



## **Return to Play Training Protocols**

### **Winter Program Requirements**

- All Athletes and Coaches have completed the following documents to RHCC upon registration:
- Acknowledgement of Risk Form
- COVID-19 Protocols Agreement Form
- All participants shall download Canada's Covid Alert App and shall notify RHCC if exposure has been detected through the App

### **Health Monitoring and Communication Procedures**

The Daily Self-Screening Protocol is in place to try and prevent sick or symptomatic athletes, coaches and/or parents from leaving their homes and decrease the likelihood of spreading infection.

### **Before In-Person Training Session**

Participants (athlete or staff) shall not attend practice if they:

- have been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- have symptoms of COVID-19, even if mild
- have been in contact with a suspected, probable, or confirmed case of COVID-19 in the last 14 days
- have been told by public health that you may have been exposed to COVID-19
- have returned from travel outside Canada with symptoms of COVID-19
- have Covid-19 Exposure detected through the Canada Covid Alert App

The following questions are to be ascertained before any in-person training: Do you have any of the following symptoms:

- Cough
- Shortness of breath
- Chest pain
- Difficulty 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 you been in contact with someone who is Covid-19 positive within the last 14 days?
- Have you returned from outside of Canada within the last 14 days?
- Coaches and swimmers are encouraged to carry a personal supply of hand sanitizer for use as needed before, during and after training.
- Covid-19 assessment forms to be completed by the Coach for each athlete before each practice and to be collected and stored by RHCC for contact tracing purposes.

An athlete/coach/staff member must answer ‘No’ to all the above questions before participating in any in-person training session.

If an athlete/coach/staff member answers ‘Yes’ to any of the above, the person cannot participate in the in-person training and they must contact their medical provider (doctor/nurse practitioner) and follow medical directions and cannot return to in-person training until cleared by the medical provider.

- The questions will be administered at the facility before entering the facility
- If athlete/coach/staff member answers ‘Yes’ to any of the above will not be allowed to come into the facility
- If athlete/coach/staff member has any symptoms will have to self isolate at home for 14 days or as directed by Public Health and notify RHCC.

### **During Training Sessions**

All athletes and coaches should monitor their health during a training session, and if they feel ill or experience signs or symptoms of COVID-19 (even mild) they must leave the training session and contact their medical provider (doctor/nurse practitioner) 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 the 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 coach 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, Public Health guidelines must be followed.

### **Training Group Protocol for a Positive COVID-19 Test**

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

- The athlete/staff member is removed from the training group immediately.
- Group Training will be suspended, and all group 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 for guidance on testing and appropriate management.
- Group training could resume if all group members undergo self-isolation for 14 days and no other member has developed symptoms or if all group members are cleared to return to group training by their medical provider in accordance with Provincial guidelines.
- Canoe Kayak Ontario will be notified of any COVID-19 positive test of any participant, coach or volunteer
- The City of Richmond Hill will be notified if a participant tests positive for COVID-19 and has attended the facility within the last 14 days.

### **Specific Requirements for Swim Training at ORCC**

- Coaches will provide athletes with a training schedule that ensures the same group of athletes (training bubble) per session with assigned lanes (lane bubbles) and assigned training groups size will adhere to 4 athletes per double lane until otherwise authorized
- Coaches should not share handheld equipment such as stopwatches, clipboards, white board markers.
- If using a facility whiteboard, only one coach per session may use.
- The training schedule/details will indicate arrival time to ensure physical distancing
- Coaches will ensure that athletes enter facility on their own, parents are not allowed
- Athletes will arrive with a mask on and it shall not be removed until they prepare to enter the pool
- Athletes will disinfect their hands upon entering the ORCC, washing hands with soap and water for at least 20 sec., or use a hand sanitizer ( $\geq 60\%$  alcohol).
- Athletes and Coaches will follow arrow indicators in hallways and will maintain physical distancing throughout the facility.
- Coaches will communicate the necessary training equipment prior to each session
- Coaches will take detailed attendance and administer Covid screening, including taking each athlete's temperature upon arrival at facility
- Coaches will wear appropriate Personal Protective Equipment at all times. In most cases this will minimally mean wearing a non-medical mask and/or face shield
- Coaches will practice respiratory etiquette, hand hygiene and physical distancing protocols during training, ensuring open environments are maintained
- Coaches will ensure that all athletes **enter** the pool area through the Universal Change room where athletes can use one of the 11 stalls to remove their track suits. Athletes should arrive with their swimsuits on
- Coaches will ensure that all athletes **exit** the pool area through the appropriate gender-specific change room where they can change before leaving the facility (within 15 minutes)
- Coaches will ensure that all athletes bring their personal bag on deck to be left in the designated area for personal belongings. No belongings to be left in change rooms
- Athletes will start/stop training sets at opposite ends of the pool, ensuring physical distancing is maintained at all times

- Athletes should not congregate around whiteboards and must maintain physical distancing.
- Athletes are not permitted to leave equipment at the pool
- Athletes will clean their equipment with disinfectant pre and post training session
- Athletes will leave the pool immediately after training, ensuring that physical distancing is maintained at all times
- Athletes will maintain same lane grouping at all times
- Athletes will maintain appropriate distance from each other at all times while in the pool by swimming in a circle on top of the lane lines, within each double lane

### **Disciplinary Action**

- If any swimmer (or parent) fails to comply with any of the requirements described above, it will be grounds for corrective action up to and including removal from the session or removal from the program itself.
- Parents will be informed of any swimmer infractions by email following the practice.

### **Coaches/ Staff**

- Once athletes have left the Training environment, coaches will exit immediately and use good hand hygiene practices (hand sanitizer) following the facility guidelines.
- Coaches will evaluate the effectiveness of the Return to Play Training Protocol
- Review the latest guidelines and directives from:
- Canoe Kayak Ontario: <https://www.canoekayakontario.ca/wp-content/uploads/2020/06/CKO-Phase-1-Reopening-Guidelines.pdf>
- Canoe Kayak Canada: [https://canoekayak.ca/wp-content/uploads/2020/06/Paddling-COVID-19-Public-Health-Measures\\_Phase\\_2\\_June26-1.pdf](https://canoekayak.ca/wp-content/uploads/2020/06/Paddling-COVID-19-Public-Health-Measures_Phase_2_June26-1.pdf)
- Swim Ontario: [http://swimontario.com/news\\_detail.php?id=3408](http://swimontario.com/news_detail.php?id=3408)
- Swim Canada: <https://www.swimming.ca/en/resource-hub/>



## **Requirements for Land Training at Rolling Hills**

- Coaches will ensure that athletes train in the same small bubble for the duration of the winter season, in accordance to Provincial guidelines for indoor gatherings for sport-specific training.
- Athletes will arrive at designated time for each training session. Do not arrive any earlier than necessary.
- Athletes must disinfect their hands upon entering either Rolling Hills
- Athletes must wear a mask at all times upon entering the facility until they engage in physical activity when a mask becomes inappropriate
- Athletes will complete the daily self-screening protocol with their coach before entering the training environment. Each athletes temperature will be taken and recorded
- Only athletes answering NO to each screening questions will be permitted to train
- Athletes will not leave any belongings in changing rooms and must arrive ready in their training wear
- Athletes will only bring personal raining equipment that is required
- Athletes are required to bring their own pre-filled water bottle
- Coaches and athletes are encouraged to carry a personal supply of hand sanitizer for use as needed before, during and after training.
- Athletes will place their personal bags 2m apart in an area designated by their coach.
- Athletes shall maintain physical distancing at all times while in Rolling Hills facility
- Athletes and coaches shall ensure that any shared equipment is thoroughly disinfected after each athlete's use and between training groups
- Athletes and coaches shall ensure that the Rolling Hills facility is kept clean and disinfected (as per our Lease) and the sidewalk will be kept cleared on snow and ice
- Coaches will ensure that the training program administered to each training bubble with be in accordance to Provincial Covid-19 guidelines