

GO Summer Swim Session

Covid 19 Recap & Protocols

GO  **Kingfish**



uOttawa Pool Closed until fall

- Heating ,Ventilation, Air Conditioning
- Closed until end of August
- Working with them on return to sport process now



City of Ottawa Pool



- Government allowed pools to be open June 12
- City Pools - 4 weeks to adjust and be ready to open
- July 6 first day Outdoor pools open -----July 13 Indoor Pools
- GO Kingfish protocols submitted to City end of June
- 10-12 in 6 Lane Pool ; 14-16 in a 8 lane pool (Swim Canada Rules)
- Swim Ontario/Swimming Canada approved, and insurance approved for summer session
- We follow all Swim Canada Guidelines ---might be only province?
- New/Updated Swimming Canada guidelines out soon - we will adapt if need --- Positive or Negative

How we reserved Pools

- GO had reserved some pool back in March for weekends for June/July.
- Historically GO does not swim in the summer, thus we had to request pool time
- We reserved as much Pool time for July/August from the City as we could get
- From the beginning of COVID, we as a club, said we would swim in the summer if possible.





Priority: 84 slots available

- Swimmers in the GP group who will be going into their Junior/Senior year in Highschool (most to lose not swimming) and break down into Senior Track (GP/SK/SB); Youth; Gold
- Staff agreed to service by level: Senior Track (42 Slots) Youth (18 slots) Gold (24) Slots
- Staff agreed that Bronze/Silver could not be allotted at this time (Space/Age)
- There is a cost associated to this to cover off pool expenses to be billed August 1
- Strength and condition via Zoom will continue during summer too

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am		6:00-6:45am			9:00-9:50am	9:00-9:50am
Sawmill		Sawmill			Crestview	Crestview
7:00-7:45am		7:00-7:45am			10:00-10:50am	10:00-10:50am
Sawmill		Sawmill			Crestview	Crestview
Senior/Youth Track	Tom Langridge	Alex Lorrain		Group A		Group B
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-6:45am			6:00-6:45am	9:00-10:15	
	Sawmill			Sawmill	General Burns	
	7:00-7:45am			7:00-7:45am		9:00-10:15am
	Sawmill			Sawmill		General Burns
Youth	Simon St. Pierre					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:00-7:50pm		7:00-7:50pm	4:30-5:45		
	Crestview		Crestview	Generl Burns		
Gold	Audrey Rivest	Kristian Peshev		Group A		Group B
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-4:45pm				6:15-7:00pm		8:00-8:45am
BMRC				BMRC		Bmrc
5:00-5:45pm				7:15-8:00pm		9:00-9:45am
BMRC				BMRC		BMRC



GO Kingfish COVID19 Plan

- Distributed to all parents/Families
- Must review it - should have by now
- Will be Posted on our website
- City has own protocols for each pool
- Go has hired lifeguards for protection of Staff and swimmers.
- Coaches are there to coach!!!!!!!









CORONA VIRUS CHECK: COVID -19.


- This is the MOST important part of booklet
- Collect them every practice
- Take pride in doing it --- protect others!
- Coaches keep these on file for 14 days
- Most likely to get COVID in everyday life
- Protect Others -don't pass it on.

STOP COVID-19
Please complete the following questions before beginning your work today.


Name: _____
Date: _____ Time: _____


Do you have any of the following new or worsening symptoms?

Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
Fever/Chills		Cough		Difficulty breathing/ Shortness of breath		Sore throat/ Difficulty swallowing	
Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>		Yes <input type="checkbox"/> No <input type="checkbox"/>	
Runny nose (unrelated to seasonal allergies)		Loss of taste or smell		Not feeling well, headache, unexplained tiredness and muscle aches		Nausea, vomiting, diarrhea, abdominal pain	


 **In the last 14 days**, have you had close physical contact with a person who:

- was sick with a respiratory illness (had a new or worsening cough, fever or difficulty breathing)?
- has returned from travel outside of Canada in the last 14 days?
- was a confirmed or probable case of COVID-19?

 **In the last 14 days**, have you travelled outside of Canada?

 If you answered **YES** to any of these questions, **please return home and self-isolate**. Visit [OttawaPublicHealth.ca/COVIDCentre](https://ottawapublichealth.ca/COVIDCentre) for more information about getting tested.
If you are feeling unwell, contact your health care provider or call **Telehealth Ontario** at **1-866-797-0000** to speak to a registered nurse.

Adapted with permission from Toronto Public Health 17/06/2020

OttawaPublicHealth.ca/Coronavirus 



Practice Routine Example

Wake up:

- Eat breakfast
- Fill water bottle
- Put suit on/Sun tan Lotion
- Pack Snacks
- Fill out Covid sheet
- If "Yes" on COVID Sheet --- stay home
- Drive to practice and goto appropriate parking lot.
- Only athletes allowed in facility

Entrance

- Line up 10 min prior
- 2 meter distance
- Masks ON!!!!
- Sanitize Hands at station
- Hand Covid sheet to coach
- Proceed to Prep area
- Hula hoop or square
- Place clothes in bag or Garbage bag if raining
- Proceed to designated lanes

Swim Pool

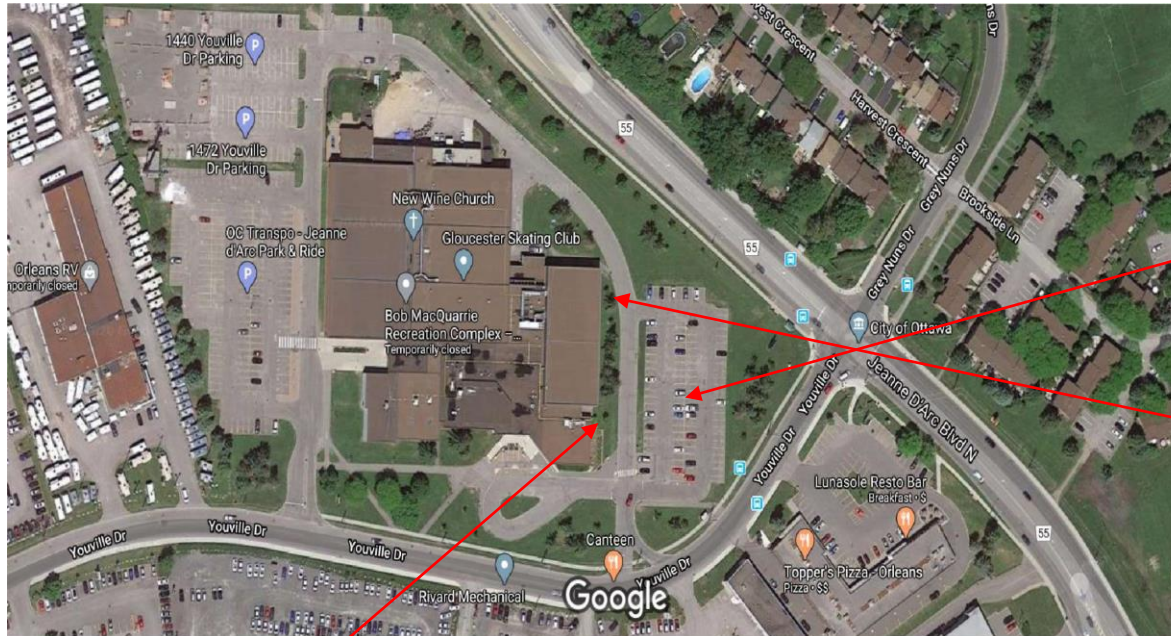
- 2 swimmers on each side - designated
- Practice
- No washroom breaks unless absolutely needed - preference by city.
- No water fountains
- Finish and return to Prep area

Exit

- Towel off and quick change
- Mask ON!
- Follow directions to exit
- Take all stuff home
- Eat snacks in car
- Say thank you to all lifeguards

Bob MacQuarrie Recreational Complex

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Imagery ©2020 Maxar Technologies. Map data ©2020 20m

Parking

- Leave space between cars
- Line up 5-10 min prior to practice
- Social distancing while waiting for entrance – mask on
- Swim suits should be on prior to arriving at the pool
- Daily Covid-19 questions filled out ready to give to coach.

Entrance

- Pool entrance is at side of pool building --- do not go into the main building/lobby.
- Swimmers line up 2 meters apart until lifeguards let you in.
- Markings for 2 M will be on ground
- Mask to be worn in and out of pool
- Hands to be sanitized on way in and out of pool
- Please and thank you to all pool staff
- Proceed to assigned preparation area on deck

Exit:

- After you exit pool -return to preparation area and your square
- Proceed to dry off and put clothes on over swim suit
- Proceed to designated exit, go to your car and proceed to depart-thank you!

Preparation Area

- Squares will be marked off on the deck with tape in preparation area
- Lifeguards will direct you where to go
- Select Square-that is your designated instructed preparation area
- Place all items in your backpack/bag – leave back in square
- Proceed to designated lanes as assigned by coach- when notified
- Please note that washrooms- change areas are for emergency use only- please go to the washroom prior to arriving



Communication and Questions

- Monday Reminders and Website are our main communication points
- Contact staff if you have any immediate questions or Jason directly
- Social Media - there will be limited Go social media on twitter. We will announce and post a few pictures, however, the staff feels that it is very important that we use our platform for important COVID 19 announcements for educational purposes.

THANK YOU

- The Greater Ottawa Kingfish would like to thank all our swim families for their support during this time.
- Again, please contact us if you have any concerns or questions
- Stay educated, Stay Healthy, Stay Safe



Thank
you