



## **SWIMMING CANADA RETURN TO SWIMMING RESOURCE DOCUMENT**

### **FREQUENTLY ASKED QUESTIONS (FAQ)**

**UPDATED VERSION 2 – JULY 24, 2020**

**1. Why does Version 2 of the Swimming Canada Return to Swimming document not focus on the Step by Step progression outlined in Version 1?**

As the various provinces and regions have begun to reopen across the country, there has been an evolution in the process to return to swimming. Public Health guidelines have changed since the publication of Version 1 of this document. In considering the easing of restrictions across the country, the return to swimming recommendations have been updated.

The focus of the framework is a safe return to swimming that adheres to the overarching health, medical and safety considerations outlined in this document. Given the various Public Health guidelines in place across the country, the step by step approach outlined in Version 1 of the resource document is no longer practical as a national framework. While the recommended return is no longer defined by specific steps, it is still highly recommended that programs should initiate their return to swimming in a progressive manner.

**2. How can a club determine the effectiveness or success of their return to swim plan and decide how to progress?**

First and foremost, any progression needs to be in line with the local public health authority guidelines. As an example, if a facility is limited on the number of occupants, then group sizes can't increase if the facility does not have the capacity. Additionally, adding more groups would need to align with the facility operations restrictions they may have in place.

There is no one set metric that will determine the effectiveness of a return to swimming plan. Conversations with the key stakeholders (coaches, club reps, facility, provincial section, etc.) will need to occur and an assessment on how things have gone in the preliminary opening should be reviewed. Certainly, no infections are a must but beyond that a club should look at things like: were they able to maintain physical distancing at all times? Did the facility access and exit plans work well? Have there been any changes to the provincial section and public health requirements? etc. Following this assessment, if everyone is comfortable and a strong operational plan has been created that shows how the plan can be implemented safely then it would be a good time to move ahead.



- 3. In Version 1 of the Swimming Canada Return to Swimming document, Step 1 includes the recommendation for 1 swimmer per lane for the first 3 weeks. In our province, the initial opening is allowing for more than that, do we need to follow the Swimming Canada recommendations in the Return to Swimming Resource document?**

Version 1 of the Return to Swimming Resource document was created as a guide to help provincial sections and clubs create their return to swim plans based on the provincial health recommendations in place and included a Step by Step approach. The second version of the Return to Swimming Resource has removed the Step by Step approach and has replaced it with the need for Clubs to create their own “planned” approach that follows the provincial section and provincial health authority guidelines and standards that exist. As provincial government and health authorities provide additional recommendations and guidance around returning to swimming, both indoors and outdoors, provincial sections and clubs may adapt their return to swim plans to meet the provincial guidelines.

- 4. Should coaches and swimmers returning to training wear a mask before and after training?**

Facility guidelines may dictate the use of masks and these requirements should be followed at all times. Masks should be considered when physical distancing isn't possible. Wearing a mask should in no way compromise the requirement for physical distancing.

Please see the information from the Government of Canada on how to put on, remove and clean non-medical masks: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/how-put-remove-clean-non-medical-masks-face-coverings.html>

- 5. As a club we are looking for more information as we build our return to swimming plan, who can we contact?**

The best point of contact for clubs in building their return to swimming plan is their provincial section office, as each provincial section has the most up to date return information for their province

- 6. Is there a maximum number of swimmers allowed per lane?**

Swimming Canada does not have a specific recommendation on the maximum number of swimmers per lane. The number of swimmers per lane should be determined based on provincial, municipal and facility guidelines along with any Provincial Section guidelines that may be in place. If physical distancing is a requirement, then it is important to clearly define a start/finish point in the pool for each swimmer as all swimmers will be unable to congregate at the walls.

- 7. Can my club train Long Course?**

Swimming Canada has no restrictions in place related to training long course. If based on local guidelines a club is limited to 1 swimmer per lane they may wish to set up their pool short course (where available) to maximize the number of lanes available.