

In unprecedented times, our club has continued to show great engagement and we all greatly appreciate your efforts. The success of our return-to-swim plan will require a team effort. That means swimmers and coaches will need to follow the plan and follow all public health guidelines as well, and help others adhere to the plan.

As required by Masters Swimming Ontario, the following are procedures to which the club will be adhering during the pandemic, until further notice.

Before first swim:

1. If not already done so during registration, Coaches and Swimmers must sign the waivers below and upload it to www.rideauspeedeaus.com/waivers (using the email address used to register with the Rideau Speedeaus) before their first practice.
2. Athletes must be able to successfully complete a practice without any physical contact/support by their coach.
3. Follow all uOttawa and Provincial Public Health Guidelines. Details are found here: <https://www.uottawa.ca/coronavirus/en>
 - a. This includes: being partially vaccinated by Sept 7 2021, and fully vaccinated by Oct 15 2021; registering and submitting proof of vaccination to the uOttawa COVID screening system, submitting daily screening questionnaires and being approved to enter campus prior to each swim on the day of the swim.
 - b. Guidelines are always evolving. uOttawa and Ontario public health guidelines will take precedent should they be updated.

Before each practice:

1. Fill out the uOttawa daily screener questionnaire prior to arriving on campus. The pool is located at Montpetit Hall, 125 University Private.
2. Do not show up, if the screener does not authorize you to show up that day. This may include:
 - a. are feeling unwell or showing symptoms* of COVID-19 before, during or after a practice; Swimmers must be symptom-free for 24 hours before returning to pool
 - b. been in contact with someone who tested positive for COVID-19 and are not fully vaccinated nor been told to self-isolate
 - c. received a covid-exposure notification;
 - d. been told by a doctor, health care provider, or public health unit told you that you should currently be isolating or staying at home?
 - e. if you traveled outside the country within the last 14 days and been told to quarantine; and/or,
 - f. tested positive on a rapid antigen test or a home-based self-testing kit.

3. Lockers will not be available. Limited showers will be available. Please bring your items onto the deck and leave any unnecessary valuables at home. Plan accordingly.

*Symptoms may include: 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, and/or gastrointestinal illness.

When you arrive:

1. Maintain physical distance (6 feet) according to local health guidelines at all times.
2. Only registered swimmers and coaches are allowed on deck
3. Masks are required according to local health guidelines when not in the pool.
4. Everyone must use hand sanitizer before entering pool
5. Prior to entry of each practice, daily attendance and results must be tracked by the club. Anyone showing symptoms will not be permitted to the pool.

During the swim

1. Before each practice, everyone will choose/be assigned to a lane group [A/B/C/D]. Maximum 6 swimmers per lane, (12 per double lane/category).
2. Coach/Exec will record who is in which lane, each practice.
3. No lane changes are allowed in the middle of practice.
4. If you are showing symptoms, please leave the pool immediately.
5. No pool equipment will be provided; users must bring their own. Sharing of items is not permitted.
6. Maintain 6ft physical distancing in lane during rest period, and when outside of pool.
7. Everyone must swim in the same direction; no overtaking.
8. Masks must be worn according to local public health guidelines once outside of the pool (e.g. on deck, in change rooms)
9. Do not touch the workout paper.
10. No dryland workouts, no loitering on deck during practice.
11. Must follow all instructions by coach, lifeguards, pool reps.
12. Swimmers are not permitted to set up the pool.
13. Coaches will stay 6 ft away from swimmers and/or be masked during practice.

Exiting the Pool

1. Swimmers will immediately leave the pool, and maintain physical distancing outside the pool.
2. No changing or loitering on the deck; exit the pool according to pool's instructions.

If a swimmer or coach tests positive for covid, the following will occur:

- They must inform the president (info@rideauspeedeaus.com) **immediately** with the date of the positive test.
- Those who shared the lane with this individual within the last 14 days will be notified by the president and/or public health, and may be required to get COVID tested and/or self-isolate according to public health guidelines.
- Those being tested **must** self-isolate until they get a negative result and have been symptom-free for 24 hours.
- If you get a positive result, you **must** self-isolate and follow public health instructions until cleared by a doctor before coming back to the pool.
- After each positive case, the exec team will convene to determine what adjustments are required to reduce the risk of transmission (e.g. improved communication, modifying the return to swim plan, modifying/cancelling practice sessions, further lane capacity reductions). The president will have the final decision.

Practices, schedules and procedures are **subject to change** as Public Health guidelines changes or as club requirements change. The club will continue to monitor public health guidelines during the pandemic.