



# Clarenville Waverunners Return to Swim Guidelines

## Alert Level 2

### June 10, 2021

We are pleased to be sharing the Clarenville Waverunners Return to Swim Plan. These guidelines are meant to provide information and guidance as to best practices based on currently available information. Please note that it is the individual's responsibility for assessing his or her own personal risks in consultation with parent(s) and medical professionals.

This plan will be reviewed when changes are made to the provincial alert level, according to public health guidelines.

#### **General Considerations and Guidelines:**

- Participant safety is paramount.
- Participants must adhere to public health restrictions in the current Government of NL level.
- Participants should know of the common symptoms of COVID-19 and stay away if displaying any symptoms : [Screening-Questionnaire-2.pdf \(gov.nl.ca\)](#)
- Participants must stay home if they have been in contact with a known case in the previous 14 days.
- Participants should not participate in programs if they have traveled outside of the province in the previous 14 days.
- Participants will complete an online Participant Waiver, acknowledging the risks of contracting COVID-19.
- In the event a participant starts displaying symptoms during practice, a parent or guardian will be contacted for pick-up.
- Alert Level 2 Guidelines provided by The Wave Hotel and Fitness Center will be adhered to at all times.

#### **Pool Entry**

- Swimmers are to arrive no more than 10 minutes before their designated practice time.
- Entry to the facility is via the door identified for entry on the west side of the pool deck.
- Hands are to be sanitized upon entry
- Masks must be worn when entering the facility and at all times when not in the water.
- Swimmers are expected to arrive ready to swim. Change rooms will have limited access and showers are available for pre-rinse only before entrance to the pool as per Public Health Orders.
- Washrooms are available but there is no access to lockers or change-stalls. Space is available on the pool deck for personal belongings.



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- Swimmers are to keep a physical distance of at least 6 ft away from others not part of their bubble when on deck and entering the pool.
- Coaches will maintain an attendance list for each session.
- Spectators are not permitted.

### **During Practice:**

- Swimmers will be grouped into cohorts consisting of a maximum of 20 swimmers with 4-5 coaches.
- There will be a maximum of 5 swimmers per lane.
- Swimmers will remain in their designated group throughout the summer.
- All new swimmers will be required to demonstrate prior swimming ability as coaching will take place from the pool deck. Coaches will not be in the water with swimmers during practice.
- No sharing of personal items (water bottles, towels, hand sanitizers, etc).
- No cell phones to be used onsite during any activity. Only permitted to be used once the session is completed and participants are outside of the facility.
- Practices will be 45 minutes in duration. There will be 15 minutes allotted between practices to allow safe and exit of swimmer before the next group arrives and to allow coaches to follow the required cleaning protocol.

### **Exiting the Pool**

- Swimmers are expected to leave the facility when pool time is complete. Showers are not available after swimming so that washrooms may be cleaned in preparation for the next group.
- Existing will be via the door identified for exit on the east side of the pool deck.
- Masks must be worn when exiting the facility.
- Hands are to be sanitized upon exiting.

### **Coaching**

- Coaching will take place from the pool deck whenever possible.
- Should in-pool demonstration be required, it will take place in a lane that has no other swimmers present.
- Coaches will keep a physical distance of at least 6 ft away from swimmers and each other.



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- Coaches are responsible for disinfecting washrooms, in between groups, with an emphasis on touch points, including door handles, inside latch of stall, flush handles, and soap dispenser levers.

#### Competition

- Swim meets with other teams will not be hosted.
- Any swim meets attended will require participants to adhere to the plan and restrictions provided by the Swim NL and the host team.

#### References

Government of Newfoundland and Labrador COVID-19 Links:

<https://www.gov.nl.ca/covid-19/information-sheets-for-businesses-and-workplaces/sport-guidance/>

Swimming Canada Return to Swimming Framework

<https://www.swimming.ca/content/uploads/2020/11/COVID-19-Return-to-Swimming-Resource-Document-V3.pdf>

Swimming Canada COVID-19 Resource Hub

<https://www.swimming.ca/en/resource-hub/>

**Please note this is not a Legal Document. While these recommendations are based on industry best practices and norms, we encourage you to check with your local health authorities to verify what is acceptable in your specific community.**