



Dear Kingfish Families

The Greater Ottawa Kingfish priority is the health and well-being of all our student-athletes and staff. We continue to closely monitor and evaluate developments of the coronavirus (COVID-19) and follow guidance from Ottawa Public Health (OPH), Ministry of Health, Public Health Ontario and the Ministry of Education.

Assessment Centres:

It was announced today, the City of Ottawa is getting one of the first six assessment centres for COVID-19. The assessment centres will be located at the Brewer arena, near Brewer Park and Carleton University. The centres will open within the next few days.

Addressing Concerns:

News surrounding a virus-like COVID-19 creates anxiety and can be difficult for children to understand. It is normal for them to feel worried or have questions. Each one of us can help to clarify misinformation. They also need to be heard. They do not require detailed information, but they do need to talk about their feelings. Let them know they can ask questions. Answer honestly but make sure that the information is suitable for their age level. Remember, children are often listening when you talk to others about COVID-19. Reassure your Children!

OTTAWA PUBLIC HEALTH: Recommendation for Everyone

As a reminder, you can help [Stop the Spread of Germs](#), including the flu and the novel coronavirus (COVID-19), by practicing healthy habits.

- Wash your hands often with soap and water, or use hand sanitizer
- Avoid touching your eyes, nose, and mouth unless you have just cleaned your hands
- Cover your cough and sneeze with a tissue or into your arm, not your hand
- If possible, stay home if you are sick
- Avoid visiting people in hospitals or long-term care centres if you are sick
- It is still recommended to get your [flu shot](#) if you haven't already as the flu virus is still circulating in the community

GO Practices:

There is currently no plan to cancel practices. In that respect, GO will follow the directions and requirements of officials with the City of Ottawa, uOttawa, Swim Canada, and Health Canada. Obviously, this situation is rather fluid, and we will update families as soon as possible should events be cancelled.

Please follow the following guidelines during practice:

- No swimming snorkels are to be used during practice moving forward – leave them at home
- No sharing of water bottles
- Shower prior to entering the water/deck
- No sharing swim goggles or other equipment
- No partner stretching
- Fist bumps/elbows bumps instead of high fives; or none
- Respect others personal space
- Cover up when coughing or sneezing
- Stay home if you feel sick

Team Travel:

Effective immediately, [all Team Travel events are canceled](#). Thus, the Olympic Swimming Trails Team Trip scheduled for April 3-4, 2020 has been cancelled. We will evaluate the GO Kingfish Team Travel Policy again on April 6, 2020.

Water and Corona Virus:

While the coronavirus has had a large impact on sporting events, including limiting spectators and cancelled events, more answers are emerging regarding the virus and water. According to an [official statement by the Center for Disease Control](#), *there is no evidence that the virus spreads to humans through the use of pools and hot tubs.*

March Break Travel:

Ottawa Public Health has posted some helpful information for families who are planning to travel outside the country during March Break. Follow the links below to stay informed.

- Before you go away: [Staying healthy and safe during March break travels](#)
- When you return: [Guidelines for travellers who travelled outside of Canada](#)

Additional information:

For more information on the coronavirus outbreak, please visit the [Public Health Agency of Canada](#). There is a lot of misinformation going around about the global situation. The primary authoritative source of information for all Canadians on COVID-19 is [Canada.ca/coronavirus](#), as well as the COVID-19 Information Line at 1-833-784-4397.

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