

# Mid Can Masters Swim Club

## 2020-21 COVID-19 Protocol

Welcome back swimmers to a very different swimming year. The club will be working with the University to reduce the risk of COVID-19 transmission as we figure out what our swimming practices will look like. Things will be fluid early on as we determine what works best for the club within the parameters of the University's protocol and Public Health regulations.

This plan outlines the University of Manitoba's Active Living Centre (ALC) access and usage protocols, how we will run the swim practices, and procedures to follow if someone tests positive for COVID.

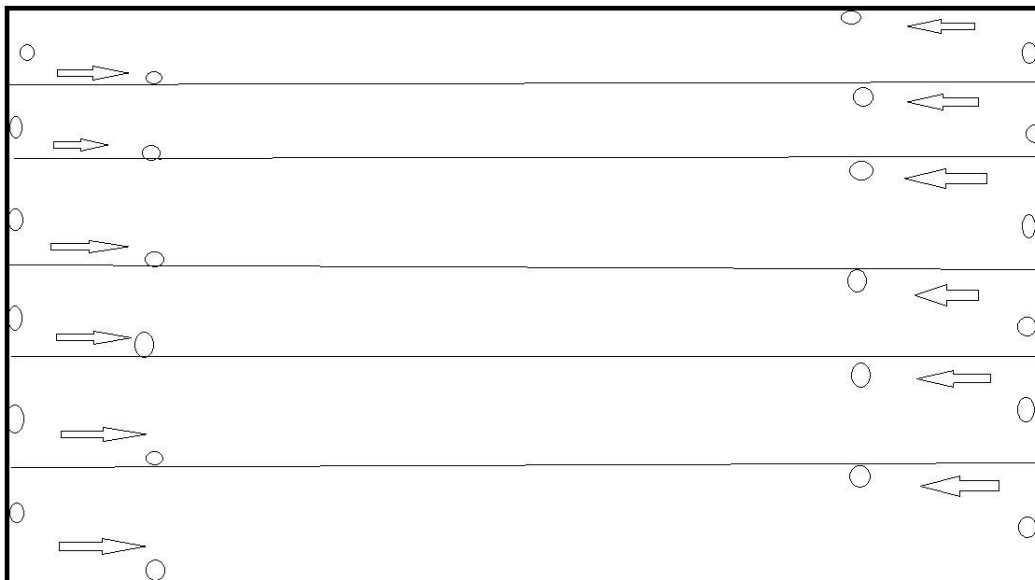
### Accessing the Joyce Fromson Pool in the ALC

- When you arrive at the Active Living Centre, access is from the **South Entrance (facing Dafoe Road) of the Active Living Centre**. This is the entrance across from the Agriculture buildings. Physical distance markers and dividers will be present. When you leave you will be directed to the **West Exit Doors (facing University Cres) of the Active Living Centre**
- **Masks** must be worn in all indoor common spaces on campus. This includes but is not limited to:
  1. When entering and exiting the ALC building.
  2. When passing through turnstiles.
  3. In the change rooms, washrooms or the day use locker spaces.
  4. In the stairwells and elevators.
  5. In transition from the locker room to the pool deck.
  6. On the pool deck.
- Just prior to our practice time (approximately 15 minutes), the exterior door will be opened. You will proceed through the queuing line to the turnstiles, swipe in and then you will be required to remove your outdoor footwear in the lobby area. As noted in the registration information, you can pick up your swipe card at the front service desk once you have registered with the club and signed the University's waiver form. To save yourself some time, you can print off the form, sign it and bring it with you.
- Hand sanitizer will be available at entrances, exits and throughout the facility. Hand washing or sanitizing frequently is encouraged.
- Day Use Lockers: will be limited to every second one open for more space. Please bring your own lock to store your belongings. Rented lockers will be available as usual.
- Washrooms and showers: Showers in the locker rooms leading into the pool area as well as the community changing room are available for rinsing pre and post pool use only. Currently the stairs up to the showers and pool in the Women's locker room are being repaired. Women will use the showers behind the sauna and enter through the back entrance through the locker area just to the left of the sauna.

- Washrooms in the locker rooms directly adjacent to the pool will be available for use. The community changing room has a maximum capacity of 7 people. Please use the larger, gender specific changing spaces where possible.
- It is recommended that swimmers arrive in their suits to limit time in the locker room. We will have access to showers after practice, but we are asked to briefly rinse off and shower more thoroughly at home.

### Swim Practices

- We currently do not have a coach, and we are in the process of finding one. Until then, there will be a Mid-Can Greeter or Deck Supervisor at each practice.
- Upon entering the pool deck, you will still be required to wear your mask.
- You will be met by the Mid-Can deck supervisor who will: (1) verify that you have done a self-check for COVID-19 exposure or symptoms, (2) check your name off Mid-Can member list and (3) assign you to a lane. When you leave make sure your name is checked off.
- The deck supervisor will write the practice on the white boards.
- There will be a maximum of four people per lane. Rather than congregating at the end of the pool you will be asked to physically distance along the lane ropes. When there are four people in the lane, two people will be asked to start and stop from the deep end, while maintaining physical distance. When in this configuration, the two people at the shallow end will have to coordinate with the two at the deep end as to when they are going to start swimming. The lead swimmer at each end should signal to their counterpart when leaving. [See diagram below]



- When you line up along the lane ropes, you will face into the lane, so that you do not breathe on swimmers in the neighbouring lanes.

- The lifeguards will monitor swimmers to ensure appropriate physical distancing is maintained between swimmers.
- Mid-Can swimmers will be permitted to borrow pool equipment, such as kick boards or pull buoys. Lifeguards will provide access when requested and equipment will be sanitized between each use. As before, we can bring our own equipment, but we cannot share our own equipment with other swimmers. You are encouraged to use your own equipment if you have it.
- You may put your swim bags on the benches and bleachers so that swimmers are not congregating closely together. Ensure that bags are placed 2 metres apart.
- The water bottle fill station on the pool deck will be available.
- Masks can be removed as you get into the water to begin swimming. There are hooks available on the pool deck to hang your mask prior to entering the water. Upon exiting the pool, please put your mask back on before you leave the pool deck.
- At the end of the workout please exit the facility as quickly as possible following your pool time. Congregation within the facility is not allowed.

#### A COVID infection occurs – Now What?

If a swimmer becomes ill during practice, they must:

- Leave practice and inform the Mid-Can deck supervisor and the lifeguard if feeling unwell or showing signs/symptoms of COVID-19 during practice.
  - **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, and/or gastrointestinal illness]
- Self-isolate for 14 days if displaying symptoms or coming into contact with someone who is displaying symptoms or has COVID-19;
- Self-isolate for 14 days if they or someone in their household have traveled outside the country or region.
- Be cleared for training by a physician after being diagnosed with or suspected of having COVID-19.

The Mid-Can deck supervisor will inform the Mid-Can COVID contact, [Colleen Metge](mailto:colleen.metge@umanitoba.ca) [colleen.metge@umanitoba.ca](mailto:colleen.metge@umanitoba.ca) who will ensure that the University administration and Public Health are notified.

If a swimmer becomes ill after practice, they must contact the Mid-Can COVID contact [Colleen Metge](mailto:colleen.metge@umanitoba.ca) ( [colleen.metge@umanitoba.ca](mailto:colleen.metge@umanitoba.ca) ) who will inform the University of Manitoba administration and Public Health, if necessary.

In discussion with the University, it may be necessary to modify, restrict, postpone or cancel practices to protect the remaining swimmers.

The Board will inform swimmers of the transmission and any actions regarding remaining practices.

### Responsibilities

#### The University of Manitoba

- Establishes protocols for facility and pool use.
- Ensures facilities and pool area are cleaned and sanitized as required
- Ensures that lifeguards receive any additional training related to COVID-19
- Communicates to Mid-Can Masters if there is a suspected case of COVID-19 within the ACL facilities.

#### Swimmers must:

- Take seriously their own responsibilities for reducing the risk of passing COVID-19 to others as well as the risks of becoming infected themselves.
- Complete a COVID-19 Self-Assessment before returning to training, taking into account their age and any underlying health conditions. You will be asked at the beginning of each practice if you have completed the Self-Assessment.
- Inform the Mid-Can COVID contact if they or someone in their household is sick or symptomatic.
- Not attend swimming practices at the University of Manitoba and self-isolate for 14 days if they or anyone in their household is sick or symptomatic or comes into contact with someone who is displaying symptoms or has COVID-19.

#### Mid-Can Masters Swim Club will:

- Monitor how the practices are going and ensure that swimmers are following the protocols, and modify practices or protocols as needed.
- Keep members notified of any changes needed and maintain communication with the University.
- Notify the University of Manitoba (Simon Wang, Director of Facilities, [simon.wang@umanitoba.ca](mailto:simon.wang@umanitoba.ca)) if a swimmer or coach has been diagnosed with COVID-19
- Communicate with members if someone is diagnosed or suspected of having COVID-19, and any actions regarding remaining practices.
- Notify CISM-MSO [Canadian Independent Masters Swimming – Masters Swimming Ontario] using the COVID-19 Reporting Form if a positive test has occurred. (No identifying information will be provided).
- Ensure that Public Health has been notified.