



July 6, 2020

## **Red Deer Marlins Return to Swimming Plan**

The Red Deer Marlins board is grateful for the patience our members have shown as we navigate organizing a sport during the COVID-19 pandemic. We have developed the following return to sport document to outline our framework and minimum standards for the Red Deer Marlins to undertake a swim season commencing July 13 and finishing August 13, 2020.

The Return to Swimming Plan allows swimmers, coaches and guardians a clear understanding of the current guidelines for operating a sanctioned swim season in 2020. The document will be available for review on the Red Deer Marlins' website. The Return to Swimming Plan incorporates the current requirement outlines in Stage 2 of the Government of Alberta's Relaunch Plan, health and safety guidelines and sanctioning requirements from Swimming Canada, Swim Alberta and ASSA.

The health and safety of all participants is of paramount importance in all activities outlined in the Return to Swimming Plan. The challenges posed by COVID-19 require specific steps to be taken to allow swimmers back the water, and this plan addresses those requirements.

### **Protocols & Safety**

Members are to ensure they:

- Comply with Alberta Health guidelines
- Comply with Swim AB guidelines
- Comply with ASSA guidelines
- Comply with all requirements in agreements with The City of Red Deer

Members must acknowledge that due to the inability to ensure physical distancing is maintained throughout the swim session participation in other cohorts with limited ability to physically distance is not acceptable. This would include but not be limited to other organized sports, recreational activities and performing arts cohorts.

All participants must complete the Swim AB Acknowledgement & Assessment of Risk form online prior to the start of the swim camp.

[https://na2.documents.adobe.com/public/esignWidget?wid=CBFCIBAA3AAABLblqZhAbq6qwUnmokYtxSUpu2NVIuiSv98oR-xLPH1bt9kdFNMzL3WqVQ-b5E4xd33CjGA\\*](https://na2.documents.adobe.com/public/esignWidget?wid=CBFCIBAA3AAABLblqZhAbq6qwUnmokYtxSUpu2NVIuiSv98oR-xLPH1bt9kdFNMzL3WqVQ-b5E4xd33CjGA*)

Daily screening of each participant will be completed and tracked. Guardians will be required to submit their swimmers responses to the Alberta Health Daily Checklist online. The Red Deer Marlins have prepared a google form for ease of use and it is to be completed daily for each swimmer between 12:30 -4:30pm. If a response is not received, a swimmer will not be allowed entry to the pool facility on that day.



A response of “Yes” to any question on the Alberta Health Daily Checklist means that the swimmers may not attend the swim session. The swimmer should be monitored for symptoms and advised to see a physician.

Members are to report any COVID-19 cases as required by Alberta Health. The Red Deer Marlins must be notified once Alberta Health has been notified.

If a participant tests positive for COVID-19 the following steps must be completed:

1. Immediate removal of the swimmers from the pool environment for anyone in that household
2. Report to public health authorities and follow their guidelines.
3. Public health authorities determine the communication protocol and tracing of all contacts. Members must cooperate with any necessary communication.
4. A note is required from a physician or public health authority to return to swimming.

It is important to understand that Alberta Health Services leads the case investigation and contact tracing. There is the possibility that the swim camp may be shut down for any period of time.

### **During Camp Protocol**

Ensure that if a participant is not feeling well and/or experiencing any symptoms on the Alberta Health Daily Checklist that they stay home. Educate both yourselves and your swimmer on the safety protocols and procedures prior to attending and adhere to them throughout each swim session.

Each swimmer will be asked to use hand sanitizer prior to entering the pool facility. The hand sanitizer will be supplied by the Red Deer Marlins.

All participants are to maintain physical distancing of 2m from others, we do recognize that there may be limitations to this during the swim practice as the club will be occupying every lane.

Swimmers are to be dropped off and picked up from the main doors. Guardians are to remain in their vehicles.

Ensure each swimmers has their own water bottle which is sanitized prior to each session.

Swimmers will have access to flutter boards and fins located at the Michener Aquatic Centre. There is to be no sharing of equipment during a swim session. The cleaning of any used equipment will be completed onsite by Red Deer City staff.

Swimmers are encouraged to refrain from cheering and yelling as it presents a high risk of spreading particles.

Coaches will have access to PPE for on deck use.



As Red Deer Marlins has only one cohort of swimmers, the group will be allowed access to the change facilities following their swim session. This time is limited and restricted to a quick rinse in the showers and a change of clothing. A full, cleansing shower can be taken at home. We need to be out of the facility by 6:15pm each day.

### **Guardians**

No guardians are permitted within the Michener Aquatic Center. Guardians are requested to stay in their vehicle during drop off and pick up.

Guardians are asked to pick up their swimmers on time and leave immediately.

Carpooling outside the family or cohort is not permitted.

### **Cancellation of a Practice**

Practice will be cancelled if the facility becomes unavailable for any reason.

Practice will be cancelled if advised by Alberta Health Services.

If a practice is cancelled a Team App alert will be issued as soon as possible.

### **Communication**

It is crucial that all members understand that the safety of all participants is paramount to the Red Deer Marlins' board. Please refer to the resources listed at the end of this document for further guidance/reference.

The COVID -19 representative role is being overseen by JoAnne VanMaarion and Carolyn Beuker. They will retain the daily contact logs for 14 days as mandated by Alberta Health prior to destroying the documents. Any questions or concerns can be forwarded to the Covid-19 representatives through the club president email. [rdmarlinspresident@gmail.com](mailto:rdmarlinspresident@gmail.com)

Sincerely,

Kerri Orriss

President, RedDeer Marlins



## **Resources:**

AB Government Guidance for Sport, Physical Activity and Recreation – Stage 2 -

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

AB Government Guidance for Swimming Pool and Whirlpools -

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-swimming-pools-and-whirlpools.pdf>

Alberta Health Daily Checklist - [https://swimalberta.ca/wp-content/uploads/COVID\\_19/Appendix-1-AB-Health-Daily-Checklist.pdf](https://swimalberta.ca/wp-content/uploads/COVID_19/Appendix-1-AB-Health-Daily-Checklist.pdf)

Swim AB Acknowledgement & Assessment of Risk -

[https://na2.documents.adobe.com/public/esignWidget?wid=CBFCIBAA3AAABLbqZhAbq6qwUnmokYtxSUpu2NVluiuSv98oR-xLPH1bt9kdFNMzL3WqVQ-b5E4xd33CjGA\\*](https://na2.documents.adobe.com/public/esignWidget?wid=CBFCIBAA3AAABLbqZhAbq6qwUnmokYtxSUpu2NVluiuSv98oR-xLPH1bt9kdFNMzL3WqVQ-b5E4xd33CjGA*)

Swim AB Return to In-Person Training & Swimming Guidelines - [https://swimalberta.ca/wp-content/uploads/COVID\\_19/June-25-2020-Return-to-In-Person-Training-Swimming.pdf](https://swimalberta.ca/wp-content/uploads/COVID_19/June-25-2020-Return-to-In-Person-Training-Swimming.pdf)

Swim AB Swimmer Checklist - [https://swimalberta.ca/wp-content/uploads/COVID\\_19/Appendix-4-Swimmer-Checklist.pdf](https://swimalberta.ca/wp-content/uploads/COVID_19/Appendix-4-Swimmer-Checklist.pdf)

Swim AB Staff/Coach/Volunteer Checklist - [https://swimalberta.ca/wp-content/uploads/COVID\\_19/Appendix-5-Staff-Coach-Volunteer-Checklist.pdf](https://swimalberta.ca/wp-content/uploads/COVID_19/Appendix-5-Staff-Coach-Volunteer-Checklist.pdf)

Swim AB Parent/Guardian Checklist - [https://swimalberta.ca/wp-content/uploads/COVID\\_19/Appendix-6-Parent-Guardian-Checklist.pdf](https://swimalberta.ca/wp-content/uploads/COVID_19/Appendix-6-Parent-Guardian-Checklist.pdf)

Swim AB Cohorts for Swimming - [https://swimalberta.ca/wp-content/uploads/COVID\\_19/Appendix-11-Cohorts-for-swimming.pdf](https://swimalberta.ca/wp-content/uploads/COVID_19/Appendix-11-Cohorts-for-swimming.pdf)

Swim AB COVID-19 Response Coordinator Role - [https://swimalberta.ca/wp-content/uploads/COVID\\_19/Appendix-10-COVID-19-Response-Coordinator-Roles-Responsibilities.pdf](https://swimalberta.ca/wp-content/uploads/COVID_19/Appendix-10-COVID-19-Response-Coordinator-Roles-Responsibilities.pdf)