to get urgent medical care.
- Do not go to work, school, pool or other public places.
- Cancel non-urgent appointments.
- Do not use public transport.
- Notify your doctor or local health department by phone, as testing may be required.
- Monitor your symptoms and seek medical attention if you are having difficulty breathing, are unable to drink fluids, or if your illness is significantly worsening.
- Wear a face mask when around others, particularly when physical distancing cannot be maintained.
- Separate from household members, at least 2 meters at all times.
- Do not have visitors.
- Stay in a well ventilated room (open windows) and use your own bathroom if possible.
- Sanitize common use surfaces frequently.
- If close contacts are vulnerable in terms of their health, consider alternative accommodations.
- Avoid sharing household items.
- Maintain excellent hand hygiene.

- Follow any other local health regulations

At the beginning of every training day, the Coach and all swimmers must self assess using the following COVID-19 screening. The Coach will also ask each swimmer before going on the pool deck if they have screened positive that day. Parents will also be asked to complete the online [COVID-19 school screening](https://covid-19.ontario.ca/school-screening) (covid-19.ontario.ca/school-screening) tool and email a screen shot of the result to the Head Coach each Sunday.

Am I currently experiencing any of these symptoms?

- Fever (temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher)
- Chills or repeated shaking with chills
- Cough that's new or worsening (continuous, more than usual, not related to other known causes or conditions, for example, COPD)
- Barking cough, making a whistling noise when breathing (croup, not related to other known causes or conditions)
- Shortness of breath (out of breath, unable to breathe deeply, not related to other known causes or conditions, for example asthma)
- Chest pain (not related to other known causes or conditions)
- Difficulty breathing (not related to other known causes or conditions)
- Muscle aches or pain that are unusual or long lasting (not related to other known causes or conditions for example, a sudden injury, fibromyalgia)
- Headache that's unusual or long lasting (not related to other known causes or conditions for example tension-type headaches, chronic migraines)
- Sore throat (not related to other known causes or conditions, for example, seasonal allergies, acid reflux)
- Painful or difficult to swallow (not related to other known causes or conditions)
- Runny nose (not related to other known causes or conditions, for example, seasonal allergies, being outside in cold weather)
- Stuffy or congested nose (not related to other known causes or conditions, for example season allergies)
- Pink eye (conjunctivitis, not related to other known causes or conditions for example reoccurring styes)
- Decrease or loss of taste or smell (not related to other known causes or conditions, for example allergies, neurological disorders)
- Digestive issues like, nausea/vomiting, diarrhea or abdominal/stomach pain (not related to other known causes or conditions for example irritable bowel syndrome, anxiety in children, menstrual cramps)
- Extreme tiredness that is unusual (fatigue, lack of energy, not related to other known causes or conditions, for example depression, insomnia, thyroid dysfunction)
- Have I had close contact (being less than 2 metres away in the same room, workspace or area, living in the same home or being in the same classroom) with someone within the last 2 weeks who has any of these symptoms?
- Have I been in contact with or cared for someone diagnosed with COVID-19 in the

past 2 weeks?

- Have I returned from a trip outside of Canada within the last 2 weeks?

If the coach or swimmer answers no to every question they are considered to have screened negative and is allowed to attend practice that day.

It will be recorded each training day that the swimmer was asked the above questions along with their response.

If the swimmer answers no to every question they are considered to have screened negative and is allowed to train that day.

Attendance and COVID-19 screening answers will be recorded and kept on the NORAC computer with a back up copy on USB for 10 years kept by the club Registrar

b. Managing a Participant who Screens Positive or has a Positive COVID-19 Diagnosis.

If a participant answers yes to any of the screening questions and has not had a COVID-19 test they will have to leave the facility and not participate in training until they receive clearance from a physician, or test negative for COVID-19 if such a test was completed.

The participant will be instructed to contact their family physician regarding the need for further investigation.

If a participant is diagnosed with COVID-19, the following steps will be taken:

- They are removed from the training group immediately.
- Team training will be suspended and all participants are placed in self-isolation.
- The local public health authority will provide further management recommendations which may include further testing, and arrange for contact tracing.
- Swim Ontario will be notified and will receive gender/age/attendance records for 14 days
  
- Any further participants who develop symptoms will be referred to the appropriate public health authority or help-line for guidance on testing and appropriate management.
- Training could resume if:
  - All participants undergo self-isolation for 14 days and no other participant has developed symptoms.
  - All participants are cleared to return to group training by their physician in accordance with provincial guidelines.

c. Training Session Format and Procedures

Prior to starting the return to training session the club will complete the Swim Ontario [Club Declaration Online form](#).

### Return to Swimming – 2020-2021 Season

NORAC successfully completed Step 1 and Step 2 of its return to swimming plan in accordance with the Swimming Canada and Swim Ontario requirements. Step 1 began on July 6, 2020 and Step 2 on July 27, 2020. There have been no cases of COVID-19 nor has there been any need to suspend training. The swimmers included in Step 2 continue to train and abide by the return to swimming rules.

Only swimmers who can successfully complete a swimming session without any physical manipulation, are **not** immunocompromised and do **not** have any underlying conditions that put them at a high risk of severe COVID-19 disease will be included in this 2020-2021 season.

Dry land routines, pre- and post-swimming routines will **not** be done on the pool deck.

Beginning September 14, 2020 one group of 12 swimmers will be in the pool during each training period. This will ensure proper physical distancing while the swimmers are in the pool, with 2 swimmers per lane. All levels of NORAC swimmers from Novice to Elite will be included in the training season.

A Masters program will run with a minimum of 6, and a maximum of 12 swimmers.

The proposed schedule will allow for 15 minutes between groups to ensure there is no overlap between the groups and for cleaning to be completed. The schedule is as follows.

**Trish MacNeil – Head Coach**

**Sarah Teno – Assistant Coach (will also fill in for the Head Coach when needed)**

**Breann Guite – Volunteer Coach**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MASTERS (tentative depending on interest)		6-6:55 am Trish		6-6:55 am Trish			
ELITE	3:15-4:45 pm Trish		6-7:30 am Trish	3:15-4:45 pm Trish	3:15-4:45 pm Trish	7:45 – 8:45 am Trish	7:45-8:45 pm Trish

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SENIOR	3:15-4:45 pm Trish			3:15-4:45 pm Trish		7:45-8:45am Trish	7:45 – 8:45 pm Trish
JUNIOR	6:15-7:30 pm Trish			6:15-7:30 pm Trish	6:15-7:30 pm Trish		6:15-7:30 pm Trish
YOUTH	5-6 pm Trish & Breann				5-pm Trish & Breann		5-6 Trish & Breann
NOVICE				5-6 pm Trish & Sarah			4-4:45 pm Trish & Sarah

### Procedures Before, During and After Training

#### Before

Swimmers will be told to arrive at the facility no more than 15 minutes ahead of the scheduled start of the training session.

Masks must be worn when arriving and leaving the facility

If not driving themselves, swimmers will be dropped off outside of the Jack Burger Sports Complex.

Only the swimmers and coaches will enter the facility for training and will need to wear a mask at all times until they get in the water. Once in the facility the participants will stay in the lobby where the coach will be screening the swimmers before going onto the pool deck. Distancing markings will be on the floor to help the swimmers keep a 2 meter distance while waiting to go on deck.

All participants will avoid greetings with handshakes, hugging, high fives, etc...

Whenever possible swimmers will arrive already in their bathing suit and will not use the change rooms. Swimmers in the Elite and Senior groups who are coming directly from school will be allowed to use the change rooms to change into their swim suits for afternoon practices and early morning practices before school. Swimmers will leave by the shallow end doors and will not use the change rooms. As temperatures drop, and swimmers need to wear outer clothing, they will leave their coats, boots etc in a designated area in the lobby. They may use the change rooms when leaving the facility and are asked to shower at home to avoid long stays in the change rooms.

All belongings, including swim equipment, will be packed in a personal bag(s).

Once the swimmer has been screened by the coach and has answered no to all the questions, they will be assigned a lane and allowed to go on deck through the door at the deep end (east end) of the pool.

When on deck they will place their swim bag at the end of their assigned lane up against the wall. Their equipment will be placed on the edge of the pool at the end of their assigned lane and will then wait at the edge of the pool.

If a swimmer screens positive they will have to leave the facility and follow the club rules for swimmers who screen positive.

### During

The coach is required to wear a mask while on the pool deck.

To maintain physical distancing of 2 meters, swimmers will swim in the middle of the lane only (on top of the lane line).

Swimmers, the coach and facility staff will respect physical distancing during all aspects of training.

Swimmers will not share their equipment or be allowed to help each other put their caps on.

The washrooms in the change rooms will be available. Only one swimmer will be allowed to be in the washroom at a time. The Jack Burger Sports Complex staff will clean all high touch surfaces in the washrooms hourly.

### After

The first group will finish and leave through the shallow end door. The second group will enter through the deep end door. There will be no contact between groups and there will be a 15 minute break between groups for the pool staff to clean.

Each swimmer will take their equipment home and thoroughly clean it before the next training session.

If not driving themselves, swimmers should be picked up outside of the Jack Burger Sports Complex.

Once all swimmers have left the facility, the coach will leave facility as quickly as possible.

## Hand and Personal Hygiene

All participants will practice good hand and personal hygiene before, during and after training. This includes:

- Cleaning/washing your hands frequently with soap and water for at least 20 seconds, or using a hand sanitizer (>60% alcohol). Coaches and swimmers are encouraged to carry a personal supply of hand sanitizer for use as needed before, during and after training.
- Avoid touching your eyes, nose, and mouth.
- On arrival, athletes, coaches, and staff must wash their hands with soap and water or hand sanitizer for at least 20 seconds.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Do not share food and drinks.

## Return to Competition

The return to competition is secondary to the return to training. At this time NORAC does not plan to enter into any competitions. As guidelines from Swimming Canada and Swim Ontario are provided, NORAC will determine best way to begin to provide ways for the swimmers to compete. Options can include time trials or in-house competitions. With the need to physically distance and limit the size of crowds, virtual meets may also be an opportunity for the club to swim locally, in our home facility, and compete against other teams from around the province.

### 5. Communication Plans

If a swimmer feels unwell or shows signs of COVID-19 before a session they are to email or text the coach to let them know.

If the coach feels unwell or shows signs of COVID-19 before a session, she will contact all the swimmers by email or text to let them know that the session is cancelled.

If a swimmer or the coach is diagnosed with COVID-19 or has been in contact with someone with COVID-19 all participants, parents, and the contact person at the Jack Burger Sports Complex will be notified by email and provided with the information on what changes will be implemented, as well as what steps they should take.

6. Plan to modify, restrict, postpone or cancel the return to training or training sessions related to the COVID-19.

Developments related to COVID-19 will be monitored by the Return to Swimming Committee. If the changes impact the safety of participants, recommendations regarding

the training sessions or return to swimming plan will be brought to the NORAC Board for discussion and approval.

7. Plan to be able to update rules, best practices, plans and procedures as the situation changes.

As above

8. Complete the Club Declaration for COVID-19

To be completed once the swimmers have completed the Swim Ontario documents

9. Processes and information to educate all staff.

The Head Coach is a member of the Return to Swimming Committee and will provide all necessary training to any additional coaches.

10. Processes and information to educate all swimmers and parents.

An email will be sent to all swimmers and parents informing them of NORAC's return to swimming plan. **The return to swim plan will be posted on our website, once it is approved by Swim Ontario.** All swimmers and at least one parent (for swimmers who are less than 18 years old) will be required to attend a Zoom meeting to review all requirements before they can begin to train.