

Swim Natation Manitoba Return to Play

Version 3

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(Approved by MHA on 17 June 2020)



**SWIM
MANITOBA**

Contents

Legal Disclaimer	4
Revisions	4
Introduction	5
Overview	6
Adherence to Requirements:.....	6
Conditions for In-Person Training, Return to Dryland, and Return to Swimming (including outdoor training):.....	6
Return to Play – General Rules	7
Health rules protocol	7
Safety in sport	7
Sharing of equipment	8
Physical Distancing.....	8
Travel and location.....	8
Supervision of authorized training.....	8
Affiliation.....	8
Creation of the role of "Health Leader"	9
Club Responsibilities	9
Emergency Action Plan	9
Display and Communication	9
Training and Meeting.....	9
Staff Certification	9
Risk Management and Right of Refusal	9
Vulnerable People.....	10
Psychological Health Communication and Support.....	10
Symptoms experienced at the training site	10
COVID-19 Outbreak Protocol	10
Best Practices	10
Training Plan Considerations	11
Return to Swimming	11
Return to Dryland	12
Step 1 – Priority Group	12
Step 1 - Group size	12
For groups resuming pool training:.....	12
For groups resuming dryland training, but not pool training.	12
Step 1 - Training instructions	13

The Health Leader and the Coach facilitating the practice will ensure the following.	13
The guidelines that athletes should follow are:.....	13
Step 2	14
Step 2 – Priority Group	14
Step 2 - Group size	14
For groups resuming pool training:.....	14
For groups resuming dryland training, but not pool training.	14
Step 3	14
Events and Competitions	15
RETURN TO COMPETITION – COACHING CONSIDERATIONS	15
APPENDIX A – Screening Check List	16
APPENDIX B – Contact Tracing Log	17
APPENDIX C – SWIMMER CHECKLIST	18
APPENDIX D – STAFF/COACH/VOLUNTEER CHECKLIST.....	19
APPENDIX E – PARENT/GUARDIAN CHECKLIST	20

Legal Disclaimer

Swim Natation Manitoba Inc. ("Swim Manitoba") has prepared this document based on the latest information available to date from a variety of sources, including that of public health officials. The document will be updated periodically as the situation evolves.

The purpose of this document is to provide information and advice on best practices. It also outlines requirements that clubs must adhere to in order to have events and activities sanctioned by Swim Manitoba.

It is the responsibility of each organization to assess the risks in its particular environment and to establish appropriate safety procedures to minimize these risks while following the advice and instructions of sports organizations and provincial governments.

In addition, it is up to each individual to assess personal risks in consultation with health professionals and to determine the outcome of their decisions and actions.

In case of discrepancies between the French and the English document, the English document will take precedence.

Revisions

June 17, 2020: The document was adopted by the Manitoba Health Authority. Updating web links.

July 2, 2020: update of [appendix A](#) - Screening Checklist to add the 14 days self-isolate exception for people who traveled in western Canada or northwestern Ontario due to the update of the 'State of Emergency of June 26, 2020. ([LINK](#))

July 17, 2020: Many updates through the document. All the updates are identified in red.

Introduction

Swim Manitoba is committed to the health and safety of our community. We are closely monitoring the developments around COVID-19 and will follow the recommendations of the Government of Manitoba and Swimming Canada. The purpose of this document is to ensure that the return to play of its members is done in conditions allowing to follow the highest safety standards.

Swim Manitoba appreciates that the membership of Swim Manitoba and the swimming community are anxious to return to some of our normal routines and activities that were both an important and a large part of our daily lives prior to COVID-19. Swim Manitoba looks forward to supporting our membership in many of the routines and activities that involve the sport of swimming as we transition to opportunities to train outdoors in small groups and eventually return to the water.

The priority of Swim Manitoba has always been and will always be the safety of our membership, specifically our athletes, as well as our coaches, volunteers, staff, and families involved in the sport.

Swim Manitoba recognizes this is the priority of our clubs as well. As a collective group and community, this was demonstrated through how we significantly adapted and changed our routines and how we worked together over the last several months to flatten the curve of the COVID-19 pandemic. As important as our actions were over the last several months in supporting the health and safety of not only the swimming community but the community as a whole, our actions over the upcoming several months will be equally important. With the important relaunch of our economy through the leadership of our provincial government, it will remain vital that a continued effort to “return to sport” will need to be done in the safest way possible and to continue to follow all guidelines and restrictions that have been put in place through Manitoba Health, the provincial government and your local municipality.

Returning to sport will require your patience and support.

As the swimming community begins to slowly relaunch some of the activities of our sport, including dryland training and our eventual return to facilities and pools, both the patience and support of the Swim Manitoba membership and swimming community will be needed to ensure collectively our actions are in line with Swimming Canada, Swim Manitoba, Manitoba Health and other provincial and municipal regulations and orders. By working together, the swimming community can ensure the safety of our athletes and entire membership as we return to the sport of swimming, a sport that ignites the passion in all of us.

Commitment to the ongoing safety and updating of relevant and important information.

The situation and information around COVID-19 continue to evolve quickly. The information in this document is based on the best information available at the time of publication. Swim Manitoba will continue to monitor the situation very closely and will update this document accordingly.

Please do not hesitate to reach out to Swim Manitoba staff with any questions you may have or any guidance you may need.

Overview

Adherence to Requirements:

The Return to Play will be a gradual and phased process. Swim Manitoba will follow the lead of Manitoba Health Authority (MHA) as it relates to permitted activities both outdoors that clubs can engage in for dryland training, in pools where water training can resume, and eventually competitions. Clubs need to also ensure they fully understand any additional local municipal regulations that may be in place.

On May 29, 2020, Swimming Canada released Version 1 of the [Return to Swimming Resource Document](#). Swim Manitoba has been working closely with Swimming Canada in the development of the Return to Swimming Resource Document and will continue to work closely and provide input into future versions of the resource document. It is important that our activities and return to sport align with the guidance and advice of Swimming Canada. Swim Manitoba has also been working with Sport Manitoba, the City of Winnipeg, Lifesaving Society Manitoba, and Markel (Insurance Provider) to ensure we understand the provincial Restoring Safe Services and how we can safely return to the sport of swimming.

Club's should work closely with their local facility/municipality to understand any additional restrictions and limitations. Facilities may also open at different times across the province. Clubs should not be developing any guidelines or protocols that are independent or misaligned with Swim Manitoba, Swimming Canada, or MHA. Any additional restrictions or requirements of a club's local facility/municipality should align with Swim Manitoba, Swimming Canada, and MHA.

Conditions for In-Person Training, Return to Dryland, and Return to Swimming (including outdoor training):

Each stage outlined below will require, ALL the following conditions to be met:

- ✓ Each club must fill and return the **Club Declaration: COVID-19 – Return to Swimming** form ([LINK](#))
- ✓ Each club must fill and return the **Club Declaration: COVID-19 – Outdoor Activities** form ([LINK](#))
- ✓ Each participant (athletes, coaches, and health team) must fill and return the **Swimming Canada ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS FORM** ([LINK](#))
- ✓ Each participant (athletes, coaches, and health team) must fill and return the **Swim Manitoba Waiver and Release** form ([LINK](#))
- ✓ Each participant (athletes, coaches, and health team) must fill and return the **Swim Manitoba ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS FORM** ([LINK](#))
- ✓ The Federal and Provincial Governments eases imposed relevant restrictions in Manitoba.
- ✓ The Government of Manitoba implementation of [Restoring Safe Services](#).
- ✓ Municipal Governments allow organized sport to access swimming pools, gymnasiums, fields and fitness centres, etc.
- ✓ Swim Manitoba's Return to Play requirements are adhered to and followed, including any additional protocols, restrictions, and guidelines that may be updated.
- ✓ Club's and Club Members agree to adhere to Swim Manitoba's Return to Play Requirements as presented in this document and future documents and submit any required club declarations or waivers.
- ✓ Individual Club Return to Play Guidelines that have been developed in conjunction with your local facility. These plans **must be approved by** Swim Manitoba.

- ✓ Club's ensure that all registered coaches, athletes, officials, health team, and parents understand and agree to follow all regulations as set out by MHA, the local municipality/facility, Swimming Canada, and Swim Manitoba.

* It is important to note that these guidelines were published using the most current information available from MHA as of the publication/revision date. All requirements and guidelines must adhere to the most recent public orders as posted on the [COVID-19 Novel Coronavirus](#) webpage. If the information in this document conflicts or contradicts regulations or orders from Manitoba Health Authority, the regulations/orders of MHA shall take precedence. All clubs have a responsibility to ensure they are aware and understand all orders, regulations, and guidelines of MHA as it relates to COVID-19.

A club MUST meet the minimum standards provided in these requirements and guidelines to offer any training activity. In assessing their own risk in their particular environment, a member club may use stricter guidelines.

Return to Play – General Rules

It is important to do everything to reduce the risk of spreading the coronavirus. To do this, stakeholders must be able to create a "Safe Training Bubble" around the athletes, defined as follows:

ALWAYS THE SAME ATHLETE GROUP

+

ALWAYS THE SAME TRAINING PLACE

+

ALWAYS THE SAME STAKEHOLDERS

If the equation is not possible, it is recommended to cancel the supervised training. In the event of a Covid-19 outbreak, the goal is always to be able to identify all the PEOPLE and PLACES involved. **This could avoid shutting down the club and facility operations.**

To help organizations set up "Safe Training Bubbles" and relaunch the sport in a gradual, phased in and successful manner, Swim Manitoba requires the clubs to apply the various elements proposed in this document. The recommendations are based on information available at the time of publication from Swimming Canada, various multisport organizations, and the Government of Manitoba.

The activity must be overseen by a responsible person over the age of 18 who must ensure public health guidelines are adhered to.

Health rules protocol

Each facility owner and club should put in place daily access control measures such as requiring everyone to complete a self-declaration form ([Appendix A](#)) before entering the training venue, keeping a record log of arrival ([Appendix B](#)) and departure times or even temperature taking. The club will have to maintain lists of participants for 21 days to ensure appropriate public health follow-up can take place if a participant becomes exposed to COVID-19.

Safety in sport

All interactions between an athlete and a person in a position of trust must take place in open environments that are observable at all times. That means make meaningful and concerted efforts to avoid situations where a coach, official, adult, or other representatives may be alone with an athlete

and/or a vulnerable person. This also applies to online communication or electronic (email, texting, Facebook, TEAM, Zoom, Skype, etc.) All meetings, training, travel, and other situations should be a minimum of 3 people.

Sharing of equipment

Sharing of equipment of any type is not allowed.

Access to the dive blocks will not be possible or will be minimized due to the need for sanitization between each athlete's usage.

Sharing of office and training equipment is not allowed by athletes, staff, and or health team.

Physical Distancing

Physical distancing of 2 meters between people in and out of the water must be maintained at all times.

Physical contact is not allowed. So, no handshakes, hugs, high-fives, etc.

Athletes with a disability that require assistance, must have the assistive person be someone that is currently living under the same roof as the athlete. Otherwise, the assistant must wear personal protective equipment (PPE).

Travel and location

Training should be done only within your local community and within government guidelines. Training is only allowed in places where safe swimming is permitted and authorized by the Government of Manitoba.

Supervision of authorized training

- The head coach must submit a plan for each "Safe Training Bubble" to the club evaluation committee prior to commencing any training.
- Each club must form an assessment group to review and approve the club's return to swimming plan. It is recommended that this group be made up of 4 to 6 people, including the head coach and club president, the person in charge of the aquatic facilities, and ideally a doctor or health professional.
- Once the plan has been accepted, a virtual information session must be organized with all the coaches, athletes, parents, board of directors, and the evaluation committee. This briefing will review all procedures and responsibilities before, during, and after training.
- Once training resumes, the head coach must strictly monitor all established protocols. Any problems should be reported immediately to the assessment group for further investigation. The evaluation group should organize a daily conference call during the first week, twice during the second week, and once at the end of the third week. The purpose of the call should be to discuss any issues and evaluate adherence to the protocols.
- Swimming Canada adapted a risk management tool called "COPSIN / OTP Covid19" to provide clubs with a list of key elements to take into account when evaluating a return plan. The tool was developed from the World Health Organization (WHO) general checklist.
- Swim Manitoba could intervene directly with the clubs if the safety rules are not respected.
- A club that does not comply with the protocols or endangers its members will be severely punished. Sanctions could go as far as suspending the club as a member of Swim Manitoba.
- Swim Manitoba can respond and support the assessment groups by writing to: swim@sportmanitoba.ca

Affiliation

- All services offered by the clubs must be only to members affiliated with the club, Swim Manitoba, and Swim Canada.

Creation of the role of "Health Leader"

- **Swim Manitoba recommends creating** a "health leader" role for each "Safe Training Bubble" and include it in group management.
- Staff or volunteers who are not the coach and who are trained to apply the sanitary measures put in place will have the main tasks: welcoming people, asking self-declaration questions, ensuring respect for physical distancing of 2 meters at all times and ensure safe management of training groups.

Club Responsibilities

The clubs will have to ensure good management of communications, supervision of personnel, relations with the various partners, and review the budgetary forecasts according to sources of income and expenses following the new reality of the pandemic. Nothing should be taken for granted. Our competitive swimming community will have to adapt to the concept of change, to live with uncertainty, and with the reality of Covid-19.

Emergency Action Plan

- Each coach must know and be trained on the emergency plan of the aquatic facility which will have been adopted by the owner of the facilities according to the new reality.
- In open water, the coaches must set up an emergency action plan themselves and follow the Open Water Swimming Safety Guidelines ([LINK](#))
- Athletes must be aware of the emergency action plan.

Display and Communication

- Posting of safety instructions at training locations should be done by the owner of the facility. It is important to understand and follow the posted instructions.
- The club's responsibility is to manage information, training, activities, and risk management communications with its members in order to comply with safety instructions, mitigate risks, limit misinformation from other sources and build trust in its members.

Training and Meeting

- It is important that staff are trained in the new requirements of group management and safety rules. Training and information will be provided by facility owners. The club will have to commit to following and maintaining all protocols, training plans, reporting, and communication.
- Athletes must be trained before the first activity. It is recommended to hold a videoconference with visual supports, prior to commencing the first activity.
- It is recommended to continue the management of meetings or annual general meetings (AGM) by means of videoconferences.

Staff Certification

- The staff must be in good standing regarding the certification of coaches as well as the certification of aquatic safety as applies.
- Training will be offered by provincial partners.
- The Lifesaving Society will provide mandatory Covid-19 upgrade training for all rescuers.

Risk Management and Right of Refusal

Everyone should have the right to refuse to report for training or work if they have reasonable grounds to believe that their performance/participation puts them at risk of their health, safety or physical well-being or may have the effect of exposing another person to such a hazard.

Vulnerable People

Anyone who is immunocompromised or suffering from a chronic illness, 70 years of age or older, pregnant or of vulnerable health, should not be advised to go to a training site in the early stages of deconfinement.

Psychological Health Communication and Support

Each club should communicate regularly with its members to keep them informed of the latest developments in public health that may affect them and the various assistance programs available to them.

Symptoms experienced at the training site

- Isolate the individual and ensure a protective mask is applied immediately
- Contact your doctor to examine the relevance of additional examinations
- The athlete or staff member may not return until authorized by the physician, and if a COVID-19 test has been performed, a negative result will be required before further training is authorized.

People at risk of serious illness from COVID-19 are recommended to review their specific health concerns with their doctor before participating in training sessions. Common conditions that could place an individual at higher risk include chronic respiratory diseases, such as asthma, hypertension, heart disease, diabetes, immunodeficiency, and obesity.

COVID-19 Outbreak Protocol

If a person is declared positive for COVID-19, the following steps must be followed:

- It is essential to keep calm and not to alert everyone who might have come to the scene randomly.
- The person must be immediately removed from training group. If this is during the activity, the person must be isolated from the group in a previously established location.
- The activity will be suspended immediately and it is recommended to ask those who had access to the facilities, over a period of 1 hour before and 2 hours after the presence of the infected individual, to stay at home and begin self-isolation for a period of 14 days.
- Inform local public health authorities. They will provide management recommendations which could include additional testing and planning contact tracing to avoid spreading the virus to a larger population of people.
- Anyone else who develops symptoms will be referred to the appropriate public health authority or helpline for further advice about testing and proper management.
- Team training may resume if:
 - All members observe a 14-day self-isolation period and no other person develops symptoms.
 - All members obtain authorization from their physician to resume group training in accordance with provincial guidelines.

Best Practices

- Swimmers must arrive on time, not early.
- No gathering before or after practice.
- No carpooling outside the training group.
- Arrive in your suit and leave after training – no changing in the facility. No change room access.
- Arrive with full water bottle do not use facilities fountains.
- Use the swimmer checklist tool. ([Appendix C](#))
- Use the staff/coach/health team/volunteer checklist tool. ([Appendix D](#))
- Use the parent/guardian checklist tool. ([Appendix E](#))

Training Plan Considerations

- You will have to think differently and plan well. It is no longer possible to improvise. For example, where people are on the pool deck, you will need to create visible markers on the deck.
- Departures must be staggered, at opposite ends. The way of thinking and communicating with athletes and staff will need to be rethought.
- Ensure adequate coach numbers available for the group size and pool configuration ie: bulkhead/physical barrier dividing pools would require a minimum of one coach per divided side
- Think of processes to connect after training via an online platform (always in a group setting).
- A positive attitude will be the key to success, the new rules will be in place for some time to come.
- It is important to adapt and make training enjoyable despite the constraints.
- Priority is the safety of athletes, coaches & health team members. Training and return to play must be postponed until your club's plans for "Safe training bubble", assessment group, health team, and all Return to Play requirements, training or return to play must be postponed.
- Reimagine swim training. There may be less time spent in the water but more dryland.
- Be creative about the structure of training times, between sessions, the number of training sessions per week, dry areas, etc.
- Allow sufficient time and ensure that there is a transition plan between dryland and swimming training sessions or between groups to ensure that you can maintain all physical distance protocols and hygiene.
- Ideally, the schedule for swimming and dryland training should be stable and planned.

Return to Swimming

As of June 21, Manitoba Health Authority were recommending that up to 50 people indoors and 100 people be gathered outside while keeping social distancing. **However, these gatherings must follow public health guidelines for the venue where they are being held.** In our case, it means following the guidelines for Swimming Pools:

Guidelines for pools include:

- limit occupancy to 50 per cent of normal business levels or one person per 10 square metres of pool surface area, whichever is lower.
- closing saunas and steam rooms and only opening hot tubs if they can comply with guidelines of one person per 10 square metres;
- ensuring signage is posted for physical distancing;
- using staggered entry times for different groups; and
- separate staff monitoring physical distancing and capacity in addition to lifeguards (if present).

As each municipality/facility may have a different approach depending on their reality, every club must follow the protocol and capacity put in place by their facility. If you need advice, you can contact Swim Manitoba.

Swim Manitoba will work closely with pool managers and clubs to ensure that the rules for return to play are followed to the letter, that there is a safe and specific building entry and exit protocol to each pool, and that we include lifeguards and pool staff in the calculation of the number of people involved in each training.

Swimming Canada has published version two of their Safe Return to Swimming that allows more flexibility in managing groups depending on the facility capacity, protocol, and approach.

Return to Dryland

Considering that the Swimming Canada document is mainly dedicated to the return to swimming, this section will be dedicated to the return to specific dryland training for Manitoba clubs.

The return to dryland training will be in phases, following the same three-week steps as those of Swimming Canada.

Step 1 – Priority Group

Athlete group should be built out based on the following priority:

1. Senior National Qualifiers
2. Junior National Qualifiers
3. Western National Qualifiers
4. ManSask Finalists of 14 and over
5. ManSask Qualifiers of 14 and over
6. Other swimmers based on specific program demographic, including Masters swimmers

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

Step 1 - Group size

For groups resuming pool training:

- The group in step 1 should be limited to mature athletes capable of independently adhering to strict physical distancing guidelines and COVID 19 regulations.
- The groups must be exactly the same for dry training as for the pool. No crossover between groups will be allowed to ensure risk control for the first three weeks. These athletes cannot participate in dryland outside of their pool group.
- Groups will, therefore, be limited in number depending on the capacity of the pool.
- The site must allow a distance of 2 meters at all times from all sides between each individual.
- If the site is too small to allow a distance of 2 meters at all times, the groups must be reduced to comply with this instruction.

For groups resuming dryland training, but not pool training.

- According to Swimming Canada and the Manitoba government's instructions on gathering, indoor groups will be limited to 16 indoor athletes and 25 outdoor athletes.
- Each group should always remain the same. No crossover between groups will be allowed to ensure risk control for the first three weeks.
- The site must allow a distance of 2 meters at all times from all sides between each individual. If the site is too small to allow a distance of 2 meters at all times, the groups must be reduced to comply with this instruction.

Step 1 - Training instructions

IMPORTANT: maintain lists of participants ([Appendix B](#)) for 21 days to ensure appropriate public health follow-up can take place if a participant is exposed to COVID-19.

The Health Leader and the Coach facilitating the practice will ensure the following.

- Arrive early
- Mark out areas for each participant and their belongings with ribbon, rope, etc.
- Ensure there is always a 2-meter distance between each athlete, coach, staff.
- The Health Leader will supervise the arrival/departure, screening, and give instruction on distancing.
- Fill the Screening Checklist before every practice ([Appendix A](#)). They must answer no to all questions in order to participate in the training session.
- Be ready for athletes to arrive, supplying hand sanitizer upon arrival (unless they have their own with them).
- Have a well stocked first aid kit with proper masks and gloves.
- Ensure the athletes understand the social distancing and to stay within the guidelines. Absolutely no personal contact or sharing of equipment, water bottles, etc.
- Instruct athletes who bring their own equipment to sanitize it after use.
- Ensure the coaches are practicing social distancing
- There will be no team equipment available for use. Coaches cannot share a watch, whiteboard, or any other equipment.
- There will be no on-site individual equipment storage allowed. Mesh bags, kickboards, etc. cannot be stored on-site in any manner.
- In case of an injury requiring medical attention follow guidelines of First Aid. Wear gloves & mask
- Athletes will be sent a copy of the practice prior to the practice date to review and print or save to the device. This will avoid gathering.

The guidelines that athletes should follow are:

- Arrive on time to practice. Late arrivers may not be allowed to practice as will take the attention away from the coach to ensure procedures are followed.
- Arrive 15 minutes prior to the start of scheduled practice time to avoid gathering. Access to the facility earlier than scheduled will not be allowed.
- Mandatory screening, check-in/out for all athletes at each practice
- Athletes must maintain social distancing as marked on the field of play.
- Belongings must be placed in the appropriately marked spots.
- They are not to share equipment or water bottles.
- Be prepared for practice, come dressed in proper attire as outlined.
- Follow the instructions of the coach.
- Be honest in answering all the COVID questions.
- Be sure to sanitize hands on a regular basis while practicing and equipment after practice

For this important strategic period (stage 1), training sessions will not allow spectators.

Before proceeding to step 2, the first step should go smoothly for at least three weeks.

Step 2

New groups should follow the group size recommendations for Step 1.

Step 2 – Priority Group

Athlete group should be built out based on the following priority:

7. Senior National Qualifiers
8. Junior National Qualifiers
9. Western National Qualifiers
10. ManSask Finalists of 14 and over
11. ManSask Qualifiers of 14 and over
12. Other swimmers based on specific program demographic, including Masters swimmers

The group in step 2 should be limited to mature athletes capable of independently adhering to strict physical distancing guidelines.

Step 2 - Group size

For groups resuming pool training:

- The group in step 2 should be limited to mature athletes capable of independently adhering to strict physical distancing guidelines and COVID 19 regulations.
- The groups must be exactly the same for dry training as for the pool. No crossover between groups will be allowed to ensure risk control for the first three weeks. These athletes cannot participate in dryland outside of their pool group.
- Groups will, therefore, be limited in number depending on the capacity of the pool.
- The site must allow a distance of 2 meters at all times from all sides between each individual.
- If the site is too small to allow a distance of 2 meters at all times, the groups must be reduced to comply with this instruction.

For groups resuming dryland training, but not pool training.

- According to Swimming Canada and the Manitoba government's instructions on gathering, indoor groups will be limited to **25** indoor athletes and **50** outdoor athletes.
- Each group should always remain the same. No crossover between groups will be allowed to ensure risk control for the first three weeks.
- The site must allow a distance of 2 meters at all times from all sides between each individual. If the site is too small to allow a distance of 2 meters at all times, the groups must be reduced to comply with this instruction.

All step 1 training instructions must be followed during step 2.

Before proceeding to step 3, the second step should go smoothly for at least three weeks.

Step 3

The details of step three will be developed and communicated in future versions of the document.

Events and Competitions

As a club builds back into training, following the Swimming Canada and Swim Manitoba 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).

Over the past several weeks, a small working group of the Officials, Competitions and Rules Committee (OCRC) which also includes Provincial Official committee members, have begun the work to develop best practices and recommendations for officials and volunteers to assist Provincial Sections when clubs begin to consider hosting competitions again. A return to training and building up of training will be important before introducing any competitive opportunities. It is up to Provincial Sections to determine when competition may resume in each Province and in what capacity. Swimming Canada will also be introducing the #swimagain Challenge, to be launched in September. This event will focus on re-connecting our swimming community through 6 weeks of challenges that can be completed by all of our membership, from our 10&unders to High Performance Centre athletes and Masters swimmers. More details on this challenge will be shared in early August, so clubs can build excitement among their membership about returning to the pool in September for the start of the 2020/21 season.

RETURN TO COMPETITION – COACHING CONSIDERATIONS

Obviously, competitive programs, coaches and swimmers will be excited about the return of racing opportunities as facilities re-open and training is re-established. However, there are three aspects that need to be carefully considered and understood by everyone. First of all, there is a very real need to establish a strong foundational technical, energy systems, and mindset basis for possible targeted competitive opportunities in the Spring and Summer of 2021. Second, aside from the expectations of an Olympic Trials event and the Olympics themselves, it will take time to establish a calendar of appropriate and meaningful competition, including the increased complexity of holding such events given the COVID19 restrictions. Finally, we likely need to remind ourselves that we are in the 'long game'; that is, we coach and train to compete when it really counts at some point in the future and, therefore, the distraction of short-term competition can obstruct our long-term goals. It is imperative that the next few months are seen as a golden opportunity to really build a training basis and launch pad for competition outcomes over the next 12-24 months. Over the course of the past few months, despite the best efforts of programs, coaches, and the swimmers themselves, a number of factors will have come into play. Without doubt swimmers will have 'lost' some level of specificity both for in-water training and competition, from the standpoint of technique, energy systems, and even mindset. On the other hand, other elements may well have progressed, such as an overall general level of conditioning and physical work capacity. Perhaps overall and specific movement strength (land-based) may have improved significantly. However, all of these changes should signal to coaches and swimmers the need to take a sensible and measured approach to swimming training over the next few months, so as to build the strong launch pad referred to earlier. Therefore, it is strongly recommended to take a 'speed through technique and endurance' approach to the first 3 months of a return to training. Improving technical execution (including starts, turns, & transitions) and establishing a strong aerobic capacity will allow programs to gradually push into higher intensities of training more effectively.

APPENDIX A – Screening Check List

SCREENING CHECKLIST

If an individual answer **yes** to any of the questions, they **must not** be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

Swimmer Name: _____ Date: _____

1	Does the person attending the activity, have any of the below symptoms?	Circle One	
	Fever	YES	NO
	Cough	YES	NO
	Shortness of Breath / Difficulty Breathing	YES	NO
	Sore throat	YES	NO
	Chills	YES	NO
	Painful swallowing	YES	NO
	Runny Nose / Nasal Congestion	YES	NO
	Feeling unwell / Fatigued	YES	NO
	Nausea / Vomiting / Diarrhea	YES	NO
	Unexplained loss of appetite	YES	NO
	Loss of sense of taste or smell	YES	NO
	Muscle/ Joint aches	YES	NO
	Headache	YES	NO
	Conjunctivitis	YES	NO
2	Have you, or anyone in your household, travelled outside of Canada or Manitoba in the last 14 days? <i>Update June 26: Manitoba residents who have travelled to western Canada* or northwestern Ontario** are exempt if they have not travelled outside of western Canada or northwestern Ontario and are not displaying any symptoms of COVID-19. More details: LINK</i>	YES	NO
3	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

If you have answered “**yes**” to any of the above questions **do not** participate. Go home and use the [Manitoba COVID-19 Screening Tool](#) to determine if testing is recommended.

Clubs are encouraged to develop an electronic form (ex. Google Form, Survey Monkey, etc.) to facilitate the non-contact rule that every swimmer must complete before every training session before they leave home.

APPENDIX B – Contact Tracing Log

Contact Tracing Log for [Swim Club Name]

All athletes, coaches, volunteers, and **parents/guardians who drop off** their children must be included in this log. The log can be electronic or completed on-site by the club's Health Leader.

The information collected on this document is being collected to assist in the management of the Covid-19 pandemic. This information will be kept in a safe and secure location and will be provided to MHA if it is requested for contact tracing services. This log must be provided to Swim Manitoba upon request.

[Swim Club Name] will not use this information for any other purpose and will destroy this record after six weeks.

Under Privacy Regulations, you have a right to access and correct any information that is held about you.

Date:			
Full Name:	Daily Health Monitoring Confirmation <i>Did you answer 'no' to all Health Monitoring questions prior to coming to practice?</i>	Time-in	Time-out

APPENDIX C – SWIMMER CHECKLIST

Use this checklist to help your swimmer prepare for practice.

Before you Leave Home

- ☐ Complete the Screening Checklist ([LINK](#))
- ☐ Eat before you come – no food on the premises.
- ☐ Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Bring filled water bottle(s).
- ☐ Bring thoroughly washed equipment.
- ☐ Use the washroom at home.
- ☐ Put your swimsuit or training clothes – no changing in the facility.
- ☐ Consider bringing a mask and personal hand sanitizer.

Arrival

- ☐ Meet at the designated location.
- ☐ Respect physical distancing guidelines.
- ☐ Register your attendance for contact tracing and provide confirmation of Daily Health Monitoring.
- ☐ Wash hands at provided handwashing stations.
- ☐ DO NOT share water bottles.
- ☐ Follow traffic flow signs at your location.

After the activity is Complete

- ☐ No Loitering
- ☐ Leave with your swimsuit or training clothes – no changing in the facility.
- ☐ Exit through established exits.
- ☐ Wash hands at provided handwashing stations.
- ☐ Follow traffic flow signs out of your location.
- ☐ Respect physical distancing guidelines.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat)

APPENDIX D – STAFF/COACH/VOLUNTEER CHECKLIST

Use this checklist to help prepare for practice safely.

Before you Leave Home

- ☐ Complete the Screening Checklist ([LINK](#))
- ☐ Eat before you arrive.
- ☐ Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Bring thoroughly washed/sanitized equipment (cones, markings, etc.)
- ☐ Use the washroom at home.

Arrival

- ☐ Wash hands at provided handwashing stations.
- ☐ Set- up established entrances & exits with traffic flow considerations.
- ☐ Set-up traffic flow signs to your location.
- ☐ Set-up physical distancing 'grids' for participants including grid for personal items
- ☐ Respect physical distancing guidelines.
- ☐ Take attendance for all coaches and swimmers, including confirmation of daily health monitoring.
- ☐ DO NOT share water bottles.
- ☐ DO NOT share personal coaching items. (e.g. stopwatches)
- ☐ Sanitize all shared equipment between sessions. (pylons, cones, etc.)
- ☐ Consider wearing PPE (masks, gloves) at all times.
- ☐ Must wear PPE if dealing with an injured participant.

After the activity is Complete

- ☐ Sanitize all shared equipment (balls, cones, etc.) between group arrivals if applicable and at the end of the day.
- ☐ Takedown established traffic flow signs, entrances & exits.
- ☐ Wash at provided handwashing stations, between groups arrivals if applicable and at end of day.
- ☐ Respect physical distancing guidelines.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Thoroughly wash equipment (clothing) each day.
- ☐ Wash hands at provided handwashing stations.

APPENDIX E – PARENT/GUARDIAN CHECKLIST

Use the below checklist to help prepare your swimmer for practice.

Before you Leave Home

- ☐ Complete the Screening Checklist ([LINK](#))
- ☐ Check the expected weather conditions.
- ☐ Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Use the washroom at home.
- ☐ Consider bringing a mask and personal hand sanitizer.

Arrival

- ☐ Drop participants at the designated location – no carpooling outside the training group.
- ☐ Respect physical distancing guidelines.
- ☐ Consider wearing PPE (masks, gloves) at all times.

After the activity is Complete

- ☐ No Loitering.
- ☐ Respect physical distancing guidelines.
- ☐ Pick up participants at the designated location.
- ☐ Leave the location immediately.
- ☐ Thoroughly wash water bottles with soap and warm water.
- ☐ Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat)