



2021-2022 COVID-19 Return to Sport Plan



August 2021

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1. Welcome Sudbury SYNCHRO Swim Club during COVID-19

The Sudbury Synchro Swim Club (referred to as ‘Club’ hereinafter) is a member of Ontario Artistic Swimming (OAS), our Provincial Sport Organization (PSO). OAS has developed a detailed ‘Framework for Return to Artistic Swimming Activity in Ontario’, which can be viewed in detail on their website at <https://ontarioartisticswimming.ca/wp-content/uploads/2021/08/OAS-COVID-19-Risk-Management-Framework-Version-6-20August2021.pdf>. This Framework along with the requirements of the City of Greater Sudbury COVID Pool Safety Plan and the recommendations from Public Health Sudbury and District (PHSD) form the basis of this **Sudbury Synchro Club COVID-19 Return to Swim Plan**.

As the COVID-19 Pandemic continues, changes to this Plan are likely. The Club will do its best to anticipate and prepare for these changes. We must remain flexible and do our best to plan for the unexpected. Please remember that our Club is run by a board of volunteer parents who have already put forward countless hours throughout the summer months, to remain up to date and informed about all of the new rules and regulations, to secure pool time and to prepare for the safe return of our athletes to the sport they love.

Laurentian University remains closed. Arrangements have been made with the City of Greater Sudbury (CGS) for the following pool time:

Day	Location	Time
Sunday	Dow Pool	8:00am – 1:00pm
Monday	Dow Pool	6:30pm – 9:30pm
Wednesday	Gatchell Pol	6:30pm – 8:30pm
Friday	Dow Pool	6:30pm – 8:30pm

The available pool time will be used to manage all Sudbury Synchro programs which includes:

- Aqua Go!
- Recreational
- Regional Competitive
- Provincial Competitive
- Masters

In addition to the pool time, we are attempting to secure land space for strength, flexibility and land drill training for all Provincial Competitive athletes. Once a location has been secured, the coaches will provide details on day, time and location.

2. COVID-19 and Pool Safety

The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs, sneezes, or exhales through their nose or mouth including while swimming. The risk of droplet transmission increases the closer you come to other people, the more time you spend with them, and the more people you come near. Further, the risk of droplet transmission between individuals participating in sport in an indoor setting is significantly higher. COVID-19 can also spread if a person touches a contaminated surface and then touches their face without washing their hands. The risk of surface transmission increases when many people contact the same surface and when those contacts happen over short periods of time. The virus does not enter the body through skin; it enters through the eyes, nose or mouth when a person touches their face. This is why regular hand hygiene and cleaning of high-touch surfaces are so important. (*OAS 'Framework for Return to Artistic Swimming Activity in Ontario'*)

The following is an excerpt from the Canada Artistic Swimming (CAS) COVID-19 Return to Artistic Swimming Resource Document:

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 (USA), 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).

As new information and research becomes available, the general knowledge about pool safety will continue to increase and will influence decisions made by facility management.

General pool safety is among the ongoing challenges for all partners to manage, and for the Canadian aquatic community, a safe and responsible return to the pool is critical.

Additional Resources

Swim England, "Swimming pool water inactivates COVID-19 virus in 30 seconds", April 12, 2021. The study was conducted by virologists at Imperial College London. The findings suggest the risk of transmission of COVID-19 in swimming pool water is incredibly low.

CDC FAQ: COVID-19 & Water – Can the virus that causes COVID-19 spread through pools, hot tubs, spas, and water playgrounds? Romano Spica, V. "COVID-19 Swimming Pool Study", April 27, 2020. Professor Romano Spica is a Professor at the Italian University of Sport & Movement "Foro Italico". The Study was sponsored by Myrtha Pools

3. Principles for Safe Return to Sport

There are six main principles for the Return to Artistic Swimming that OAS has outlined for each club, they are as follows:

Physical Distancing

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Return to sport must adhere to physical distancing between athletes and coaches in accordance with requirements of public health authorities and facility operators during all indoor and outdoor training sessions.

Ontario is currently in Step 3 of the roadmap to reopen which allows for athletes to be in close proximity when required for the sport, this means that athletes are currently able to swim in pattern and perform highlights and lifts as per usual. Measures will be in place to continue with physical distancing measures when able.

Hygiene

In addition to physical distancing, handwashing and cough etiquette add another layer of protection against the spread of COVID-19. Return to sport plans must implement and monitor appropriate individual personal hygiene practices among volunteers, coaches and all participants.

Equipment Cleaning

Surfaces frequently touched with hands are most likely to be contaminated however, Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions.

Individual Health Monitoring

Daily individual health monitoring processes need to be in place. Individuals should not return to sport if they have been unwell (even mild symptoms). A daily attestation must be completed prior to each in-person practice. The form mirrors the school requirements and will be updated with any recommendations from Public Health Ontario. The daily attestation is completed using the Google Form at the following link https://docs.google.com/forms/d/e/1FAIpQLSfh-dOZULjSOYxQkpBouBiro2kJRFsNSjRyoTfjslPsi3FiFg/viewform?usp=sf_link

Safe Sport Environment

In these unique times, our commitment to providing a safe sport environment for all participants cannot waver. A return to sport program must be designed to ensure all aspects of a safe sport environment can be implemented and followed.

Planning and Communications

A robust return to training plan that includes regular communication and education with key stakeholders including athletes, coaches and others, is key for any club.

4. Sudbury Synchro Swim Club Plan

OAS has identified that the following measures must be adhered to by all Clubs while any federal or provincial COVID-19 related public health requirements or Emergency Orders are in place:

- a. Sanction: OAS has required all member clubs to go through the sanction process prior to the commencement of the 2021-2022 artistic swimming season.

The Club has received sanction from OAS to return to the pool as of mid-August 2021.

- b. Risk Assessment: OAS has provided all member clubs with a Risk Assessment tool.

This tool has been completed by the Club and identified a LOW RISK result. This risk assessment can be viewed upon request by contacting Christine Fink, COVID Response Coordinator at cfink@personainternet.com.

- c. Point of Contact: All member clubs must appoint a designated COVID Response Coordinator.

Contact information for Sudbury Synchro's COVID Response Coordinator is as follows:

Christine Fink – 705-929-0280 or cfink@personainternet.com

Secondary contact is your athlete's team coach.

The COVID Coordinator is the first point of contact for any Club participant regarding COVID related questions, to identify an athlete with potential symptoms or if a positive case has been determined. The COVID Coordinator is the point of contact between the Facility, PHSD and the Club to assist in the communication of all COVID related concerns. The COVID Coordinator will advise all coaches of significant changes to local transmission rates and ensure they remain informed of Club directives.

The COVID Coordinator, under the direction of PHSD, the City of Greater Sudbury or through Provincial Orders will provide direction regarding the need to modify, restrict, postpone or cancel training due to evolving COVID-19 related concerns.

- d. Registered: All athletes, coaches and Club board members must be registered in the OAS registration system by September 30, 2020.

This will be completed by Shauna Leclair, Registrar.

- e. Waivers and Attestation of All Participants: OAS has developed a number of documents that must be completed by all athletes and their parent/guardian prior to the commencement of

any Club activity.

The documents that must be completed include:

- OAS Declaration of Compliance: COVID-19 - - this must be signed by all participants
- Waiver or Assumption of Risk (minors)
- Release of Liability, Waiver of Claims and Indemnity Agreement (participants over 18 years)
- Code of Conduct for Athletes: COVID-19
- Pre-registration health survey for athletes

These documents can be reviewed and signed by going to the COVID-19 Return to Sport section on the Club website at www.sudburysynchro.com. These documents **must** be completed no later than 5pm on Wednesday September 8, 2021.

- f. Facility Readiness Evaluation: All Clubs must assess the facility(s) readiness against safety measures set out in the Facility Readiness Evaluation Checklist.

This checklist has been completed for both the Dow pool and Gatchell. A copy of both facility readiness evaluation checklist can be made available for review upon request to cfink@personainternet.com.

- g. Hygiene Use of Masks: Public health cough and sneeze etiquette must be followed by all athletes, coaches and volunteers. All athletes must comply with the Regional regulation for face coverings.

All athletes will be required to wash their hands upon entrance/exit of the pool facilities with the available hand sanitizer. Cough and sneeze etiquette will be reviewed with all athletes by the coaches. Please ensure your athlete has a proper understanding of this information. In the pool, they must be reminded that they should not spit, clear their nose or urinate for the protection of their co-athletes.

The City of Greater Sudbury requires that all individuals wear a mask upon entry/exit and within common areas of the buildings. The athletes will remove their masks and place them in their swim bags prior to getting in the pool.

- h. Emergency Action Plans: All Clubs must have an updated Emergency Action Plan for each facility or training space.

This document has been developed in conjunction with the City of Greater Sudbury and will be available at each training location for reference in the event that the plan needs to be

implemented due to a symptomatic athlete or for other emergencies.

- i. Attendance: Attendance to all in-person activities must be recorded for contact tracing purposes.

If your athlete is unable to attend practice **for any reason**, please ensure to advise their coach ahead of time. An unexpected absence must be explored by the COVID Coordinator. The process outlined in the declaration of compliance document must be followed for any COVID related symptoms.

- j. Symptoms: All athletes, coaches and any parent volunteer in attendance (eg. COVID Coordinator) must have a Daily Self-assessment Attestation completed prior to their ability to participate in **each** practice.

It is the responsibility of all Individuals to undertake their own personal risk assessment and determine whether they are willing and able to return to sport in person. The situation may change over time and Individuals (or their parents/guardians) should be regularly re-assessing the risk, including the risk to their household and workplace.

All participants must *self-monitor* (Appendix A) for symptoms of COVID-19 and complete the Daily Self-Assessment Attestation prior to each practice. Athletes, coaches and volunteers **will not be permitted to participate in any component of practice** without a completed questionnaire.

Prior to each practice please complete the Google Form attestation here

Provincial Competitive and Regional Competitive - https://docs.google.com/forms/d/e/1FAIpQLSfh-dOZULjSOYxQkpBouBjro2kJRFsNSjRyoTfj3FIg/viewform?usp=sf_link

Aqua Go and Recreational – https://docs.google.com/forms/d/e/1FAIpQLSdhy6QoxHJfEpUlfUeFe7ZMOrqoNwWdMpyHWA-dPyUuYv91kw/viewform?usp=sf_link

Masters - https://docs.google.com/forms/d/e/1FAIpQLSc3cJlICFZqUc06Xi9r5bvzZnV61w18oI8EKYzQfTyUWZBWw/viewform?usp=sf_link

Any participant answering “yes” must contact the COVID Coordinator for further direction.

Any participant who develops symptoms during a practice will be isolated, 6 feet away from any other member. Their parent/guardian will be contacted and requested to pick them as quickly as possible. The athlete will be monitored by a coach until they have been safely picked up.

- k. Reporting: All Clubs must report any confirmed case of COVID-19 through the OAS Illness or Injury Form.

The Club COVID Response Coordinator will complete the required OAS Illness/Injury Form,

contact OAS, PHSD and the training Facility Operator. Recommendations made by PHSD will be implemented as quickly as possible.

- I. Violations: Should an Organization or Individual choose to discount, or circumvent, public health, government, facility, CAS, or OAS guidelines, such action will result in the suspension of a sanction for artistic swimming programs or activity, and disciplinary action.

5. Setting Up a Safe Training Environment

Athletes should avoid carpooling with those outside of their household, where possible.

Athletes will be required to arrive to the pool at the designated start time with their bathing suits already on, prepared to swim. Competitive athletes must be dropped off outside of the facility and enter independently. One parent for Aqua Go!, Recreational and Regional Competitive participants be permitted to enter the building.

Athletes must be prepared with a bathing cap, goggles and a minimum of 2 nose clips at all times. **No sharing of equipment is permitted.** A filled water bottle must be brought from home, as the water fountains will not be open for use.

In Step 3 of the Ontario Roadmap to Reopen the following applies to artistic swimming:

- There are no restrictions on physical contact for sports
- Routines including face-to-face choreography, connected moves, and lifts can be trained and performed as normal
- Deck work practice can continue as normal
- Spotting is permitted for land-based activity and acrobatic movements
- Travel for competition and inter-club activity is permitted subject to an approved sanction request
- In-person social activities are permitted subject to government, public health, and facility requirements and an approved sanction request
- All persons in an indoor facility must wear a mask unless engaged in artistic swimming activity. This includes coaches, volunteers, and spectators (with exceptions; please refer to the Ontario Government Regulations for specific details)
- All indoor facilities must operate at 50% of the capacity of the facility, including spectators. Organizations should work with their facility to understand their rules regarding spectator attendance
- The name and contact information for all members of the public must be recorded prior to entering the facility for contact tracing purposes. This includes ALL parents and spectators

Lengths, figures and skills will be performed while maintaining physical distancing as much as possible.

The sound system will be disinfected and cleaning logged between coach users and the use of disposable microphone covers will be implemented to maximize the safety of all participants.

Any athlete requiring first aid treatment will be treated by the lifeguards and/or coach. A COVID kit will be available on deck, which will include Personal Protective Equipment (PPE) such as gloves, eye protection and disposable surgical masks. Both the injured athlete (where appropriate) and first aid provider will wear this PPE when physical distancing cannot be maintained.

6. Competition Schedule

Canada Artistic Swimming has developed some competition guiding principles that have been adopted by OAS. Please refer to the document on the OAS website <https://artisticsswimming.ca/events-results/2021-competitions-guiding-principles/> for details on these principles. With the guiding principles in mind, OAS has developed a competition schedule for the 2020-2021 season. The schedule remains tentative and is outlined as follows:

Event	Date	Age Group	Location
Skills assessment	October 23 and 24, 2021	Provincial Competitive	Filmed in Sudbury
Lisa Alexander Figure competitions and Routine Meet (OWG Qualifier)	January 20-23, 2022	Provincial Competitive	Eastern Ontario
Regional League Winter Meet	February 5 & 6, 2021	Regional Competitive	Eastern Ontario
Leslie Taylor Cup	February 17-20, 2021	Provincial Competitive (figures video submission; routines in person)	Markham
Ontario Winter Games	February 24 – 27	Provincial Competitive 11-12 and 13-15	Garrison Petawawa

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OAS skills Assessment	March 2022	Provincial Competitive	Video Submission
Hilton Invitational	April 22 – 24	Provincial Competitive	Markham
Regional League Spring Meet	April 30 – May 1, 2022	Regional competitive	Nepean
Ontario Open Championships	May 26 – 29, 2022	Provincial Competitive	Olympium

* competition schedule and format is subject to change with COVID restrictions

APPENDIX A – Self – Monitor



Coronavirus Disease 2019 (COVID-19) How to Self-Monitor

Follow the advice that you have received from your health care provider.
If you have questions, or you start to feel worse, contact your health care provider,
Telehealth (1-866-797-0000) or your public health unit.

Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others (a minimum of two metres) if you become ill.
- If you are unable to maintain a two metre distance, wear a non-medical mask or face covering to protect others from your potentially infectious droplets.

What to do if you develop these or any other symptoms

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
 - Instructions on [how to self-isolate](#)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and keep a two metre distance from others or use the back seat if in a car.

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

For more information please contact: _____

The information in this document is current as of July 31, 2020

Coronavirus Disease 2019 (COVID-19)

How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



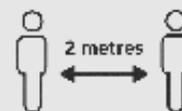
Avoid contact with others

- No visitors unless essential (e.g. care providers)
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



Keep your distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask or face covering that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.
- Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- Wear a mask when you are within two metres of other people, or stay in a separate room.
- If you do not have a mask, maintain two metres distance from people and cover your cough and sneezes. See [physical distancing](#).



What should I do if I develop symptoms?

- Complete the [COVID-19 Self-Assessment](#).
- Contact Telehealth (1-866-797-0000) or your health care provider.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate. If you have questions about this, call your [local public health unit](#).
- Isolate for 14 days beginning when your symptoms started.
- After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with [physical distancing measures](#).
- If you are still unwell at 14 days, contact Telehealth or your health care provider.

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

For more information please contact: _____

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