

Grand Bank Southern Sharks

June, 2021

The following guidelines are meant to provide information and guidance as to best practices for a safe return to sport, based on the most current information available. While we are anxious to have our swimmers resume training, we have a collective responsibility to ensure a safe return to the water. We will try to be as creative and flexible as the guidelines allow, while keeping our swimmers' safety at the forefront.

It will be the individual's responsibility for assessing his or her own personal risks in consultation with parent(s) and medical professionals.

Return to Swim Guidelines

1. Before swimmers or coaches attend practice, they must complete a COVID-19 self-assessment.
 - 1.1 If participants have any of the following COVID-19 symptoms, they must not attend practice.
 - Fever (including chills or sweats)
 - Cough (new or worsening)
 - Shortness of breath/difficulty breathing
 - Sore throat or difficulty swallowing (not related to a known cause/condition)
 - Unusual headache
 - Unusual fatigue or lack of energy
 - New onset of muscle aches
 - Loss of appetite
 - Vomiting or diarrhea (more than 24 hours)
 - Loss of sense of taste or smell
 - Runny, stuffy or congested nose (not related to seasonal allergies or other known causes/conditions such as being outside in cold weather)
 - Small red or purple spots on hands and/or feet in a child/young adult
 - 1.2 If a participant (swimmer or coach) comes in close contact with a known or suspected case of COVID-19, they must not attend practice until they have been advised by a medical professional that it is safe to do so.
2. Masks must be worn by swimmers at all times when entering the building and while in the dressing rooms. Masks may be removed once swimmers are ready to enter the pool deck for training. When swimmers return to dressing rooms, masks must be worn and not be removed until they have exited the building. Coaches must wear a mask at all times as per provincial guidelines.

3. Swimmers must remain 2 m apart at all times. Swimmers who do not comply with physical distancing protocols will be asked to leave and may only return once guidelines have been reviewed and agreed upon.
 - 3.1 Swimmers must physically distance themselves when entering and exiting the building.
 - 3.2 Swimmers must physically distance themselves in the dressing rooms. All personal belongings must remain within a swimmer's personal space or equipment bag.
 - 3.3 Swimmers must physically distance when entering and while on the pool deck.
 - 3.4 Swimmers must remain physically distant while training in the pool and will adhere to Swimming Canada's guidelines as outlined in the Multiple Swimmer and Single Swimmer Lane Swimming for Competitive Swimmer/Club Training - Risk Mitigation document (see link below). This will be implemented and maintained by coaches.
<https://www.swimming.ca/content/uploads/2021/02/REVISED-Increasing-Swimming-Lane-Ratios-Safely-1.pdf>
4. Swimmers will be assigned a lane each session and must remain in their assigned lane. If multiple swimmers are assigned to a common lane, swimmers of similar ability and pace will be grouped together to ensure physical distancing can be maintained, as outlined in 3.4.
5. Swimming practices will be scheduled in consultation with facility management to ensure there is sufficient time between pool sessions to allow for a safe entry and exit to avoid interaction with patrons of another swim session.
6. The number of swimmers permitted per session will be in accordance with facility guidelines. The number of swimmers able to register with the club will reflect that number. Previous club swimmers will be given preference to register before opening registration to the public.
7. Our club will not be attending any competitive swim meets, unless current return to sport and provincial government regulations change and allow such. As per current Swim Newfoundland and Labrador regulations, in house time trials are permitted.
8. Coaches will take attendance at each practice for contact tracing purposes.
9. Swimmers should bring their own labelled water bottle. Sharing of water bottles is strictly prohibited.
10. Coaches and/or junior coaches will not enter the water with junior swimmers for the purpose of assistance and/or instruction. All swimmers must be able to swim confidently, safely, and unassisted.

11. In addition to the above rules and guidelines, swimmers are expected to follow guidelines and expectations outlined by the Grand Bank Swimming Pool.

12. Parents will be expected to review these guidelines with their swimmer before the first session and assess their child's ability to follow the protocols as outlined. If a child has difficulty following rules, listening to instructions, or swimming laps unassisted, then the child should not join the swim team at this time.

Guidelines may change as the circumstances of the pandemic evolve. Guidance from the Chief Medical Officer of Health, Provincial Government of Newfoundland and Labrador, Swim Newfoundland and Labrador, Summer Swim Club executive, and facility management will influence any changes to training and possible competition. The club will communicate any changes to families via the club's private Facebook group as information becomes available.