

**HURON HURRICANES**



Hello HHAC families,

The HHAC executive and coaches have been collaborating with our swim facilities: Vanastra Recreation Centre and the Goderich YMCA. HHAC is and will continue to be following the guidelines from Swim Canada, Swim Ontario, and our local health authorities to get swimmers back in their pool lane.

In order for HHAC to return to the pool, A Return to Swim (RTS) document needed to be completed, submitted and approved by Swim Ontario. HHAC is excited to let you know that HHAC's RTS document has been approved. This swim season we are currently limited to 4 swimmers per double lane swimming in a circular formation, while respecting social distancing at all times (no passing) meaning **8 swimmers in total per practice**.

As we cautiously return to the pool, HHAC asks that you please be patient, be mindful of protocols put in place, and to ask questions when you're uncertain about something. As we return to the comfort of the water and our lane mates, we'll be leading the season with the senior swimmers. HHAC has decided to return in this manner for the safety of all involved.

The returning senior swimmers will have more responsibility this swim season and will be expected to conduct themselves accordingly. Once HHAC has passed the 3 week time period with 4 swimmers/double lane, with no reported signs or symptoms of Covid-19, and HHAC and the facility feel the lane can handle more swimmers, HHAC can submit documentation **asking** Swim Ontario for clearance to increase swimmers to 6/lane.

**Our hope** is to add HHAC's younger swimmers as the weeks progress. However, at this time and for this swim season, their inclusion is uncertain.

HHAC requests that you **and** your swimmer(s) review the The Return to Swim documents (included below). Reviewing this document is required by Swim Ontario, and it will be enforced by HHAC for the safety of all involved.

HHAC requires that you respond to this email with acknowledgement that you have read, understand and agree to its entirety.

Once you have read the document below, you are free to cut and paste the provided statement into a reply email with your own name(s) inserted.

## Return to Swim

# Let's get our swimON! Whooooooooot Woaaaaoot!

A quick glimpse of how HHAC will get back in the pool.

First Practice November 2, 2020 at VRC.

HHAC will begin the swim season at VRC on Monday and Wednesday evenings.

Goderich YMCA is working diligently to reopen for its community, and HHAC has been in communication with the Goderich YMCA.

PLEASE recognize that this is an active document, that **will** have changes made to it. When changes are made to this document as requested by Swim Canada, Swim Ontario, Municipal and County Health Officials or our swim facilities, they will be added and highlighted and the document will be sent via email to HHAC club families, for you to acknowledge, read and agree to its changes. If changes are not read and agreed to, your swimmer will not be permitted to attend HHAC practices.

As we are given clearance to add more swimmers, HHAC will email returning families who were interested with a start date.

What if you've changed your mind when your "welcome back to practice" email arrives in your inbox? NO PROBLEM. You can respond one of two ways: 1. We've had a change of plans, and please let us know when you're adding more swimmers at a later date. **OR** 2. Our family has decided not to swim this season. We will then move onto the next person on the waiting list.

## PROGRAMMING

**First week Mid- Late September:** return to swim- in pool.  
intermediate/advanced swimmers. Remain here for 3 weeks then submit  
to Swim Ontario for clearance of 6 swimmers/lane

GROUP	COACH	GROUP SIZE	MON (VRC pm)	WED (VRC pm)	THURS	SAT
GROUP A	REBECCA AGNES KELLI	4	5-6:35	4:30-6:05		
GROUP B	REBECCA AGNES KELLI	4	5:10-6:45	4:40-6:15		

## REGISTRATION PROCESS

Dates of HHAC registration may be in person by appointment or registration papers will be emailed for families to complete and send back to HHAC. A registration email will be sent once dates or the registration process is known.

This swim season three documents from swim Canada are required to be completed by **YOU (the parent/guardian)** online after the in-person registration:

1. Acknowledgement and Assumption of Risk
2. COVID-19 Attestation
3. Rowan's Law requirements

In order for your swimmer to be fully registered with HHAC and swim Ontario these online documents **must** be completed by you. Your swimmer will not be allowed to begin attending practice until HHAC's club registrar confirms a green check mark beside your swimmers name. **This is non-negotiable.**

## ARRIVAL

### Return to swim committee members: "Screener"

Agnes-Coach

Janet- Parent volunteer

Kelli-Coach

When the Goderich Huron YMCA Maitland Recreation Centre opens, HHAC will require 1-2 parent volunteer(s) to become a "Screener" in order to swim out of that facility.

The Return to sport committee member will complete the screening at the entrance door of the facility per swimmer, before entrance to the building, attendance will also be recorded at this time via email and sent into [hhacswim25@gmail.com](mailto:hhacswim25@gmail.com) where a running record of attendance will be kept in the google documents.

All attendance and screening documents will be securely stored together for a period of 10 years.

The screening questions (please read below under **HEALTH MONITORING AND REPORTING REQUIREMENTS**) will be administered verbally with a check mark (or word "admitted") for clearance to enter or a "x" with noted symptom and denial of entry to the building noted beside swimmers name on attendance email.

**Arrival** is going to be staggered, each swimmer will receive a start time for their practice, these will be in 2min increments. HHAC will do their best to have these start times remain the same for the sake of organization. Parents please park in the VRC parking lot located at the main entrance of the pool, please remain in your car until you see your swimmer has been screened and given permission to enter the building with their face mask on. Parents you may then remain in your car and wait for your swimmer's practice to end **or** carry on with your plans. Parents at this time **will not** be allowed to enter the VRC and wait during their swimmers practice.

Swimmers after you have been screened and have used the hand sanitizer that is available inside the front doors: you will enter the building with your face mask on, take off your outdoor shoes inside the vestibule, put your outdoor shoes inside of your swim bag and put your flip flops on. Proceed to pool hallway where the sauna shower is located, you will be greeted by a coach who will direct you to place your bag on the floor and your mask on top of your bag, then you will shower and put your face mask back on, pick up your bag and proceed to the

pool, there you will be greeted by another coach who will point to a hula hoop for you to stay inside of until further direction. Inside of the hula hoop is to remain two things: you and your bag. (In between swimmers the push button for shower will be cleaned with a disinfectant spray or wipe, by a coach)

**\*NOTE\*** the RTS committee members and your coaches are always smiling under our facemasks, we're so excited to see you again :)

## TRAINING

At this time, the change rooms at VRC are closed. Swimmers are to arrive swim ready, swimmers will also leave their practice swim wet. The washroom located for the pool users which is only to be used for the use of a toilet and hand washing sink (**NOT a change cubicle**), has a limit of one person at a time. The water bottle refill station is also closed to the public at this time. Swimmers are responsible for bringing their own pre-filled water bottles; some swimmers may require 2 water bottles.

As always, it is important during this time, to follow VRC's instructions, to remain patient with one another, and to arrive-train-depart in a prompt and respectful manner. We are all working diligently to get our youth back into the pool, swimmers, your job is to follow instructions and protocols to remain in the pool.

- 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.

Athletes will arrive at designated time for each training session. Do not arrive any earlier than necessary.

-Activation should be completed before entering the facility, either at home or outside of the facility. If activation is completed on site, outside of the facility, athletes must ensure physical distancing practices are in place and that they are in groups no larger than 10.

-Athletes will complete the **daily self-screening protocol** 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.

-Athletes will only bring training equipment that is required, this may include: face mask, goggles, swim cap, kickboard, fins, paddles, pull buoy and a filled water bottle.

**Snorkels will not be used until further notice.**

**-The team closet will not be accessible at this time.**

**-Athletes are required to bring their own pre-filled water bottle.**

-Athletes will be placed at least 2m apart, a hula hoop placed on the floor is the communication "marker". Inside of each hula hoop will be the swimmer and swimmers swim bag.

-At the beginning of practice once all swimmers have arrived and are waiting inside of their hula hoop, a verbal rundown of the workout will be given with a chance for swimmers to ask questions for explanation. Breaks will be built into practice at the beginning of a new set, where a coach will go over expectations and swimmers will be given a chance to ask any questions.

### **During 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.

### **After Training**

- Athletes are not permitted to leave equipment at the pool.
- Athletes will clean their equipment with disinfectant pre and post training sessions at their home.
- Athletes will leave the pool immediately after training, ensuring that physical distancing is maintained at all times.
- Athletes and parents will attend the pre-season google meet to clarify all aspects of the Return to Training Plan to ensure their safety and the safety of their fellow teammates. This will be held by the Head Coach and an Executive member. As well, athletes will be expected to attend all google meets as the season progresses. Athletes will be encouraged at the beginning of each practice and at the end of each practice, to ask questions for clarification regarding the Return to Training Plan to ensure their understanding, safety and the safety of their fellow teammates.
- Athletes are responsible for their own equipment not coaches.
- The last HHAC coach inside the facility will clean the hula hoops after each practice and store them in the team closet that will only be accessible by a HHAC coach.

- Vanastra Recreation Centre is responsible for applying the disinfectant to the starting blocks **after** each practice.
- 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.

## DEPARTURE

For each practice time; every swimmer will be given an end time, these will be in 2min increments. HHAC will do their best to have these end times remain the same for the sake of organization. When told, the swimmer will get out of the pool, go over to their hula hoop, put on their face mask and flip flops, get their towel out of their swim bag. While following social distance rules the swimmer will follow the first coach out of the exit doors, remain 2M's apart and wait for their ride to arrive. The next swimmer at their finish time will get out of the pool and exit the building, and so on until all members of HHAC are out of the building. As communication with VRC states: HHAC is required to have **cleared the building** by HHAC's practice end time- For VRC this is Monday's by 7:00pm and Wednesday's by 6:30pm this includes the last coach.

HHAC swimmers will exit at the back door of VRC located off the back entrance laneway. **There is NO parking at the back of the VRC.** Parents/Guardians please park in the VRC parking lot located at the front of VRC, walk along the west side of the building, the pools exit door is located on the north side of VRC. Parents/Guardians please pick your swimmer up at your allotted pick up time. Parents/Guardians please do NOT use this door as an entry, please remain outside and you should see your swimmer come through this EXIT door. Please ensure that you are prompt for your pick-up time. As we are not to gather outside or inside. Arrive-Train-Depart.

## HEALTH MONITORING AND REPORTING REQUIREMENTS

### Health Monitoring and Communication Procedures

The **HHAC Practice 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.

### Before In-Person Training Session **AS well as** at the entrance of each facility:

Participants (athlete or staff) shall not attend practice if they:

- o have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- o have symptoms of COVID-19, even if mild
- o have been in contact with a suspected, probable, or confirmed case of COVID-19 in the last 14 days
- o have been told by public health that you may have been exposed to COVID-19
- o have returned from travel outside Canada with symptoms of COVID-19

**The following questions will be ascertained before any in-person training or entry into either facility:**

- Do you have any of the following symptoms:
  - o Cough
  - o Shortness of breath
  - o Chest pain
  - o Difficulty breathing
  - o Fever
  - o Chills
  - o Repeated shaking with chills
  - o Abnormal muscle pain
  - o Headache
  - o Sore throat
  - o Painful swallowing
  - o Runny nose
  - o New loss of taste or smell
  - o 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.

**Swimmers and Coaches** if you feel sick during a practice you are to immediately get out of the pool go to your hula hoop where you will sit or stand and raise your hand, a coach while respecting social distancing will come over, where you can explain your symptoms. If any symptoms are that relating to covid-19, the swim coach while respecting social distancing, will escort you outside, call your parent(s) to come and pick you up, You will then follow up with your family physician for next steps and isolate for 14 days or until you have medical clearance to return to swim. This would require a medical note.



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. 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:

- o The athlete/staff member is removed from the training group immediately
- o Team Training will be suspended, and all team members are placed in self-isolation.
- o The local public health authority will provide further management recommendations which may include further testing and arrange for contact tracing.
- o 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.
- o 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.
- o 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)

## **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.

- The training session will be cancelled or additional staff will be arranged to provide coverage (i.e 2 coaches) if less than minimum 3 people
- 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.
- All email communication is done within club email accounts. All zoom calls will require 2+ HHAC coaches or executive members, and parents must attend all zoom calls, parents must be seen on the screen or heard through audio. If a swimmer attends a session solo, the creator of the zoom call will explain that the call can go no further, the zoom call will end and the parent/guardian will be notified via club email for documentation purposes.

## IMPLICATIONS OF NOT FOLLOWING RULES

- If any swimmer (or parent/guardian) fails to comply with any of the requirements described above or when changes are made, or any future emails, it will be grounds for corrective action up to and including removal from the session or removal from the program itself. There will be no return of swim fees for failure to comply. HHAC does not expect Coaches or Executive members to tolerate shenanigans during this time.
- Parent/Guardian will be informed of any swimmer infractions by email following the practice. It is imperative that during this time of return to sport we all work together. HHAC will communicate when a member is not being mindful or respectful of the safeguards put in place for every member of HHAC and other users of the facilities.

## RESOURCE LINKS

Swim Ontario

[Preparing for a Safe return to Operations](#)  
[COVID-19 Information Page](#)

Swimming Canada

[Swimming Canada – Return to Swimming Resource Document](#)  
[COVID-19 Resource Hub](#)

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

Public Health Ontario [Non-medical Face Mask guidelines](#)

Huron-Perth County [Huron Perth Public Health](#)

A friendly reminder to respond in acknowledgement to this email:

**I (insert name) have received, read, understand and agree in its entirety the HHAC Return to Sport Document.**

