

MARYSTOWN



MARLINS

***Return to Swim Plan
Marystown Marlins Swim Club***

Submitted by:

A handwritten signature in black ink, consisting of a large, stylized 'J' followed by a horizontal line and a vertical stroke.

***Jenny McCarthy, President
on Behalf of
The Marystown Marlins Swim Club***

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The Marystown Marlins Swim Club “*Return to Swim Plan*” is an evolving document that is submitted to the Province of Newfoundland and Labrador when requests are initiated by the club or as the COVID-19 Public Health Emergency evolves.

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Marystown Marlins Return to Swim Plan

Status:

This document provides information for our swimming community; swimmers, parents, coaches, and facility staff to protect everyone from exposure to COVID 19.

This document has been drafted based on guidelines provided by Swim Canada, Government of Newfoundland and Labrador and the YMCA Pool in Marystown. Parents should review the Swim Canada document with their swimmer and direct any question to the head coach before attending practice.

<https://www.swimming.ca/content/uploads/2020/07/FAQ-Document-V2-07102020.pdf>

Before entering the facility swimmers, parents and coaches must read and sign 3 documents:

- Swimmer and Parent/Guardian Commitment
- Waiver and Assumption of risk
- Swim NL Acknowledgement and Assumption of Risk

The Marystown Marlins Swim Club will adjust our Guidelines based on the evolving recommendations going forward.

The Marystown Marlins Swim Club will be divided into groups to allow proper physical distancing at the facility. Junior (approximately 25 swimmers) and Senior (approximately 15 swimmers) will practice during different sessions, capacity for 27 swimmers per group. Schedule is as follows:

Junior Swimmers:

Monday - 6pm - 7pm

Tuesday - 3:15pm - 4:15pm

Thursday - 6pm - 7pm

Sunday - 4:30pm - 5:30pm

Senior Swimmers:

Monday - 7pm-8pm

Tuesday - 4:15-5:15pm

Thursday - 7pm-8pm

Sunday - 5:30-6:30pm

Dryland sessions to be determined.

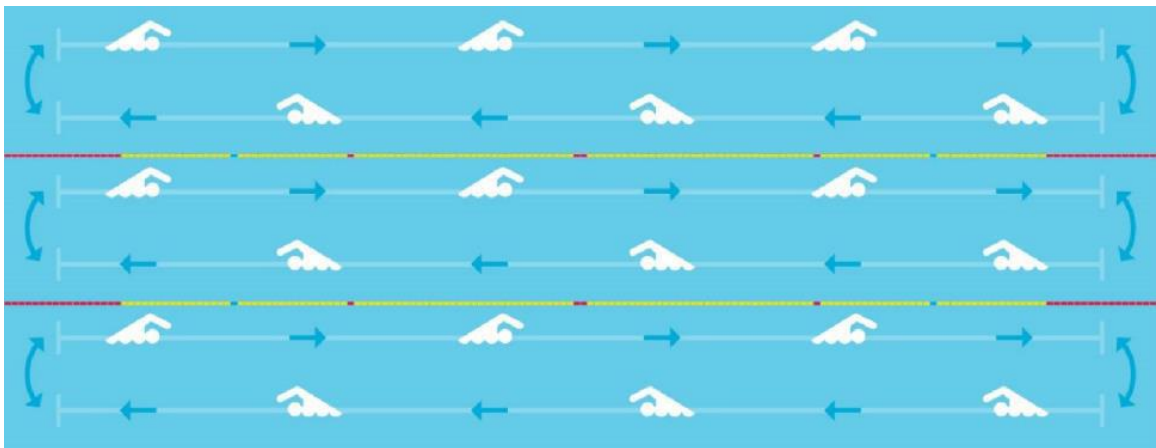
Swimmers and parents will wear masks while in the YMCA facility. For swimmers, masks can be removed before entering pool area as long as physical distancing of two metres is maintained. Swimmers will replace masks as soon as possible after leaving the pool area.

Parents and swimmers sign-in as they enter the YMCA at the beginning of each practice. This will allow for contact tracing if required. If swimmers have any symptoms of COVID-19, they will be told to remain home and not return to practice until they receive clearance from medical professionals.

Parents may wait for swimmers in the viewing area as long as they can maintain a distance of 2 metres from anyone not in their bubble. If the viewing area does not permit for such distancing, parents may watch practice from outside the building and wait there for their children to exit the building.

Swimmers are to arrive at practice 10-15 minutes early, ready to swim (training suit on) and wait in dressing rooms for the coach. There will be no late entries allowed into any training sessions. Swimmers must practice proper swim hygiene by showering at home before they arrive at the facility. Swimmers must only socialize with their teammates while still maintaining physical distancing, 2 meters apart.

The pool deck will have designated areas every 2 meters where swimmers will stand while waiting to enter the water. Swimmers are only to walk around the pool deck in a clockwise manner. Once all swimmers are ready to swim, the swimmers proceed to the shallow end in single file 2 meters apart and get in the water.



Passing is not permitted until communicated by the coach, as this will help maintain appropriate physical distancing. Swimmers are always to maintain 2 meters distance from other swimmers. Rest is to be taken while standing on the black lines 2 meters apart, in the same pattern as initial entry into the pool.

When practice is over, swimmers will follow the protocols put in place by the YMCA and Marystown Marlins Swim Club.

If a coach notices a swimmer exhibiting any of the symptoms listed in item 4 of the screening questions, that swimmer shall be required to leave the facility immediately.

If a swimmer/coach test positive for COVID 19, the Marystown Marlins Swim Club will follow Swim Canada's positive test protocol and the provincial health guidelines, including a shutdown period.

Key points:

- No sharing of water bottles
- There will be zero tolerance for swimmers who do not adhere to the guidelines outlined in this document
- Parents are not to enter the change rooms unless permission to do so is given by YMCA staff
- No sharing of equipment; swimmers are to only use their own equipment

Appendix A: Facility Sharing (Within Marlins) - Junior and Senior

The Marystown Marlins Swim Club commits to the following criteria if proposal is approved,

- Limit the opportunities where the swimmers between junior and senior groups mix - The groups will have a maximum of 27 swimmers in the pool during any given time. It is a consistent group of swimmers during these times.
- Entry and Exit of the Facility: When the Juniors and Seniors are sharing the facility, the Junior will enter the aquatic facility at 5:45pm (Mon/Thursday); 3:00pm on Tuesday and 4:15pm on Sunday for a start practice promptly at 6:00pm, 3:15pm and 4:30pm respectively. The swim session will conclude at 7:00pm, 4:15pm and 5:30pm respectively.
- The Seniors will enter the aquatic facility at 6:45pm (Mon/Thursday), 4:00pm on Tuesday and 5:15pm on Sunday for a start practice promptly at 7:00pm, 4:15pm and 5:30pm respectively. The swim session will conclude at 7:00pm, 4:15pm and 5:30pm respectively.
- Restroom Usage: The Marlins will use the facilities within the public change rooms (male and female) as per accepted protocol.
- Change Rooms: Juniors will enter the change rooms where they will remain two metres apart starting at the above noted times and until all children are prepared to swim.
- Seniors will enter the change rooms remaining two metres apart starting at the above noted times until all children are prepared to swim
- Juniors will be dismissed from practice at the above noted times and enter the change rooms after the senior swimmers have entered the pool deck.
- Seniors will be dismissed from practice at the above noted times and enter the change rooms in the manner they entered the pool deck.

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Swimmer and Parent/Guardian Commitment

To facilitate a healthy and safe swimming environment during this current pandemic and minimize exposure, we will require that parents screen their swimmers for fitness for swim prior to a swimmer starting their training each day. The coaches will do the same for themselves. This will ensure all of our swimmers and coaches are well and contributing to the safety of all other swimmers and coaches.

Swimmers and parents are required to review and sign the following one-time agreement confirming swimmers will not come to training if they respond YES to any of the screening questions (below). Once the swimmer and a parent have reviewed the document they will need to sign accordingly confirming they understand the new protocol and agreeing that they will inform Head Coach, Deidre Ryan should any of the conditions change.

If the swimmer responds NO to all questions, they will be permitted to swim at the first training session. It is then the parent and swimmer's responsibility to evaluate responses prior to each subsequent training session.

If the swimmer answers YES to any of the questions 1, 2, 3 and 4 then they will not be able to train, and the swimmer will be advised to contact their local Public Health Authority. Any swimmers who refuse to be screened (or whose parent refuses to screen them) will not be permitted to attend training.

Screening Questions

1. Have you returned from or arrived from outside of Canada within the last 14 days?

NOTE: This includes interprovincial travel outside of Atlantic Canada

2. Have you had close contact with/or cared for someone diagnosed with COVID-19 within the last 14 days?

3. Have you been in close contact with anyone who has travelled outside of Canada and returned within the last 14 days OR have you been in close contact with anyone who has travelled outside of Atlantic Canada within the last 14 days?

4. Are you currently experiencing any of the following?

- *Fever*
- *Cough*
- *Headache*
- *Sore throat*
- *Painful swallowing*
- *Runny nose*
- *Diarrhea*
- *Loss of sense of smell or taste*
- *Unexplained loss of appetite*
- *Small red or purple spots on your hands and/or feet*

Acknowledgement Forms

For the Parent/Guardian:

I, _____, parent /guardian of _____ acknowledge having received and read the Marystown Marlins Swimmer and Parents Commitment on _____.

I further acknowledge that I have received a copy of and understand the Marystown Marlins Swimmer and Parents/Guardian Commitment and agree to abide by its terms. I agree that I will inform Head Coach, Deidre Ryan, should any of the conditions change.

Dated this ____ day of _____ 2021.

Parent /Guardian Name

Parent/Guardian Signature

For the Swimmer:

I, _____, acknowledge having received and read the Marystown Marlins Swimmer and Parent Commitment on _____.

I further acknowledge that I have received a copy of and understood the Marystown Marlins Swimmer and Parent/Guardian Commitment and agree to abide by its terms. I agree that I will inform Head Coach, Deidre Ryan, should any of the conditions change.

Dated this ____ day of _____ 2021.

_____ Swimmer Name

_____ Swimmer Signature

Waiver and Assumption of Risk

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal and provincial governments and federal and provincial health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Marystown Marlins Swim Club has put in place preventative measures to reduce the spread of COVID-19; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending training could increase your risk and your child's risk of contracting Covid-19.

Swimmer's Name: _____

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Club training program and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 during training may result from the actions, omissions, or negligence of myself and others, including, but not limited to the Marystown Marlins Swim club employees, volunteers, and swim team members and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my children may experience or incur in connection with my children's attendance at training or participation in the Club's programming.

On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Club, its employees, agents, and representatives, of and from the claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Club program.

Dated this ____ day of _____ 2021.

Parent /Guardian Name

Parent/Guardian Signature