



Return to Swim Plan
Corner Brook Rapids Swim Club

Submitted by:

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on Behalf of
The Corner Brook Rapids Swim Club

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The Corner Brook Rapids 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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Corner Brook Rapids Return To Swim Plan

Status: APPROVED

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 Arts and Culture Centre Pool in Corner Brook. 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, which can be found [here](#)
- Waiver and Assumption of risk, which can be found [here](#)
- Swim NL Acknowledgment and Assumption of Risk, which can be found [here](#).

The Corner Brook Rapids Swim Club (CBRSC) supports the facility's phased approach and will adjust our guideline based on the evolving recommendations going forward.

CBRSC will be divided into groups to allow proper physical distancing at the facility. Red (approximately 21 swimmers) and Blue and White (21 swimmers) will practice during different sessions, capacity for 21 swimmers per group. Schedule is yet to be determined and will be communicated later. Dryland sessions and Pre-competitive swimmers will resume during later phases of the facility reopening.

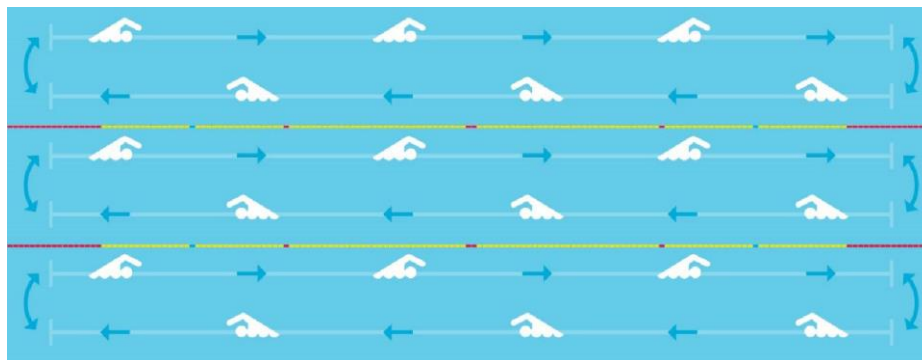
Swimmers are to arrive at practice 10 minutes early, ready to swim (training suit on) and wait outside for the coach. There will be no late entries allowed into any training sessions. Swimmers must practice proper swim hygiene by showering at home before they arrive at the facility. Swimmers must only socialize with their teammates while still maintaining physical distancing, 2 meters apart. Activation will be held outside, weather permitting. If weather is not favorable, activation will be on deck at the swimmers marked location.

Once activated swimmers can enter the facility walking in single file, 2 meters apart. Remove their footwear in the pool lobby then enter the change rooms and proceed immediately to the pool deck carrying their outdoor footwear. Choose appropriate footwear for outdoor activation and carry outdoor footwear onto the pool deck.

The pool deck will have designated areas every 2 meters where swimmers will place their swim bags, towels, water bottles and any additional clothing. 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.



There will only be 2 lane dividers in the water, creating 3 double lanes. Swimmers are to stand on the black lines, 2 meters apart where the coach will provide instruction for the upcoming practice. 7 swimmers will be permitted per lane. Swimmers will be assigned to lanes based on ability.



Swimmers are to swim in the traditional counterclockwise pattern. 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 Arts and Culture Centre Corner Brook Pool Manager.

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 CBRSC will follow Swim Canada's positive test protocol and the provincial health guidelines, including a shutdown period.

Key points:

- No sharing of water bottles
- Only 1 swimmer in the bathroom at a time
- There will be zero tolerance for swimmers who do not adhere to the guidelines outlined in this document
- Parents are not to enter the facility only in case of emergency
- No sharing of equipment; swimmers are to only use their own equipment

Appendix A: Facility Sharing (With Other Club(s))

Status: Approved

The Corner Brook Rapids Swim Club (Rapids) will be sharing the Arts and Culture Centre Pool aquatic facility with the Corner Brook Reflections Synchro Club (Reflections) weekly on Monday and Wednesday from 4pm to 6pm for the 2020-2021 swim season. Our organization will work collaboratively with our three partners (ACC, CB Reflections and CB Rapids) to ensure the safety of all swimmers is the priority.

The Corner Brook Rapids Swim Club and the Corner Brook Reflections Synchro Club have established agreements on the following criteria,

- Limit the opportunities where the swimmers between the two organizations mix
 - The Rapids will have a maximum of 14 swimmers in the pool during shared times with the Synchro Club. It is a consistent group of swimmers during this time (white group).
- Entry and Exit of the Facility:
 - When the Rapids and Synchro are sharing the facility on Mondays and Wednesdays. The Rapids will enter the aquatic facility at 4:05 for a start practice promptly at 4:15pm. The swim session will conclude at 6:00pm. Synchro will begin practice at 4pm and finish promptly at 5:45pm.
- Restroom Usage
 - The Rapids will use the facilities within the public change rooms (male and female). The Reflections will use the accessible restroom.
- Change Rooms
 - All Reflections swimmers must exit the public change rooms by 4:05pm and 6:00pm when the Rapids enter the respective change rooms
- On the deck
 - Rapids will place bags and equipment on the far side of the pool where the window is located. The Reflections will place bags and equipment on the call adjacent to the window. This will provide decreased opportunities for cross contamination.



Appendix B: Facility Sharing (Within Rapids) - Ripples and Riptides Status: Pending

Based on the approval of the Corner Brook Rapids Swim Club (Rapids) sharing the Arts and Culture Centre Pool aquatic facility with the Corner Brook Reflections Synchro Club (Reflections) weekly on Monday and Wednesday from 4pm to 6pm for the 2020-2021 swim season, our organization is proposing to share swim times within our own organization and work collaboratively with the two partners (ACC, and CB Rapids) to ensure the safety of all swimmers is the priority.

Schedule:

Current Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Non-Competitive - Riptides Group						
PM		4:00 - 6:00				3:00 - 5:00*
Non-Competitive - Ripples Group						
PM				4:00 - 6:00		3:00 - 5:00*

*Groups rotate two hour practices weekly

Proposed Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Non-Competitive - Riptides Group						
PM		4:00 - 5:00		4:00 - 5:00		3:00 - 4:00
Non-Competitive - Ripples Group						
PM		5:00 - 6:00		5:00 - 6:00		4:00 - 5:00

Plan:



The Corner Brook Rapids Swim Club commits to the following criteria if proposal is approved,

- Limit the opportunities where the swimmers between groups mix
 - The Rapids will have a maximum of 21 swimmers in the pool during any given shared time with the Ripples and Riptides. It is a consistent group of swimmers during this time.

- Entry and Exit of the Facility:
 - When the Rapids are sharing the facility on Tuesday, Thursday and Saturday. The Ripples will enter the aquatic facility at 3:50pm (Tues/Thursday) (and 2:50pm on Saturday) for a start practice promptly at 4:00pm and 3:00pm respectively. The swim session will conclude at 5:00pm (and 4:00pm on Saturday).
 - The Riptides will enter the aquatic facility at 4:50pm (Tues/Thursday) and 3:50pm (Saturday) for a start practice promptly at 5:00pm and 4:00pm respectively. The swim session will conclude at 6:00pm (and 5:00pm on Saturday).

- Restroom Usage
 - The Rapids will use the facilities within the public change rooms (male and female) as per accepted protocol.

- Change Rooms
 - Ripples will enter the change rooms in groups of 6 starting at 3:50 (2:50 on Saturdays) until all children are prepared to swim
 - Riptides will enter the change rooms in groups of 6 starting at 4:50 (3:50 on Saturdays) until all children are prepared to swim
 - Ripples will be dismissed from practice at 5:00pm (and 4pm on Saturdays) and enter the change rooms in the manor they entered the pool deck.
 - Riptides will be dismissed from practice at 6:00pm (and 5pm on Saturdays) and enter the change rooms in the manor they entered the pool deck.

- On the deck
 - Ripples will place bags and equipment on the far side of the pool where the window is located.
 - Riptides will place bags and equipment on the wall closest to the deep end of the pool.

Appendix C: Facility Sharing (Within Rapids) - Red, Blue and White Status: Pending

Based on the approval of the Corner Brook Rapids Swim Club (Rapids) sharing the Arts and Culture Centre Pool aquatic facility with the Corner Brook Reflections Synchro Club (Reflections) weekly on Monday and Wednesday from 4pm to 6pm for the 2020-2021 swim season, our organization is proposing to share swim times within our own organization and work collaboratively with the two partners (ACC, and CB Rapids) to ensure the safety of all swimmers is the priority.

Schedule:

Current Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competitive - Red Group					
	6:30- 8:00 AM	6:30- 8:00 AM		4:00- 6:00 PM	10:00-12:00 PM
Competitive - Blue Group					
	6:30- 8:00 AM	6:30- 8:00 AM		4:00- 6:00 PM	10:00-12:00 PM
Competitive - White Group					
4:15 - 6:00		4:15 - 6:00			

Proposed Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competitive - Red Group					
	6:30- 8:00 AM	6:30- 8:00 AM		4:00- 6:00 PM	10:00-12:00 PM
Competitive - Blue Group					



	6:30 - 8:00	6:30 - 8:00		4:00 - 6:00	10:00-12:00 PM
Competitive - White Group					
4:15 - 6:00		4:15 - 6:00			10:00-11:30 AM

Plan:

The Corner Brook Rapids Swim Club commits to the following criteria if proposal is approved,

- Limit the opportunities where the swimmers between groups mix
 - The Rapids will have a maximum of 21 swimmers in the pool during any given shared time with the Red, Blue and White Groups.
- Entry and Exit of the Facility:
 - Red and Blue Groups will enter/exit the facility in accordance with previously established and approved procedures.
 - White Group will enter/exit the facility in accordance with previously established and approved procedures at a staggered time noted above
- Restroom Usage
 - Red and Blue Group will use the facilities within the public change rooms (male and female) as per accepted protocol.
 - White Group will access the accessible restroom.
- Change Rooms
 - Red and Blue Groups will enter/exit the change rooms in accordance with previously established and approved procedures.
 - White Group will enter/exit the changerooms in accordance with previously established and approved procedures.
- On the deck
 - White Group will enter/exit the change rooms in accordance with previously established and approved procedures at designated time and under the direction of coaching staff.
 - A maximum of 7 white swimmers will be added to this practice. These swimmers will occupy one lane and maintain physical distancing during practice.



Appendix D: Facility Sharing (Within Rapids) - Red and Precomp Status: Pending

Based on the approval of the Corner Brook Rapids Swim Club (Rapids) sharing the Arts and Culture Centre Pool aquatic facility with the Corner Brook Reflections Synchro Club (Reflections) weekly on Tuesday and Thursday from 4:15pm to 5:45 pm for the 2020-2021 swim season, our organization is proposing to share swim times within our own organization and work collaboratively with the two partners (ACC, and CB Rapids) to ensure the safety of all swimmers is the priority.

Schedule:

Current Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competitive - Red Group						
AM		6:30 - 8:00	6:30 - 8:00			10:00 - 12:00
PM					4:00 - 6:00	
Non-Competitive - Riptides Group						
PM		4:00 - 6:00				3:00 - 5:00*
Non-Competitive - Ripples Group						
PM				4:00 - 6:00		3:00 - 5:00*

Proposed Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competitive - Red Group						
AM		6:30 - 8:00	6:30 - 8:00			10:00 - 12:00



PM				5:00 - 6:00	4:00 - 6:00	
Non-Competitive - Riptides Group						
PM		4:00 - 5:00		4:00 - 5:00		3:00 - 4:00
Non-Competitive - Ripples Group						
PM		5:00 - 6:00		5:00 - 6:00		4:00 - 5:00

Plan:

The Corner Brook Rapids Swim Club commits to the following criteria if proposal is approved,

- Limit the opportunities where the swimmers between groups mix
 - The Rapids will have a maximum of 21 swimmers in the pool during any given shared time with the Red and Precomp Groups.
- Entry and Exit of the Facility:
 - Red and Blue Groups will enter/exit the facility in accordance with previously established and approved procedures at staggered times (4pm - 4:45pm)
 - Pre-Comp (Ripples and Riptides) will enter/exit the facility in accordance with previously established and approved procedures at a staggered time noted above
- Restroom Usage
 - Pre-Competitive Group(s) will use the facilities within the public change rooms (male and female) as per accepted protocol.
 - Red Group will access the accessible restroom.
- Change Rooms
 - Red Groups will enter/exit the change rooms in accordance with previously established and approved procedures based on start and end time proposed.
 - Pre-Competitive Group(s) will enter/exit the changerooms in accordance with previously established and approved procedures 10 minutes before the staggered time noted above
- On the deck
 - Pre-Competitive Group(s) will enter/exit the change rooms in accordance with previously established and approved procedures at designated time and under the direction of coaching staff.



- A maximum of 5 red swimmers will be added to each pre-competitive practice. These swimmers will occupy one lane and maintain physical distancing during practice during designated practice(s).

