



# COVID-19 RETURN TO SWIMMING RESOURCE DOCUMENT



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## **LEGAL DISCLAIMER**

Swimming Canada and the Return to Swimming Working Group have prepared this document based on the latest information available to date from third-party sources, including the World Health Organization and local public health authorities. The document will be updated periodically as the situation evolves and more information comes available.

This document is meant to provide information and guidance as to best practices based on current information. Each club is however responsible for assessing the risks in its particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health and government authorities.

Additionally, it is an individual's responsibility for assessing his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions.



## **ACKNOWLEDGEMENTS**

Swimming Canada would like to thank the following people for their contributions to the Return to Swimming Working Group. The development of this resource document has truly been and will continue to be a Canadian swimming initiative.

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## INTRODUCTION

Since the onset of the COVID-19 pandemic, we as the collective Canadian swimming community have had to significantly adapt our normal routines and activities in order to prioritize the health and well being of Canadians as a whole. Swimming Canada would like to thank everyone involved in the swimming community for your leadership and commitment to flattening the curve. While it has been difficult to step away from the pool, our efforts have played an important part in combatting the pandemic. Thank you.

As the conversation turns towards re-opening elements of society, Swimming Canada is pleased to share Version 1 of our Return to Swimming Resource document with the Canadian swimming community. We are all keen to get back in the water to train and compete and we hope that this resource will provide provincial sections, clubs, coaches, athletes, facilities, etc. at all levels, the information they need to develop robust plans to make a safe and timely return to the water. The next step in the return to swimming will be each provincial section's development of their return to sport plan. Once provincial section plans are in place, clubs can then complete development of their specific plans. As we start to return to training, our collective experience will be different and we will need to be creative and flexible as we re-imagine a new normal for our sport.

First and foremost, our return to the pool must be done in a safe manner. It is imperative that all return plans adhere to the municipal, provincial and national health guidelines and restrictions that are in place. All of us as members of the swimming community have a responsibility to ensure we are doing everything we can to not only keep our community safe but our communities at large safe as well.

The situation and information around COVID-19 continues to evolve quickly. The information available in this document is based on the best information available at the time of publication. We will continue to monitor the situation very closely and will update this document accordingly. Our current plan is to issue an updated version of this document in late June, this is of course subject to change.

We also know that aquatic facilities will open up on different timelines across the country. We understand that as some communities return to the pool others may start feeling pressure to get back into the pool themselves. That type of competitive spirit is only natural. In these unique times, it is important that we keep the big picture in perspective and that we celebrate, not fret, as members of the swimming community return to training. When the timing is right, we will all have a chance to safely get back in the water.

Swimming Canada would like to thank all the members of our Return to Swimming Working Group, the Provincials Sections, the CSCA, the Lifesaving Society and our Aquatics Canada partners in the development on this document. In addition, the input from our medical and scientific experts and the advice from the National COVID-19 Return to High Performance Sport Task Force as coordinated by Own the Podium was essential in the development of this document (see appendix 6 for more details).

We are stronger together.

Ahmed El-Awadi  
Chief Executive Officer  
Swimming Canada

Cheryl Gibson  
President  
Swimming Canada



## **SWIMMING CANADA RETURN TO SWIMMING WORKING GROUP MANDATE**

The Swimming Canada Return to Swimming Working Group is comprised of representatives from many key stakeholders in our sport. Included on the Working Group are representatives from swimmers, coaches (via the CSCA), officials (via the OCRC), provincial sections, science and medicine experts and Swimming Canada staff. The mandate of the Working Group is to develop a resource document and a framework to inform the resumption of competitive swimming in Canada.

In Canada, the provincial and territorial governments are responsible for the management, organization and delivery of health care services for their residents. The regulations and guidelines at the Provincial/Territorial government level will ultimately drive the timelines for when a return to swimming is possible. The 10 provincial section members of Swimming Canada are responsible for adapting the resources and framework outlined in this document based on the guidance they receive from their provincial governments. Clubs must adhere to all provincial section requirements in their return to swimming plans. It is important to note that the provincial section guidelines may differ from what is presented in this resource document in some cases.



## **OVERARCHING HEALTH, MEDICAL AND SAFETY INFORMATION AND CONSIDERATIONS:**

### **GENERAL INFO ABOUT COVID-19 AND SWIMMING**

COVID-19 is a type of coronavirus mostly found in animals, but when humans become infected, symptoms can range from mild to severe depending on a number of variables. The World Health Organization declared COVID-19 a global pandemic on March 11, 2020. Tragic consequences of this virus are being experienced around the world, including within Canada. There are many ongoing challenges for all of us to manage, and for our Canadian aquatics community, a safe and responsible return to swimming is paramount. The intent of the following information is not to provide permission to return to sport, but rather to supply the reader with a guide to current medical recommendations in an attempt to mitigate risks related to COVID-19. The goal is to avoid becoming infected, and spreading to other people in the community. This document is meant to complement not replace local public health and recreation facility advice.

COVID-19 has a fragile lipid outer membrane, and is therefore highly susceptible to soaps and oxidants, such as chlorine. According to the Centre for Disease Control, there is no evidence that COVID-19 can be spread to humans through the use of pools, hot tubs or spas. Proper operation maintenance, disinfection with chlorine or bromine of pools should inactivate the virus (CDC 2020). A related coronavirus which caused the SARS epidemic in 2003, was found to be inactivated by UV treatment and disinfectors.

The following health, medical, and safety information are considered to be applicable to all Steps of the Return to Swimming Framework until such time that public health information and guidelines change. In addition, this information is generally applicable to all training environments including indoor pools, outdoor pools, open water, gym and outdoor land training. Provincial and Municipal Public Health information and guidelines must be respected at all times and supersede the information below.

### **HEALTH MONITORING**

- Athletes, coaches, and staff must answer 'NO' to all the following questions prior to attending any training session:
  - Do I have any of the symptoms: cough, shortness of breath, chest pain, difficult breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
  - Have I been in contact with or cared for someone with COVID-19?
  - Have I returned from a trip outside the country within the last 2 weeks?
  - Stay home when sick, even with mild symptoms
- Any athlete or staff member that is required to leave a training session as a consequence of experiencing signs or symptoms consistent with COVID-19 is required to contact their physician to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19, which then may lead to the notification of appropriate public health officials regarding a positive test result. Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements around contact tracing as it relates to managing the spread of the virus. The athlete or staff member may not return until receiving clearance from the



physician, and if a test for COVID-19 was completed, a negative test result will be required before further training is permitted. If home isolation is required, guidelines have been provided in a subsequent section below.

- Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions.
  - Common underlying health conditions which may place an individual at higher risk would include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are otherwise immunocompromised.

### TRAINING GROUP PROTOCOL FOR POSITIVE TEST

If any athlete or staff test positive for COVID-19, the following steps must be taken:

- The athlete is removed from the training group immediately.
- Team training will be suspended and all team members are placed in self-isolation.
- The local public health authority will provide further management recommendations which may include further testing, and arrange for contact tracing.
- Any further team members who develop symptoms will be referred to the appropriate public health authority or help-line for guidance on testing and appropriate management.
- Team training could resume if:
  - All team members undergo self-isolation for 14 days and no other member has developed symptoms.
  - All team members are cleared to return to group training by their physician in accordance with Provincial guidelines.

### HOME ISOLATION RECOMMENDATIONS

If you find yourself ill with symptoms suggestive of COVID-19,

- Remain at home except to get urgent medical care.
- Do not go to work, school, pool or other public places.
- Cancel non urgent appointments.
- Do not use public transport.
- Notify your doctor or local health department by phone, as testing may be required.
- Monitor your symptoms and seek medical attention if you are having difficulty breathing, are unable to drink fluids, or if your illness is significantly worsening.
- Wear a face mask when around others, particularly when physical distancing cannot be maintained.
- Separate from household members, at least 2 meters at all times.
- Do not have visitors.
- Stay in a well ventilated room (open windows) and use your own bathroom if possible.
- Sanitize common use surfaces frequently.
- If close contacts are vulnerable in terms of their health, consider alternative accommodations.
- Avoid sharing household items.
- Maintain excellent hand hygiene.
- Follow any other local health regulations



## PHYSICAL DISTANCING

- Avoid being exposed to COVID-19 by physical distancing (minimum 2 meters). Keep a safe distance at all times. **This is critical as COVID-19 can be spread prior to symptom onset.**
- Avoid crowded places.
- Avoid greetings with handshakes, hugging, high fives, etc...
- Athletes and staff must respect physical distancing during all aspects of training.
- Athletes, coaches and staff may consider the use of protective masks. Masks should be considered when physical distancing isn't always possible such as on public transit on the way to training, crowded areas, and for those with chronic medical conditions. Remember that using a mask is not enough alone and should be combined with other preventative measures such as frequent hand washing and consistent physical distancing.
- Provide facility access with one entry point and a separate exit point.
  - If both entry and exit points are located at the same place, put in place measures that provide physical distancing of at least 2 meters.
  - Install signage to direct athletes, coaches, and staff to enter one at a time.
  - Provide floor markings to guide athletes, coaches, and staff movements through and out of the facility.
- Install physical markers on the floor or walls (cones, lines, stickers, wooden structures, etc.) that indicate appropriate two meters spacing distances for athletes, coaches, and staff working on deck or in dryland areas.
- Coaches and staff must maintain appropriate distance from each other and facility staff members throughout the entire duration of time spent in the facility.
- Athletes should arrive in their training suit.
- Showers should be mandatory only if a shower is available near the pool deck (without the need to enter the changing room).
  - Athletes should encourage good pool hygiene by showering at home before and after swimming.
- To maintain physical distancing of 2 meters during lane/laps swimming, the number of swimmers must be modified depending on the activities programmed in the aquatic facility.
- To maintain physical distancing of 2 meters, swimmers should swim in the middle of the lane only (on top of the lane line).
- Keep the same group of athletes for each training session
  - High Performance Centre and Senior Team athletes may relocate from within Canada to train with a resident group upon review and approval from Swimming Canada's National Team Physician and in line with provincial and municipal travel regulations.
  - Other athletes looking to relocate to train with a resident group (e.g. University Team) must follow all provincial and municipal regulations related to travel along with any Provincial Section guidelines that may be in place. Registration policies and procedures must be adhered to.
  - Athletes should only participate in one training group and should not move between multiple training groups.
- Do not perform dry land training at the pool. Any dryland or pre-pool should be performed before entering the facility.



- Do not arrive any earlier than necessary for receiving the training session and entering the pool.
- At this time, physical therapy treatments (which includes hands-on services provided by massage therapists, physiotherapists, chiropractors, athletic therapists and strength and conditioning practitioners) are higher risk and such support services are not recommended. Other virtual and non-contact means of providing feedback and therapy advice should be considered as alternatives to physical treatment.
- Spectators/parents to follow facility rules and are expected to adhere to the physical distancing rules.
- Athletes are encouraged to act responsibly and promote appropriate behavior on social media with their peers.

### HAND AND PERSONAL HYGIENE

- Clean/wash your hands frequently with soap and water for at least 20 seconds, or use a hand sanitizer (>60% alcohol). Coaches and swimmers are encouraged to carry a personal supply of hand sanitizer for use as needed before, during and after training.
- Avoid touching your eyes, nose, and mouth.
- On arrival, athletes, coaches, and staff must wash their hands with soap and water or hand sanitizer for at least 20 seconds.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Regularly clean and disinfect frequently touched surfaces.
- Do not share food and drinks.

### USE OF EQUIPMENT

- Clean equipment thoroughly with a disinfectant pre and post training session. Remember that COVID-19 can last between two hours and nine days on surfaces depending on a number of factors. Simple cleaning measures can inactivate the virus.
- Athletes are not to leave equipment or mesh bags at the facility. All equipment needs to be brought home and thoroughly cleaned after each training session.
- Personal items and clothing (backpacks, jackets, shoes, etc.) brought in by athletes, coaches, and staff should be kept to a minimum. Where bags must be brought in, they should be stored separately, with adequate space between each member's items (re: backpacks left 2 meters apart along pool deck).
- Limit the amount of equipment to be brought into the pool throughout the return to sport process. The coach is required to communicate necessary swim training equipment prior to each session.
  - Athletes are not permitted to share any training equipment.
- There is no permitted sharing of water bottles. Athletes, coaches, and staff are required to fill their personal water bottles at home, prior to leaving for the facility.
- Coaches are not permitted to use whiteboards so that swimmers do not congregate around them. Use other means of communicating the training sessions to the swimmers such as bringing individual printed copies of the workouts.



- Coaches are not permitted to share hand-held equipment such as stopwatches, clipboards or pens, with colleagues or others. Reminder to clean this equipment with disinfecting wipes pre and post training session.
- In general, pool set-up such as putting in lane ropes and backstroke flags should be left to the facility to complete. Where this is not possible, specific protocols should be developed and hand washing should occur before and after setting up the equipment.

## SAFE SPORT

- All efforts should be made to ensure that Open and Observable environments are maintained at all times. Open and observable environments means making meaningful and concerted efforts to avoid situations where a coach, official or other representative might be alone with an athlete and/or vulnerable individual. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.
- Open and Observable environments also apply to online communication. All forms of electronic communication (email, text, Zoom, Skype, etc.) should never be in the form of a one-on-one interaction and should always be done in a group setting.
- Training sessions should include a minimum of 3 people.

## RETURN TO SWIMMING FRAMEWORK

All programs should initiate their return to swimming in a step by step approach. It is recognized that each situation will vary from location to location, but the principles included in the framework below should be applied when developing a programs plan. All return to training plans must adhere to the local public health information and guidelines and the facility procedures.

As of the date of publication of Version 1 of this document, the recommended first step in returning to training is outlined below.

### STEP 1

The return to swimming should begin with a small controlled group in Step 1. All programs should select a group based on the listed parameters. An outline of Steps 2-4 is included, but may be adjusted based on the results of Step 1 and new information becoming available. In order to maximize lane space, training short course should be prioritized in the initial return.

This step should only be initiated once municipal, provincial and federal regulations permit the resumption of this type of activity.

All the overarching health, medical and safety considerations must be adhered to in this step along with any provincial section requirements.

This step should only involve one group of swimmers who train a maximum of one session per day.

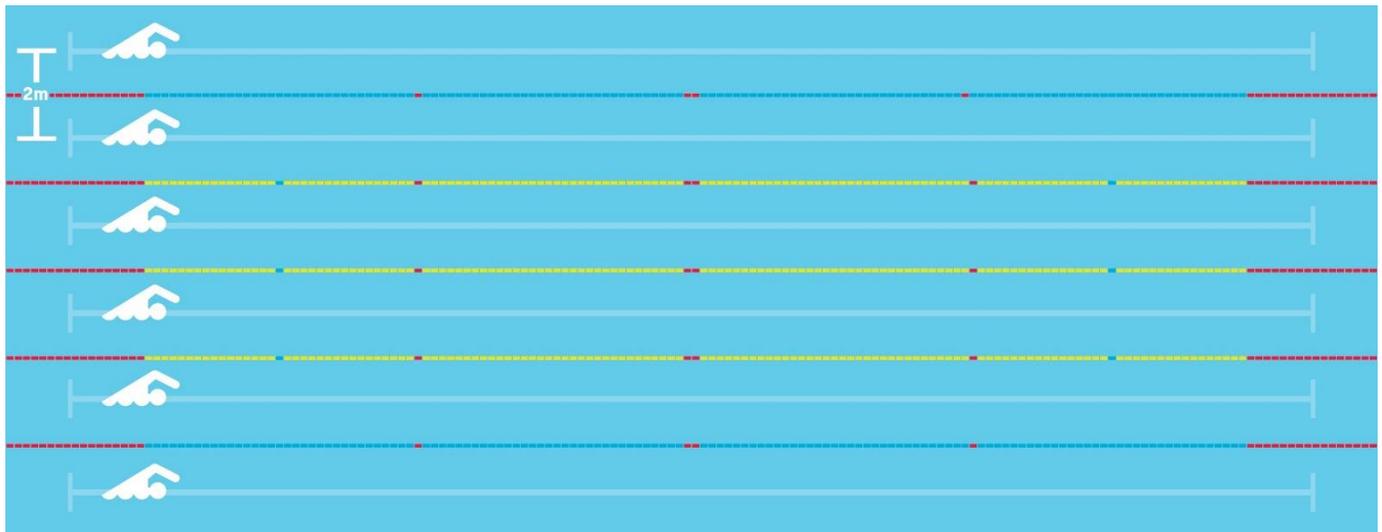


Only swimmers who can successfully complete a swimming session without any physical manipulation and are not immunocompromised should be included in this step.

Step 1 should be successfully implemented for a minimum of three weeks prior to moving to Step 2.

### Group Size

In order to ensure proper physical distancing there should be only one swimmer per lane in Step 1. Therefore, group size will be limited by the number of available lanes as well as public health restrictions (i.e. 6 swimmers for a 6-lane pool, 20 swimmers for a 10-lane 50m pool set up for short-course metres)



Group size must fall within any group gathering limitations that are in effect locally. The practical application of group size limits should be evaluated based on published guidelines at the time of facility opening and may be specific to individual facility policies.

### Priority Group

Athletes selected to this group should be prioritized as follows:

1. Olympic/Paralympic Targeted Athletes
2. Senior Carded Athletes
3. Development Carded Athletes
4. Senior National Qualifiers
5. Other swimmers based on specific program demographics (including Masters swimmers)

The group in Step 1 should be limited to mature athletes capable of independently adhering to strict physical distancing guidelines.

### Training Session Procedure

A “Training Session Procedure” should be documented for all athletes and staff. This procedure should clearly explain:



1. The entry point to the facility for all participants, including where to park
  - Swimmers should arrive at the facility no more than 15 minutes ahead of the scheduled start of the training session.
  - If not driving themselves, swimmers should be dropped off outside the facility. Parents should remain in their vehicles and at a safe distance from others for the duration of the training session.
  - Only swimmers and required staff should enter the facility. Where possible, a dedicated entry way is preferred to limit interaction with other facility users.
  - Where possible, swimmers should arrive at the facility already in their bathing suit in order to limit the use of changerooms.
2. The pathway to the pool, changeroom or other training facilities once inside
  - Entry point should provide the most direct pathway to pool, changeroom or other training facilities.
  - If changerooms are used, a plan should be provided to the athletes that ensures proper physical distancing. Individual changing stalls should be used where possible. All belongings should be packed in personal bag and brought on deck to limit use of lockers and exposure of personal effects while training
3. Departure process and pathway for all participants
  - All swimmers should leave the facility as quickly as possible following the conclusion of the training session.
  - Where possible, swimmers should not use the changerooms.
  - Once all swimmers have left the facility, all staff should leave facility as quickly as possible.
  - Once out of the facility, all swimmers and staff should use hand sanitizers to disinfect hands.
  - Once out of the facility, all swimmers and staff should go directly to their vehicle and return home.

### Coaching Recommendations

- Coaches and athletes should recognize the potential health implications of reduced training volumes experienced during the COVID-19 pandemic. Many athletes will have experienced diminished strength, conditioning, and endurance capacity during their prolonged time away from swimming. To reduce the risk of over training injuries, it is advisable to begin with a gradual resumption of training, with the initial focus on low intensity and technique. If available, follow the advice of your local support team for advice in this area.
- Coaches should familiarize themselves with all aspects of the Overarching Health, Medical and Safety Information and Considerations section of this document (pg. 5-8)
- Coaches must familiarize themselves with the COVID-19 facility specific procedures and guidelines
- Coaches should keep a detailed attendance sheet and should ask themselves and their athletes the following questions prior to each training session. All questions must be answered “no” prior to attending any training session:
  - Do I/you have any of the symptoms: cough, shortness of breath, chest pain, difficult breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
  - Have I/you been in contact with or cared for someone with COVID-19?
  - Have I/you returned from a trip outside the country within the last 2 weeks?
- Coaches and staff must ensure they maintain appropriate distance from each other, lifeguards, and swimmers.
- Coaches should consider how they will educate their athletes on the importance of physical distancing and how they will re-inforce this message during training.



- Workout presentation should not be in groups. i.e. not around whiteboards.
  - Examples:
    - Workout should be sent out via group electronic message in advance of the session (no one on one communication).
    - Review the workout with the group in advance of the session in an online environment. Show a pool diagram of where everyone needs to be and what they are going to be doing ahead of time to limit the amount of time they need to congregate on deck.
    - Athletes should print and bring their own copy of the workout to the session.
    - Swimmers could write workouts on laminated sheets/ small individual whiteboards.
- Video analysis should respect physical distancing requirements. Sharing videos electronically post workout is a good option.
- Coaches should not share handheld equipment such as stopwatches, clipboards, white board markers.
- Where do you stand on deck? Create visible markers on the floor to indicate appropriate spacing on the pool deck.
- Athlete interventions?
  - Think about the spacing in the pool during workouts:
    - i.e. staggered starts, opposite ends, how you communicate with athletes, have stations in the pool (Similar to a circuit), ensure markers are visible to athletes for start and stop points, (i.e. visible spacing marks on pool deck, on lane lines, etc.)
    - Make sure you are maintaining physical distancing during all interactions.
    - Have the swimmers rotate their training lane each practice so they can be in an outside lane for feedback.
    - Develop processes to deliver feedback post workout via online platform (always in a group setting).
- Workout content
  - Re-imagine swimming. There may be less water time and more land work – be creative.
  - Be creative with the structure of your practice times, the time between sessions, the numbers of workouts per week, dryland, etc.
  - Leave enough time between workouts and between land and water work to ensure that you can maintain all physical distancing and hygiene protocols.
  - Ensure there is a plan in place for linking land and water sessions ensuring that you can maintain all physical distancing and hygiene protocols.
  - Train the same hours but this will be a mix of dryland and water.
- Other
  - Make it clear that there is no penalty for missing practice and that if an athlete, or any member of their family does not feel well, they should stay at home.



## STEP 2

These are the current recommendations for Step 2 and will be updated to reflect potential new information and feedback from Step 1.

This step should only be initiated once municipal, provincial and federal regulations permit the resumption of this type of activity.

All the overarching health, medical and safety considerations must be adhered to in this step along with any provincial section requirements.

At Step 2, additional groups can start to be introduced. However, it is recommended that each individual group return to swimming under the group size recommendation from Step 1 for a period of at least three weeks. Following this introductory period, groups can shift towards to the larger group size models.

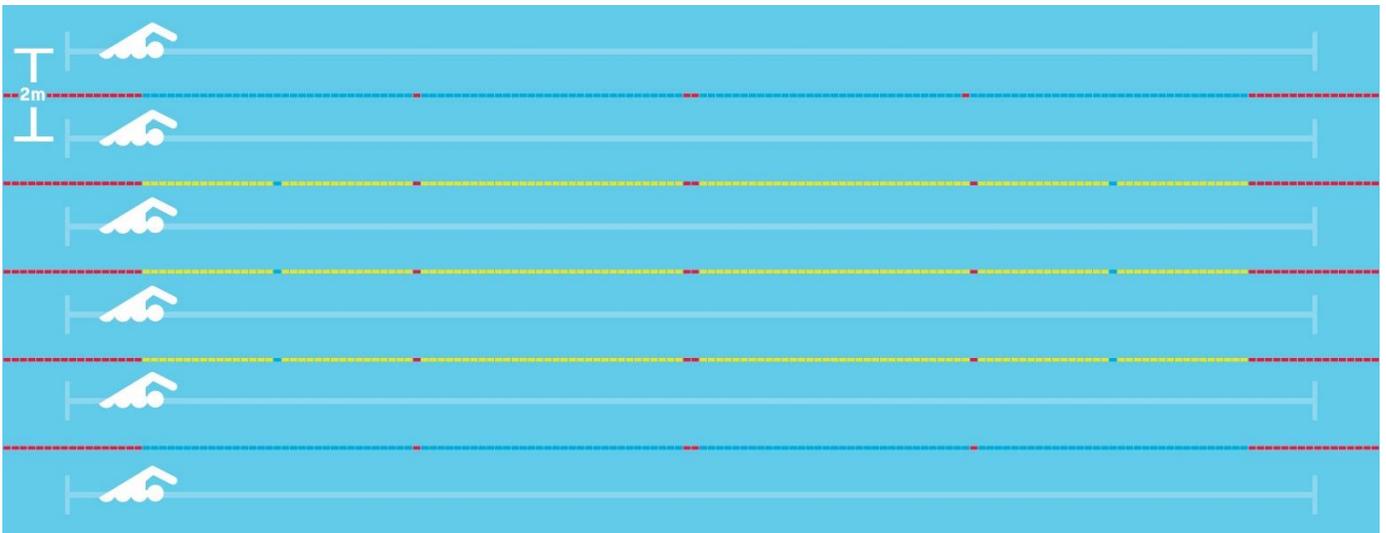
If desired, the group introduced in Step 1 can add multiple daily training sessions.

Only swimmers who can successfully complete a swimming session without any physical manipulation and are not immunocompromised should be included in this step.

Step 2 should be successfully implemented for a minimum of three weeks prior to moving to Step 3.

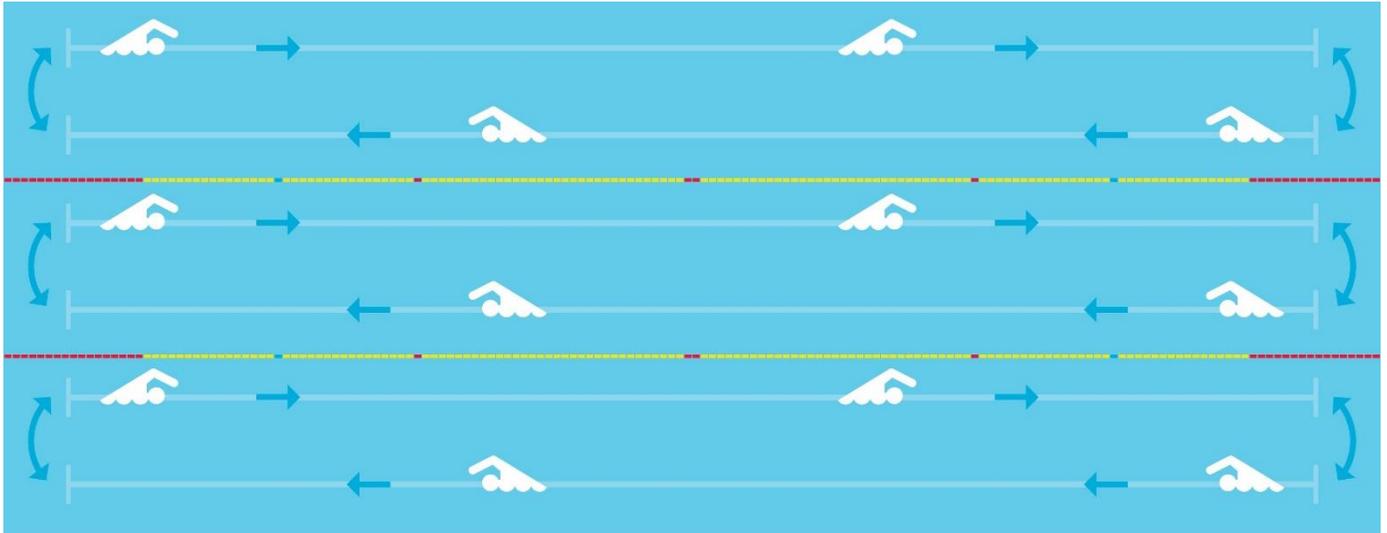
### Group Size

As in Step 1, all groups added in Step 2 should initially only have one swimmer per lane for a period of three weeks. Therefore, group size will be limited by the number of available lanes as well as public health restrictions (i.e. 6 swimmers for a 6-lane pool, 20 swimmers for a 10-lane 50m pool set up for short-course metres)





Groups that have completed the initial three-week introductory step can move to a multi-swimmer lane environment. However, physical distancing regulations must still be maintained.



E.g. Double-lane with four swimmers doing a large circle in the two lanes, swimming on top of the lane lines.

Group size must fall within any group gathering limitations that are in effect locally. The practical application of group size limits should be evaluated based on published guidelines at the time of facility opening and may be specific to individual facility policies.

#### **Priority Group**

Athlete groups should continue to be built out based on the following priority:

1. Olympic/Paralympic Targeted Athletes
2. Senior Carded Athletes
3. Development Carded Athletes
4. Senior National Qualifiers
5. Other swimmers based on specific program demographics (including Masters swimmers)

The groups in Step 2 should continue to be limited to mature athletes capable of independently adhering to strict physical distancing guidelines.

#### **Training Session Procedure**

This section will be further developed in future versions of the document. For now, all principles from Step 1 should continue to be considered and observed.

#### **Coaching Recommendations**

This section will be further developed in future versions of the document. For now, all principles from Step 1 should continue to be considered and observed.



### STEP 3

Details on Step 3 will be developed and shared in subsequent versions of this document. The intent is that Step 3 would see a return of all groups in the program. Successful completion of Steps 1 and 2 is critical prior to considering Step 3.

### STEP 4

Return to full-training post-pandemic. Additional details to follow in subsequent versions of this document.

## RETURN TO COMPETITION

As a club builds back into training, following the Swimming Canada guidelines outlined previously in this document is imperative prior to returning to competition.

Safety is the key priority with all aspects of return to training and competition. Safety with regards to the virus, but also injuries related to an increase in activity and/or training, need to be carefully considered when looking to add competitive opportunities. Clubs need to adhere to provincial and national guidance regarding large gatherings. This may impact the number of swimmers at a competition, the officials required and the attendance of spectators. The competitive environment (training and competition venues) should be continually assessed to ensure precautions are taken to minimize risk to the swimmers, and those attending events as spectators (where and when permissible).

With the return to competition being secondary to the return to training, there will be more guidelines to follow as provinces are permitted to open facilities and clubs can get back into workouts. Options for when clubs can get back into training and are ready for competition can include time trials or in-house competitions. With the need to physically distance and limit the size of crowds, virtual meets may also be an opportunity for club teams to swim locally, in their home facilities, and compete against other teams from around their province. More guidelines will follow in subsequent versions of this document.

The Officials, Competitions and Rules Committee (OCRC), working in collaboration with provincial sections, is currently working on a framework for clubs to host meets. The OCRC is considering meet format (time trials, club invitational, etc.) when determining the minimum number of officials required on deck to meet physical distancing guidelines and also ensure the integrity of the results.



## APPENDICES AND ADDITIONAL RESOURCES

### 1) SWIMMING CANADA HIGH PERFORMANCE CENTRE RETURN TO SWIMMING PROCESS

Prior to receiving clearance to initiate Step 1 of the Swimming Canada Return to Swimming Guidelines, each High Performance Centre (HPC) will be required to complete the following process:

1. An assessment group consisting of the following people will meet to review the return to swimming plan with the assistance of the “COPSIN/OTP Covid-19 Risk Assessment Tool for Sport”.
  - HPC Coach(es)
  - Swimming Canada IST Director
  - Swimming Canada National Team Physician
  - Swimming Canada Senior Coach, Olympic Program (for ONT, VAN, VIC)
  - Swimming Canada Senior Coach, Paralympic Program (for QUE)
  - Swimming Canada Senior Manager, NextGen HP Pathway (for ONT, VAN, VIC)
  - Swimming Canada Associate Director HP & Para-Swimming National Coach (for QUE)
2. Following the development of an acceptable plan, a virtual briefing session will be delivered to the HPC coach(es) and HPC swimmers in order to clearly explain the procedures and the responsibilities that all must adhere to. This briefing will review all pre-training, training and post-training procedures that are in place to protect the health and safety of all participants. The briefing will be delivered by the IST Director, Senior Coach, Olympic Program and Senior Manager, NextGen HP Pathway for Ontario, Vancouver, Victoria. The briefing will be delivered by the IST Director, Senior Coach, Paralympic Program and Associate Director HP & Para-Swimming National Coach for Quebec.
3. Following the briefing, the Senior Manager, NextGen HP Pathway (for ONT, VAN, VIC) or Associate Director HP & Para-Swimming National Coach (for QUE) will inform the applicable facility manager that the briefings have taken place. Once completed, the HPC coach(es) will be informed that training can resume according to the plan.
4. HPC coaches will be required to strictly monitor all established protocols. Any issues should immediately be reported back to the Assessment Group through the Senior Manager, NextGen HP Pathway (for ONT, VAN, VIC) or Associate Director HP & Para-Swimming National Coach (for QUE). During Step 1, the assessment group will convene a conference call daily during the first week, twice during the second week, and once at the end of third week in order review the current situation and address any issues or concerns.



## 2) RECOMMENDED RETURN TO SWIMMING PROCESS FOR CLUBS

The priority in a return to swimming plan is to protect the health and safety of athletes, coaches and practitioners. The plan must be developed with this principle in mind and all municipal, provincial and federal public health guidelines must be respected.

Prior to initiating Step 1 of the Swimming Canada Return to Swimming Guidelines, each club should form an assessment group to create, review and approve the club's return to swimming plan. It is recommended that this group consist of 4-6 individuals that include the club's Head Coach and President, a medical doctor or public health professional, and aquatic facility manager. Clubs must be in communication with their Provincial Section prior to returning to training and it is recommended that Clubs share their return to swimming plan with their Provincial Section prior to initiating a return to training. Provincial Sections may have additional requirements, guidelines or approvals for return to training that must be adhered to.

Swimming Canada has adapted the "COPSIN/OTP Covid-19 Risk Assessment Tool for Sport" to provide clubs with a list of key considerations when reviewing their return to swimming plan. This tool was developed from the general World Health Organization's risk assessment and mitigation checklist.

Following the development of an acceptable plan, a virtual briefing session should be delivered to all club coaches, swimmers and parents in order to clearly explain the procedures and the responsibilities that all must adhere to. This briefing will review all pre-training, training and post-training procedures in place to protect the health and safety of all participants.

Once training resumes, the head coach should be required to strictly monitor all established protocols. Any issues should immediately be reported back to the assessment group for further review. During Step 1, the assessment group should convene a conference call daily during the first week, twice during the second week, and once at the end of the third week in order review the current situation and address any issues or concerns.

### RETURN TO SWIMMING PLAN KEY CONSIDERATIONS

The following questions should be at the forefront of the return to swimming protocols:

#### **Specific Measures to Limit Transmission**

What specific measures will you take to reduce the risk of transmission for athletes and staff? Be sure to be venue specific.

#### **Staff Knowledge**

What specific plans will you implement to increase the understanding, amongst your staff (including venue support staff), of the current COVID-19 situation?

#### **Public Health Awareness**

What specific steps will you take to keep athletes & staff fully apprised of current public health information regarding COVID-19?



**Emergency Preparedness**

What specific strategies are you preparing in order to respond effectively to emergencies? Please include any screening measures you will implement and the type of diagnostics tests (if any) that are being utilized to screen asymptomatic individuals.

**Coordination & Logistics**

1. What specific plans are you making to enhance communication and collaboration with your partner organizations?
2. What specific policies and procedures will improve the coordination of logistics between agencies?

**Risk Communication**

1. What specific action will be taken to communicate the risks associated with training during the COVID-19 pandemic?
2. What processes will limit the impact of misinformation from other sources

**3) FEDERAL, PROVINCIAL AND TERRITORIAL – COVID-19 PUBLIC HEALTH LINKS**

<a href="#">Canada</a>	<a href="#">Nova Scotia</a>
<a href="#">Alberta</a>	<a href="#">Nunavut</a>
<a href="#">British Columbia</a>	<a href="#">Ontario</a>
<a href="#">Manitoba</a>	<a href="#">Prince Edward Island</a>
<a href="#">New Brunswick</a>	<a href="#">Québec</a>
<a href="#">Newfoundland and Labrador</a>	<a href="#">Saskatchewan</a>
<a href="#">Northwest Territories</a>	<a href="#">Yukon</a>

**4) PROVINCIAL SECTION LINKS**

<a href="#">Alberta</a>	<a href="#">Nova Scotia</a>
<a href="#">British Columbia</a>	<a href="#">Ontario</a>
<a href="#">Manitoba</a>	<a href="#">Prince Edward Island</a>
<a href="#">New Brunswick</a>	<a href="#">Québec</a>
<a href="#">Newfoundland and Labrador</a>	<a href="#">Saskatchewan</a>

**5) RELEVANT LINKS**

Please visit the Swimming Canada COVID-19 Resource Hub for additional information:  
<https://www.swimming.ca/en/resource-hub/>



## 6) NATIONAL COVID-19 RETURN TO HIGH PERFORMANCE SPORT TASK FORCE

Under the leadership of Own the Podium, a national task force has been created to address the return to sport for high performance athletes across all Olympic and Paralympic sport.

The National COVID-19 Return to High Performance Sport Task Force is operating under the following overriding values for High Performance Sport re COVID-19:

At a high performance level, sport transforms the lives of Canadians and provides role models for our youth and helps define our Canadian culture. For the purpose of this document, high performance athlete is referred to as:

An athlete or representative nominated by the NSO, and

- Identified on the NSO podium pathway as a senior or Next Gen athlete, or
- Receiving AAP funding support

A resumption of high performance sport is predicated on overarching value-based principles:

1. First and foremost, high performance athletes, coaches and support staff, respect the need to return to play/work in a manner that respects the guidelines and procedures developed by public health authorities at the federal, provincial and local level.
2. High performance athletes, coaches and support staff want to return to play/work in a manner that protects the health and safety of all participants and the communities they live and train in.
3. High performance sport is valued by Canadians and is a proven mechanism to strengthen, unite and build Canadian communities in times of crisis.
4. High performance athletes demonstrate resilience and adaptability to situations of crisis and adversity. High performance athletes can be role models for every Canadian in navigating through adversity created through COVID-19. High performance athletes can provide a beacon of hope, show a way forward for all Canadians and build civic pride.
5. High performance sport develops Canada's next generation of community leaders. The pursuit of excellence for Canada's high performance athletes is their chosen profession and as such return to play is essentially "return to work".
6. Return to play/work is a means to help Canadian communities heal, re-build and re-unite post COVID-19.

The Swimming Canada plan aligns with these National values and goes a step further and will allow for our Step 1 approach to returning to training to be used within Clubs and University programs as well as our High Performance Centres.



## National COVID-19 Return to High Performance Sport Task Force Members

Anne Merklinger - Task Force Chair, CEO, Own the Podium  
Dr. Mike Wilkinson - Chief Medical Officer, Canadian Olympic Committee  
Dr. Andy Marshall - Chief Medical Officer, Canadian Paralympic Committee  
Lorraine Lafreniere – CEO, Coaching Association of Canada  
Paul Melia - CEO, Canadian Centre for Ethics in Sport  
Catherine Gosselin-Després - Executive Director of Sport, Canadian Paralympic Committee  
Dave Mirota, Director, Olympic Performance, COC  
John Atkinson – HPD, Swimming Canada  
Rowan Barrett – HPD, Canada Basketball  
Eugene Liang - HPD, Triathlon Canada  
Marshall Starkman- General Manager, Hockey Canada  
Mike Slipchuk – HPD, Skate Canada  
Carla Nicholls – Para Performance Lead, Athletics Canada  
Ian Mortimer - Director of Development, Canoe Kayak Canada  
Kate Boyd - High Performance Manager and NextGen Coach, Nordiq Canada  
Dave Ellis – Athletic Director, Canada Ski Cross  
Inaki Gomez – Athletes Commission, Canadian Olympic Committee  
Erica Gavel – Athletes Commission, Canadian Paralympic Committee  
Jocelyn East - Co-Chair, Federal-Provincial/Territorial Work Group on Ethics, Safety and Integrity in Sport  
Dale Measner - Co-Chair, Federal-Provincial/Territorial Work Group on Ethics, Safety & Integrity in Sport  
Kelly Dearborn - Senior Program Analyst, Sport Canada  
Jason Poole - Performance Services Director, Canadian Sport Institute Calgary  
Dr. Suzanne Leclerc - Chief Medical Officer, Institut National du Sport du Québec  
Dr. Taryn Taylor- U Sports  
Mark Hahto -, Director, Summer Sport, Own the Podium  
Dr. Patricia Chafe – Director, Winter Sport, Own the Podium  
Dr. Andy Van Neutegem – Director, Performance Sciences, Research and Innovation, Own the Podium