

## Mount Pearl Marlins Return to Programming Plan

This document will provide information for parents, coaches, and swimmers regarding our measures to protect us all from Covid-19 as we aim to get back to training and provide an opportunity for physical activity, socializing and improving in our sport. This information has been derived from Swim Canada's Return to Swimming resource document (<https://www.swimming.ca/content/uploads/2020/05/Return-to-Swimming-Resource-Documents-From-Swimming-Canada-V1-05292020.pdf>) and the NL Public Health Guidelines.

Parents are asked to review the physical distancing information found in the Swim Canada Return to Swimming document on page 9, with their children before sending their child to swim practice. Swimmers who intentionally do not follow the guidelines will not be permitted to participate. Parents are asked to explain to their swimmers the importance of following directional and instructional signage and reminding them to move slowly and look for arrows on the floors. The building setup will be different.

The return to the pool will begin July 6 with swimmers in Performance, Orange A and Orange B. These are the Marlins most advanced swimmers who are expected to have the maturity to self monitor their adherence to all safety rules. This period will run for 3 weeks, which will give the coaches time to evaluate and adjust prior to opening up for other swimmers. Junior swimmers in Blue, White, Gold, Silver and Bronze, will be invited to participate in outdoor socially distant dryland for this three week period. We hope to add more groups to the pool after three weeks as our capacity increases.

### Daily Health Monitoring

Each practice a coach will be assigned to the entrance area where they will screen our members and take attendance.

Each person entering the pool deck or gathering for a dryland session must answer "No" to the following questions,

#### 1. Have I showing any of the following symptoms:

- Fever (or signs of a fever, including chills, sweats, muscle aches, lightheadedness)
- Cough
- Headache
- Sore throat
- Painful swallowing
- Runny nose
- Diarrhea
- Loss of sense of smell or taste
- Unexplained loss of appetite

2. Has anyone in your household traveled outside the province in the last two weeks?

All persons who are feeling unwell will be required to stay home. Anyone who feels unwell will be asked to leave and monitor their symptoms.

If there is a positive test for Covid-19 from a member of our team, the team will follow Swim Canada's Positive test protocol, including a shut down period.

There will be a limit of 50 people in the pool area including all coaches and swimmers. Coaches will remain distant from swimmers and will reduce the amount of time spent calling out directions to swimmers even from a distance.

Swimmers will not have meetings on the pool deck, and will be spaced to 2 swimmers per lane. With the understanding that Covid-19 will not be transmitted through chlorinated water, and that the time when swimmers pass each other in the pool is very brief, similar to that of other sports permitted to play, we will allow two swimmers per lane. When two swimmers are stopped at the end of a lane, the second swimmer will stop on the right hand side of the lane, two meters from the wall, moving to the wall only after the first swimmer has left. The 2m distance will be marked on the side of the pool with a pylon and is recognizable for the swimmers as being just inside the flags and in the solid lane rope color section.

Swimmers in the performance group and possibly Orange A will use zoom for review of video and for technical feedback on their training sessions. Coaches will avoid having swimmers gather or spending time on the pool deck.

The city will implement policies around entering and exiting the building and use of changerooms. We require that swimmers follow all policies implemented by the city. Swimmers should come dressed for the pool and be prepared to leave the pool immediately after practice and shower at home. Shower stalls are reduced. Swim bags can NOT be brought to the pool deck, they must be placed in lockers. Lockers will be sanitized after each group leaves the pool.

Sessions will be coached by Chris Roberts, Duffy Earle, or our summer staff Ali Warren and Mitchell Henley. Swimmers will swim in their adjusted groups for the 2020-2021 Swim season. Group placements will be emailed prior to June 30th. Sign up will be in a three week slot through the events page of our website. Payment must be made in advance of signing up. Spots are limited and will be available on a first come first serve basis. Dryland location will be updated prior to July 6.