

8/24/2021

Return to Swimming Procedures

COVID-19



CITY OF WINDSOR

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Return to Swimming Procedures- WIATC

COMMUNICATIONS PLAN

Before returning to the training facility or pool, a communications strategy should be developed to ensure that there is regular, ongoing, accurate and current information being distributed to all club members and appropriate external organizations.

GENERAL RULES- WIATC

Anyone feeling unwell must stay home.

It is the Coach's responsibility to take an accurate attendance each day prior to athletes entering the facility.

Masks are mandatory throughout the building, and on the pool deck when not in the water.

Each person wishing to enter the facility must respond to a series of health questions before entry is permitted.

Follow handwashing, sanitizing and physical distancing protocols in all areas including change rooms and pool deck.

Any outerwear (including footwear) worn upon arrival to the training facility must be removed inside their backpack.

Only clothing and equipment required for training purposes will be brought to the training sites.

ACCESSING AND FOOT TRAFFIC IN BUILDING

Team members will follow facility instructions for drop-off, pick-up and access.

- i. WEST doors (Bruce Avenue) will open 10 minutes prior to start of your practice time.
- ii. WEST doors will be locked 10 minutes after the start of your practice time.
- iii. Please follow the RED & BLUE arrows on the floor.
- iv. Club members are to line up against the wall and keep 2 meter (6ft) spacing between each other. Entrance to the Natatorium deck is off the atrium west entrance. Please wait along the Natatorium windows wearing your mask until your designated area ready.
- v. The team will be brought in when the deck and pool is ready.

After completion of practice

- i. Exit the facility via the change rooms, through the atrium and out the North doors. Continue to follow the RED & BLUE arrows, and head out through the NORTH (front) doors.

POOL DECK

Remove your street footwear prior to stepping over the yellow floor marking.

View the display board to see what section of the pool you are swimming in, head in the direction of the arrow.

Place your items on the chair labelled with your designated lane number.

Masks are the last item removed before entering the pool. They can be removed just prior to proceeding to your designated lane number and left on your chair.

When speaking with your team members, make sure there is 2m physical distancing or team members are still donning their masks.

START BLOCKS

Start blocks can be used and will be disinfected in between Clubs/programs.

Athletes are reminded not to touch their faces once up on the blocks.

DRYLAND (where applicable)

Dryland takes place in the upper mezzanine and will be within pool area capacity limits.

Bleachers are nested and requested equipment will be brought up to the designated area for your team.

Dryland space is accessed via the South stairwell off the breezeway.

Exiting the dryland space is via the North stairwell by the media room (Shark Tank).

The use of the flooring / mats / benches / rowers / stationary bicycles:

- a. 2 metres per person will always be maintained.
- b. Use of equipment will be restricted to one person at a time
- c. Surface areas are to be sprayed with disinfectant after each user & allowed the appropriate amount of time for the disinfectant to dry.
- d. When possible, training equipment will be allocated to one or two individuals maximum. Only those individuals will use the specified equipment. Example: A folding mat will be shared by two individuals but must still be cleaned between each use by each individual.
- e. Use of equipment must follow protocol established by your PSO (i.e. sharing of mats; number of athletes on a piece of equipment at one time etc...)

The number of Coaches/Athletes permitted in the area will be based on physical distancing requirements and will adhere to indoor gathering maximums as determined by the Province and as approved by the WECHU. The maximum number of athletes in the mezzanine space not exceed 20.

Each club will have a designated training area and must stay within that area; training areas will include a minimum 2 metre buffer adjacent to the railing overlooking the pool; athletes and Coaches will not be permitted in that 2 metre buffer

Only one club will have access to dryland training per day, if capacity limits permit.

Coaches and athletes are not to use the bleachers for any type of storage and/or training activity

Clubs will be asked to submit that their equipment is in good condition, is inspected regularly and is disinfected as per the protocol provided by your PSO

Cleaning of the floor in the mezzanine area will be coordinated by the WIATC

HVAC system use in the bleacher area will be enhanced during dryland training and will be coordinated by the WIATC

Clubs may not share equipment with another Club

Information on facility evacuation and emergency procedures for Clubs using the dryland space will be provided to each Club prior to use

Request for equipment is to be made through the Supervisor (Natatorium – Kenn Little) who will review and determine what is able to be accommodated; the equipment requested must not damage the flooring or walls in the Mezzanine

Physical distancing must be observed at all times and a Coach must be present at all times

CLEANING of DRYLAND EQUIPMENT

To help reduce the spread of infections and illness the following cleaning practices are recommended:

- i. Athletes, coaches and staff should be instructed with any emerging safety and cleaning guidelines.
- ii. The club will designate the person/persons responsible for cleaning areas and equipment after each user.
- iii. Appropriate protective equipment is required for people cleaning equipment between rotations or at the end of day, and hands need to be washed between each new set of gloves.
- iv. Clean surfaces using a disinfectant such as Virox or Oxivir. For proper disinfection, these products should be applied to surfaces, allowed to sit wet for 1 or 5 minutes respectively, wiped once using one side of a cloth, and then turn the cloth over and wipe again or using a disposable cloth.

AFTER PRACTICE

Don your mask.

Male and Female change rooms are available for post-swim changing.

Family change room is available as a direct route into the main lobby.

Follow the RED & BLUE arrows to exit out of the North (front) doors.

CHANGE ROOM USE

Washroom use is for emergencies only. If you need access to the washroom, please speak with a lifeguard.

Individuals can use the change room stalls for a quick change.

There is no shower use in the change room at this time.

Follow the RED & BLUE arrows to exit out the North (front) doors.