



This Operational Plan is based on:

- New Brunswick Covid-19 Planning framework
- New Brunswick Progressive Reopening phases
- Swimming Canada's Return to Swimming Resource Document
- Guidelines Swimming Germany – Provide conditions for the return to club-based sport activities [12 Mai 2020]

Prepared by

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Table of contents

1. Introduction	3
2. COVID-19 Awareness	4
3. Return to Training Framework – GNB “Yellow” phase	5
4. Physical distancing for Phase 1, Return to Training	8
4.2. Dryland Training and Warm-up.....	9
4.3. Entering the facility and the pool area	9
4.4. Training in the pool – one swimmer per lane	9
4.5. Training in the pool – several swimmers per lane	9
4.6. Entering and Exiting the pool area	11
4.7. Use of changing rooms and showers.....	12
4.8. Lifeguarding	12
4.9. Spectators.....	12
A 1. General information about COVID-19 and Swimming	13
a. Health Monitoring	13
b. Returning to Training following a positive COVID-19 test	14
c. Home Isolation Recommendations	14
d. Physical Distancing	14
e. Hand and Personal Hygiene.....	16
f. Use of Equipment	16
g. Safe Sport.....	17
h. Acknowledgement and Assumption of Risk Forms	17
i. Summary of Roles and Responsibilities.....	18



1. Introduction

COVID-19 imposed an unexpected suspension of swimming activities in New Brunswick and an anticipated shutdown of our competition season. Nevertheless, several clubs continued to support their athletes with virtual workouts and swimmers encouraged each other through social networks. New Brunswick has escaped the worst of the pandemic and became the first province to resume swimming training in June. Swimming New Brunswick (SNB) congratulates and thanks all those who have demonstrated that the spirit of swimming in our province is stronger than COVID-19.

This is our second version of our progressive recovery plan to allow for a return to the pool and both the Government of New Brunswick and Swimming Canada have provided guidelines for safe recovery of swimming activities. Since early May, SNB has been working with clubs and other aquatic organizations and pool managers to prepare and revise this operational plan to take account of our growing knowledge of COVID-19, changes in national and provincial guidelines, and the experience of clubs that have already returned to the pool. Version 2 of our plan maintains the basic four phase approach while providing greater flexibility in organizing training sessions.

- Phase 1 Return to Training – The club resumes organized training and practice sessions with a step-by-step approach respecting appropriate restrictions and in accordance with the guidelines of facility managers.
- Phase 2 Return to competition – With appropriate restrictions and in accordance with guidelines from individual facility (limited attendance, Open Water, virtual).
- Phase 3 Normal practices.
- Phase 4 Normal Competition.

The NB Government requires that each organization (each club) prepare an operational plan. We have tried to make our plan "ready to go" and hopefully it will be used as a reference for clubs to check and adapt if necessary, with pool managers. However, it is imperative that all recovery plans be aligned with the health guidelines and restrictions put in place at the municipal, provincial and national levels.

The status of COVID-19 and the information communicated about it continues to evolve rapidly. The information available in this document is based on the best information available to date. We will continue to monitor the situation very closely and update the document accordingly.

Sport is valued by New Brunswickers and is a proven mechanism to strengthen, unite and build communities. Swimming and swimmers are looked at as role models not only in the sport community but in the country at large and our return to sport/work can show a way forward and can help our communities re-unite.

THANK YOU for your efforts to show New Brunswickers that swimming is a safe sport and that we can return to the pool (and eventually competitions) in a practical way.



2. COVID-19 Awareness

New Brunswick introduced its first COVID-19 control measures on March 13, 2020 and Swimming New Brunswick followed suit on the same with a decision that swimmers returning from overseas should undertake home quarantine for 14 days before returning to training. The World Health Organization declared COVID-19 a global pandemic on March 11, 2020. Most swimming pools in the province closed in the week of March 14, 2020.

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, 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). A related coronavirus which caused the SARS epidemic in 2003, was found to be inactivated by UV treatment and disinfectors.

Swimming New Brunswick and all affiliated clubs should ensure that all swimmers, coaches, officials, parents and others are aware of applicable health, medical, and safety information. They should consult guidelines produced by New Brunswick Public Health, a summary of information is provided at the end of this document. Everyone should be aware that knowledge of Covid-19 is evolving and up-to-date information from the New Brunswick Government and from municipal authorities supersedes any guidelines in this document.

2.1. Specific Awareness Actions for Swimming Clubs

- Clubs should ensure that all swimmers, coaches, officials, parents and others are aware of applicable health, medical, and safety information.
- Before restarting training, all swimmers, coaches must indicate by e-mail or by signing a waiver that they have received and are aware of this information and that they:
 - Do not have any COVID-19 symptoms.
 - Have not been in contact with or cared for someone with COVID-19.
 - Have respected provincial quarantine requirements for travel outside the province.
- Facilities may have their own procedures (poster, arrival to the facility, etc.) and swimmers, coaches, parents should follow the rules of the respective facility.
- Training plans should be sent by e-mail to reduce on-site instructions.
- Swimmers should bring their own training equipment. Shared equipment should be soaked in chlorinated water for 10 minutes after use.
- Swimmers should train in groups of fixed composition, with names being recorded in participant lists.
- Activities that could contribute to the spread of COVID-19 such as handshakes and hugs are to be avoided. Instead use a wave.
- Swimmers and coaches should shower at home before coming to the facility and wear their swimwear under their street clothes to arrive at the facility. Changing rooms will be used only after the end of the training session.
- Coaches are required to use masks as an additional measure to protect swimmers when physical distance is difficult or impossible to maintain, even if they do not show any symptoms of COVID-19.



3. Return to Training Framework – GNB “Yellow” phase

Public Health guidelines have changed since the publication of version 1 of this document. In considering the easing of restrictions across the province, particularly regarding the new limit gathering of over 50 persons released on Friday 19th June 2020, the return to swimming recommendations have been updated.

Key Considerations

1. It is recommended that the initial return is completed with small controlled groups of swimmers. This will allow for the testing of protocols and ensuring that a safe environment can be maintained.
2. It is recommended that a progressive return of the various groups within a club is planned in consultation with the facility. Consider starting with the reintroduction of a limited number of groups of mature swimmers within the club that are capable of adhering to the physical distancing guidelines. There should be a minimum time period of two weeks, but three weeks is recommended, before introducing other groups to start training as well. By slowly reintroducing other groups over a number of weeks, it will be possible to assess both operations and health aspects of the return process.
3. As groups are added, a detailed plan will be required to stagger the arrival and departure of each group in order to alleviate potential congestion. A buffer of 10-15 minutes should be planned between groups in order to allow for an appropriate changeover.
4. As groups of swimmers are added, clubs should work with their facilities to ensure the group size, including coaches and swimmers, allow for physical distancing at the facility
5. All swimmers have been out of the water for a minimum of three months, it is recommended that a group only do a single session per day for a minimum of three weeks. From the fourth week, multiple daily sessions can be progressively added.

GROUP SIZE

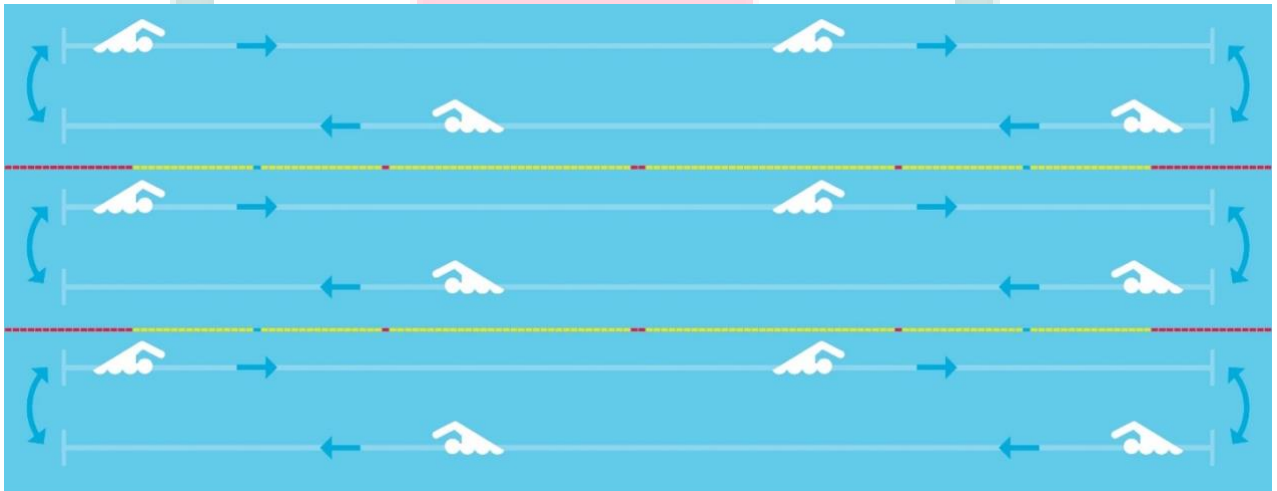
Group size must fall within any group gathering limitations that are in effect locally. The practical application of group size limits should be evaluated based on published guidelines at the time of facility opening and may be specific to individual facility policies. The group size will also be limited by the number of available lanes, how they are configured and the available deck space in order to maintain physical distancing.



Swim NB recommends the following progression:

Step 1

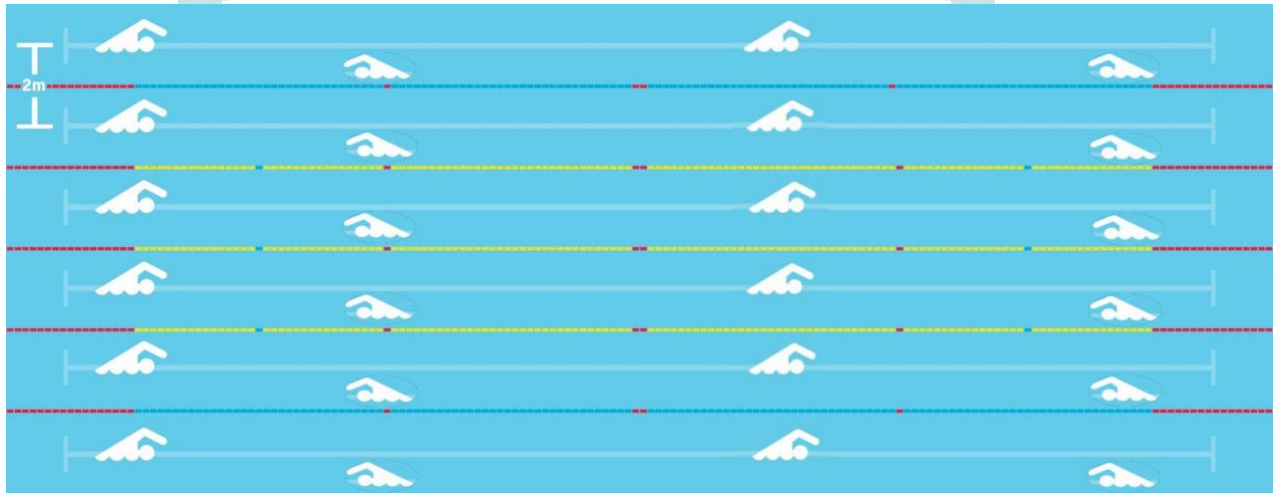
- Small groups of most competitive swimmers. This will usually be swimmers who have previously held Eastern qualifying times or have potential to be in the Canada Games team. Small clubs may also include swimmers with AA standards.
- One workout per group per day.
- Dryland training outside the pool area in accordance with physical distancing and facility requirements.
- Should continue for 2 to 3 weeks before moving to Step 2, depending on the guidelines for physical distancing.
- To swim in practice, the club has two options to choose from:
 - Option 1: If the club can reserve the pool for a large time slot: Only one athlete per lane, must swim above the black center line and will be able to use the same lane to come back. Possible to have multiple groups per day.
 - Option 2: If the time allowed to the club to use the pool is limited, two lanes without lane rope allowing two-way swimming in which four athletes (maximum) swim over the black line and use the other black line to come back



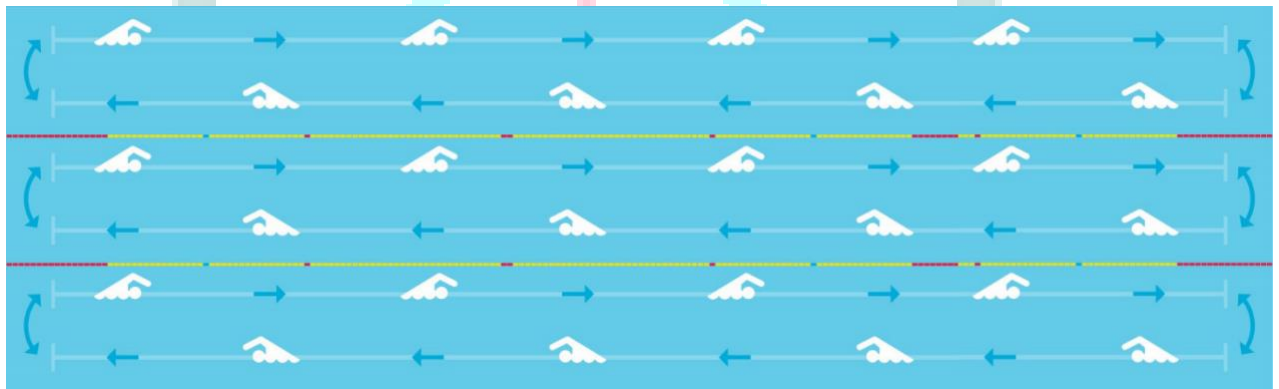
Step2:

- It is important to clearly define a swimmers start/finish point as all swimmers will be unable to congregate at the wall and maintain physical distancing.
- Swimmers will also need to be instructed to keep at least two metres between each other

Option1: 4 Swimmers per lane: Allow for a maximum of 4 swimmers per lane at one time while maintaining physical distancing of at least 2m (or 6 feet).



Option 2: Up to 8 Swimmers per double lane while maintaining physical distancing of at least 2m (or 6 feet).



4. Physical distancing for Phase 1, Return to Training

Each pool facility in NB is quite different ranging from a 4-lane pool with a roof and limited changing space to an Olympic multiuse facility. Physical distancing practices will depend upon the facility and upon guidelines set by the facility managers and respect provincial guidelines to ensure physical distancing for swimmers, coaches, officials, lifeguards, parents and others.

Clubs should begin this phase with a small group of older, more competitive swimmers to ensure that these physical distancing measures can be respected and maintained. After at-least 2 weeks and preferably 3 weeks (as recommended), clubs may then resume training with other groups, possibly using older swimmers to ensure that younger teammates respect the guidelines.

Coaches are responsible for emphasizing physical distancing requirements with swimmers and for monitoring this.

4.1. Arriving at and leaving the facility

- Facilities may have their own procedures in place and swimmers, coaches, parents should follow the facility's rules.
- Groups in front of and inside the training facility must be avoided at all costs. It is therefore necessary to organize a time-schedule arrival and departure of the participants* with the necessary distance rules (min. 2 metres) and as one-way traffic.
- All participants must be absolutely symptom-free when entering the training facility, which is noted by the appropriate coach.
- If not driving themselves, swimmers should be dropped off outside the facility. Parents should remain in their vehicles and at a safe distance from others for the duration of the training session.
- Only swimmers and required staff should enter the facility. Where possible, a dedicated entry way is preferred to limit interaction with other facility users.
- Swimmers should arrive at the facility already in their bathing suit in order to limit the use of changing rooms.
- All swimmers should leave the facility as quickly as possible following the conclusion of the training session.
- Swimmers are encouraged to leave without using the changing rooms.
- Once all swimmers have left the facility, all staff should also leave the facility as quickly as possible.
- Once out of the facility, all swimmers and staff should use hand sanitizers to disinfect hands.
- The swimming pool must be left immediately after the training and crowds of people must be avoided.



4.2. Dryland Training and Warm-up

- Dryland training, running, weights and similar activities, should be undertaken outdoors or in a separate space, such as a gymnasium, in accordance with facility guidelines. Do not perform dryland training at the pool.
- Dryland training should respect all hygiene and physical distancing measures outlined in this guide and established by provincial and municipal authorities.
- Participants must respect all requirements and guidelines established by facility managers, both for indoor and outdoor activities.
- Stretching and similar warm-up exercises may be undertaken on the pool deck, provided that physical distancing of 2 m can be maintained. Such sessions should not last more than 5 minutes.

4.3. Entering the facility and the pool area

- Facilities may have their own procedures, so swimmers, coaches, parents should follow the facility's rules (Rope line or arrows to establish a one-way entrance, markers to establish physical distancing for swimmers once within the pool area, direction of the movement around the pool, etc.)

4.4. Training in the pool – one swimmer per lane

- Swimmers may enter the pool from the diving blocks or a designated entry ladder, ensuring that 2 m distancing is maintained.
- Swimmers must exit the pool using a designated exit ladder, ensuring that 2 m distancing is maintained.

4.5. Training in the pool – several swimmers per lane

- Swimmers should share lanes with the same swimmers every practice. This is a version of the “bubble” family that is permitted.
- The training takes place in a single lane. Recommended maximum number of swimmers per single lane: 4.
- Swimmers who are resting at the end of the lane must ensure that 2 m distancing is maintained. This may require that a swimmer stops 2 m from the end of the lane to wait until a place is free.
- The distance must always also be maintained laterally.
- Overtaking is not possible.
- Approaching at a distance of less than 3 (or 2) metres is prohibited.

4.6. Training in the pool – several swimmers per double lane

- Swimmers should share lanes with the same swimmers every practice. This is a version of the “bubble” family that is permitted.
- The training takes place on double lanes (to lane 1, back to lane 2, etc.). Lines should make it easier to keep the distances.



- Swimmers who are resting at the end of the lane must ensure that 2 m distancing is maintained. This may require that a swimmer stops 2 m from the end of the lane to wait until a place is free.
- The distance must also be maintained laterally at all times.
- Overtaking is not possible.
- Approaching at a distance of less than 3 (or 2) metres is prohibited.

Organisation: Swimming in a pool with 5 lanes (25 m) with lines. The same rules apply as in the section Swimming in a 25 m/ 50 m pool (8 lanes). The middle lane is used by one person or more in case they are from the same family.

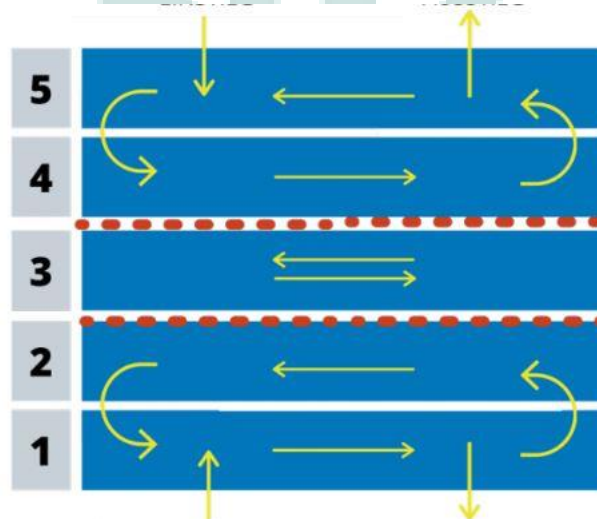


Fig.2: 5 Lanes Pool



4.7. Entering and Exiting the pool area

- Figure 1 shows the directions for lanes 1-4. It is essential that lanes 3 and 4 enter the pool first. When exiting the pool, lanes 1 and 2 leave the pool first, followed by lanes 3 and 4.
- Figure 2 shows how to enter the lanes 5-8. First the athletes* get into the water in lanes 7 and 8, then lanes 5 and 6. When leaving the pool, it is the other way round (first lanes 7 and 8, then 5 and 6).
- For swimming pools with 5 lanes, entry to the middle lane 3 takes place before the groups enter on lanes 1/2 and 4/5. Exit in reverse order.

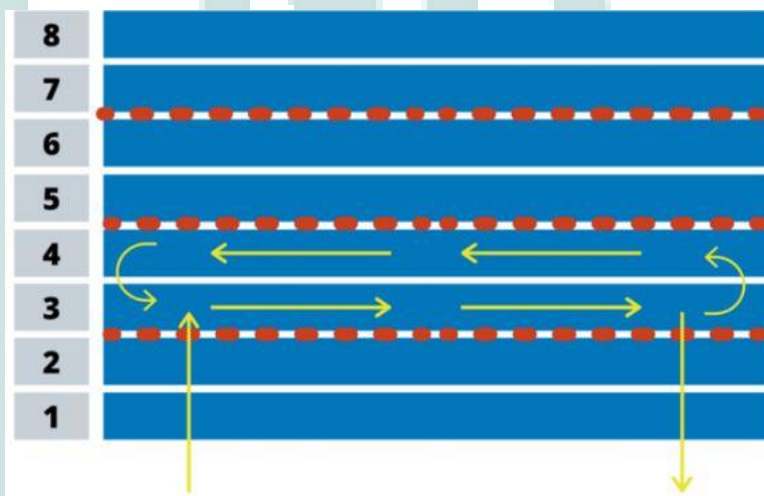


Fig. 3: Entry and exit lanes 1-4

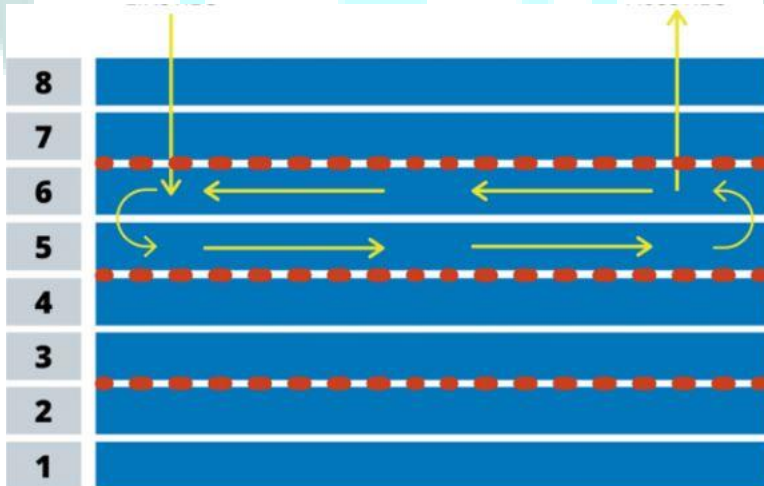


Fig. 4: Entry and exit lanes 5-8



4.8. Use of changing rooms and showers

- Swimmers and coaches should shower at home before coming to the facility and wear their swimwear under their street clothes to arrive at the facility. Changing rooms will be used only after the end of the training session.
- Swimmers are encouraged to leave without using the changing rooms.
- Swimmers and coaches should shower at home after training. Showers in changing rooms should not be used.
- Blow-dryers in changing rooms should not be used.
- The number of changing room lockers should be limited (e.g. every fourth locker).
- Physical distancing markers may be placed on the floor or benches in the change room to indicate safe distance.



4.9. Lifeguarding

- Guidelines for lifeguards have been prepared by the Lifesaving Society in the New Brunswick Public Pool Safety Standards document and should be enforced by facility managers.
- Where swimming coaches are also acting as lifeguards, they are responsible for following guidelines prepared by the Lifesaving Society and the facility manager.
- Information regarding aquatics and COVID-19 can be found at the following link: <http://www.lifesavingnb.ca/covid-19.aspx> As new information bulletins are created, they will be added to the Lifesaving Society New Brunswick webpage under the COVID-19 section.
- If the swim club is hiring Lifeguards themselves, they will need to make sure that the Lifeguards have the proper equipment to be able to do their job. This information can be found in the document “Information Bulletin COVID-19: Resuscitation & First Aid Recommendations” on the Lifesaving Society webpage under the COVID-19 section.

4.10. Spectators

No spectators are allowed to watch the training sessions.



APPENDICES AND ADDITIONAL DOCUMENTS

A 1. General information about COVID-19 and Swimming

COVID-19 is a type of coronavirus mostly found in animals, but when humans become infected, symptoms can range from mild to severe depending on a number of variables. The World Health Organization declared COVID-19 a global pandemic on March 11, 2020. Tragic consequences of this virus are being experienced around the world, including within Canada. There are many ongoing challenges for all of us to manage, and for our Canadian aquatic community, a safe and responsible return to swimming is paramount. The intent of the following information is not to provide permission to return to sport, but rather to supply the reader with a guide to current medical recommendations in an attempt to mitigate risks related to COVID-19. The goal is to avoid becoming infected and spreading to other people in the community. This document is meant to complement not replace local public health and recreation facility advice.

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, 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). A related coronavirus which caused the SARS epidemic in 2003, was found to be inactivated by UV treatment and disinfectors.

The following health, medical, and safety information are considered to be applicable to all Phase of the Return to Swimming Framework until such time that public health information and guidelines change.

a. Health Monitoring

- Athletes, coaches, and staff must answer 'NO' to the following questions prior to attending any training session:
 - Do I have any of the symptoms: cough, shortness of breath, chest pain, difficult breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
 - Have I returned from a trip outside the country within the last 2 weeks?
 - Have I been in contact with or cared for someone with COVID-19?
- Stay home when sick, even with mild symptoms
- Any athlete or staff member that is required to leave a training session because of experiencing signs or symptoms consistent with COVID-19 is required to contact their physician to consider the appropriateness of further investigations. Further investigations may include a test for COVID-19. The athlete or staff member may not return until receiving clearance from the physician, and if a test for COVID-19 was completed, a negative test result will be required before further training is permitted. If home isolation is required, guidelines have been provided in a subsequent section below.



- Staff or athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions.
 - Common conditions which may place an individual at higher risk would include chronic respiratory disease, such as asthma, hypertension, heart disease, diabetes, immunocompromised, and obesity.

b. Returning to Training following a positive COVID-19 test

The decision on when it is appropriate to return to training following a positive COVID-19 test will require medical advice and clearance by the attending physician. Recommendations will vary based on a number of factors and may include further testing in some cases. Please seek the advice of your health care practitioner.

c. Home Isolation Recommendations

If you find yourself ill with symptoms suggestive of COVID-19,

- Remain at home except to get urgent medical care.
- Do not go to work, school, pool or other public places.
- Cancel non-urgent appointments.
- Do not use public transport.
- Notify your doctor or local health department by phone, as testing may be required.
- Monitor your symptoms and seek medical attention if you are having difficulty breathing are unable to drink fluids, or if your illness is significantly worsening.
- Wear a face mask when around others, particularly when physical distancing cannot be maintained.
- Separate from household members, at least 2 meters at all times.
- Do not have visitors.
- Stay in a well ventilate room (open windows) and use your own bathroom if possible.
- Sanitize common use surfaces frequently.
- If close contacts are vulnerable in terms of their health, consider alternative accommodations.
- Avoid sharing household items.
- Maintain excellent hand hygiene.

d. Physical Distancing

- Avoid being exposed to COVID-19 by physical distancing (at least 2 metres). Keep a safe distance at all times. **This is critical as COVID-19 can be spread prior to symptom onset.**
- Avoid crowded places.
- Avoid greetings with handshakes, hugging, high-fives, etc.
- Athletes and staff must respect physical distancing during all aspects of training.



- Athletes, coaches and staff may consider the use of protective masks. Masks should be considered when physical distancing isn't always possible such as on public transit on the way to training, crowded areas, and for those with chronic medical conditions. Remember that using a mask is not enough alone and should be combined with other preventative measures such as frequent hand-washing and consistent physical distancing.
- Provide facility access with one entry point and a separate exit point.
 - If both entry and exit points are located at the same place, put in place measures that provide physical distancing of at least 2 meters.
 - Install signage to direct athletes, coaches, and staff to enter one at a time.
 - Provide floor markings to guide athletes, coaches, and staff movements through and out of the facility.
- Install physical markers on the floor or walls (cones, lines, stickers, wooden structures, etc.) that indicate appropriate two meters spacing distances for athletes, coaches, and staff working on deck or in dry land areas.
- Coaches and staff must maintain appropriate distance from each other and facility staff members throughout the entire duration of time spent in the facility.
- Athletes should arrive in their training suit.
- Showers should be mandatory only if a shower is available near the pool deck (without the need to enter the changing room).
 - Athletes should encourage good pool hygiene by showering at home before and after swimming.
- To maintain physical distancing of 2 meters during lane/laps swimming, the number of bathers must be modified depending on the activities programmed in the aquatic facility.
- To maintain physical distancing of 2 meters, swimmers should swim in the middle of the lane only.
- Keep the same group of athletes for each training session
 - Athletes should not come for another region to train with the resident group.
- Do not perform dry land training at the pool. Any dry land or pre-pool should be performed before entering the facility.
- Do not arrive any earlier than necessary for receiving the training session and entering the pool.
- At this time, public health authorities are advising against physical therapy treatments, which includes hands-on services provided by massage therapists physiotherapists, chiropractors, athletic therapists and strength and conditioning practitioners.
- Spectators/parents to follow facility rules and are expected to adhere to the physical distancing rules.
- Athletes are encouraged to act responsibly and promote appropriate behaviour on social media with their peers.



e. Hand and Personal Hygiene

- Clean/wash your hands frequently with soap and water for at least 20 seconds or use a hand sanitizer (>60 % alcohol).
- Avoid touching your eyes, nose, and mouth.
- On arrival, athletes, coaches, and staff must wash their hands with soap and water or hand sanitizer for at least 20 seconds.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Regularly clean and disinfect frequently touched surfaces.
- Do not share food and drinks.

f. Use of Equipment

- Clean pool and gym equipment thoroughly with a disinfectant pre-and post-training session. Remember that COVID-19 can last between two hours and nine days on surfaces depending on a number of factors. Simple cleaning measures can inactivate the virus.
- Athletes are not to leave equipment or mesh bags at the facility. All equipment needs to be brought home and thoroughly cleaned after each training session.
- Personal items and clothing (backpacks, jackets, shoes, etc.) brought in by athletes, coaches, and staff should be kept to a minimum. Where bags must be brought in, they should be stored separately, with adequate space between each member's items (re: backpacks left 2 meters apart along the pool deck).
- Limit the amount of equipment to be brought into the pool throughout the return to the sport process. The coach is required to communicate necessary swim training equipment prior to each session.
 - Athletes are not permitted to share any training equipment.
- There is not permitted sharing of water bottles. Athletes, coaches, and staff are required to fill their personal water bottles at home, prior to leaving for the facility.
- Coaches are not permitted to use whiteboards so that swimmers do not congregate around them. Use other means of communicating the training sessions to the swimmers such as bringing individual printed copies of the workouts.
- Coaches are not permitted to share hand-held equipment such as stopwatches, clipboards or pens, with colleagues or others. Reminder to clean this equipment with disinfecting wipes pre-and post-training session.



g. Safe Sport

- All efforts should be made to ensure that Open and Observable environments are maintained at all times. Open and observable environment means to avoid situations where a coach, official or other representative might be alone with an athlete and/or vulnerable individual. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.
- Training sessions should include a minimum of 3 people.
- The current Public Health information for developing Operating Procedures during the current COVID-19 pandemic focus on Social Distancing and minimising potential contacts. The standard procedures to implement these requirements is to reduce staff and spectators. When Clubs are developing their Operating Procedures they must follow all Swimming Canada and Coaching Association of Canada policies. In particularly Clubs should pay attention to and adhere to the “Rule of Two” (see <https://coach.ca/three-steps-responsible-coaching>) that is integral to Swimming Canada’s Open And Observable Environment policy and Coaching Association of Canada’s Responsible Coaching Movement.

<https://coach.ca/responsible-coaching-movement>

<https://coach.ca/three-steps-responsible-coaching>

<https://www.swimming.ca/en/safe-sport/prevention/responsible-coaches-movement/open-observable-environments/>

h. Acknowledgement and Assumption of Risk Forms

Acknowledgement and Assumption of Risk Forms are available, please contact Swim NB at swimnb@aibn.nb.com



i. Summary of Roles and Responsibilities

Organization/Individual	Responsibilities
Swimming Canada	<ul style="list-style-type: none"> - Lead in the development and updating of the Return to Swimming Plan - Publish Plan and Support Documents - Promote plan nationally - Provide educational opportunities for Provincial Sections & CSCA, SC Staff and Coaches, Carded athletes and coaches - Feedback to provincial sections, CSCA as needed
Provincial Section	<ul style="list-style-type: none"> - Adapt national framework into a provincial section plan - Share provincial section plan with Swimming Canada - Promote provincial plan with provincial stakeholders (clubs, provincial funders, key facilities, etc.) - Follow all Provincial guidelines - Educate clubs (head coaches/presidents) - Monitor club implementation and offer ongoing club support - Feedback to Swimming Canada, CSCA, and key facilities as needed
CSCA	<ul style="list-style-type: none"> - Promote national plan and Provide education opportunities for coaches nationally - Feedback to Swimming Canada and Provinces as needed
Clubs	<ul style="list-style-type: none"> - Adhere to provincial section return to swimming plan - Adhere to all provincial, municipal and facility specific guidelines - Develop club and facility specific return to swimming plans - Ensure Coaches, Swimmers and Parents are educated - Ensure Acknowledgement of Risk forms are signed - Monitor implementation and adjust plans as needed - Feedback to Provinces and Facility Managers
Head Coaches	<ul style="list-style-type: none"> - Contribute to the development of and the adherence to club specific return to swimming plan - Adhere to all provincial, municipal and facility specific guidelines - Educate staff coaches on the plan and expectations - Educate swimmers and parents on the plan and expectations - Monitor implementation and adjust plans as needed - Lead by example - Feedback to Club President and Province - Sign acknowledgement of Risk form
Staff Coaches	<ul style="list-style-type: none"> - Adhere to club specific return to swimming plan - Adhere to all provincial, municipal and facility specific guidelines - Educate swimmers on the plan and expectations - Monitor implementation and adjust plans as needed - Lead by example, Feedback to Head Coach and Sign acknowledgement of Risk form
Swimmers	<ul style="list-style-type: none"> - Adhere to club specific return to swimming plan - Adhere to all provincial, municipal and facility specific guidelines - Lead by example. - Feedback to Coaches - Sign acknowledgement of Risk form
Support Staff	<ul style="list-style-type: none"> - Adhere to club specific return to swimming plan - Adhere to all provincial, municipal and facility specific guidelines - Lead by example - Feedback to Coaches and Sign acknowledgement of Risk form

