



**DIVING
PLONGEON
CANADA**

RETURN TO DIVING GUIDELINES

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PROCEDURES TO ENSURE A SAFE TRAINING ENVIRONMENT

Guidelines issued by federal and provincial governments and the local training facility regarding precautionary measures to prevent the spread of COVID-19 must be respected and adhered to by all club/team members including divers, coaches and staff working with the club/team.

Information resources to access:

- Return to High Performance Sport Framework
- Club Risk Assessment and Mitigation Checklist

ACCESSING THE FACILITY

1. Anyone feeling unwell must stay home.
2. Each person wishing to enter the facility must respond to a series of health questions determined by each local facility (or the club if the facility does not have one), before entry is permitted.
3. Follow facility instructions for drop-off, pick-up and access.
4. When possible, team members should use private transportation and avoid carpooling.
 - i. Travel to the pool for training will be direct with no non-essential stops.
 - ii. If a private vehicle is not available, individuals must wear gloves and a mask while using public transportation.
5. Follow handwashing, sanitizing and physical distancing protocols in all areas including change rooms and pool deck.
6. Any outerwear (including footwear) worn upon arrival to the training facility must be removed and placed inside a plastic bag (brought by the athlete) inside their backpack.
7. Only clothing and equipment required for training purposes will be brought to the training sites.

SAFETY MEASURES

1. Athletes/coaches/staff will wash hands upon entering the training facility. Soap and water or liquid disinfectant will be made available in each training area (dryland, weight room & pool area) for athletes/coaches/staff to use regularly.
2. When the use of a mask throughout this document is mentioned, it is intended that it must be a NEW disposable mask or a CLEAN reusable mask (or face covering). Reusable masks must be washed daily in order to be re-used or renewed.
3. Coaching staff and staff should wear masks while working when proper social distancing is not possible.
4. Athletes will wear masks while training in the dryland and weight room areas. Masks must be washed daily in order to be re-used or renewed.
5. Athletes will bring a clearly marked bag with clothing, towel, chamois, equipment and full water bottle. Depending on facility rules, these will be left at a designated area. No items are to be shared by divers at any time. This designated area will be cleaned after each use.
6. All team members and staff will maintain a distance of 2 metres from other individuals. Health practitioners and athletes that require a physical interaction (ie. Hand spotting and certain flexibility) can do so only when appropriate protective gear and masks as specified by the facility are worn by both individuals.
7. Athletes, coaches and staff should be instructed with any emerging safety and cleaning guidelines.
8. The club will designate the person/persons responsible for cleaning areas and equipment after each user.
9. 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.

PROGRAM MANAGEMENT

1. Adhere to maximum allowable numbers in the facility and training area as dictated by the local government and facility policies.
2. Training will start based on the schedule approved by local facility
 - a. The numbers of athletes will be depending on the group allowed to access the facility.
 - b. High performance will have priority
 - c. Other groups will be next
3. The club must maintain a detailed log recording all participants (athletes, coaches, staff) present at every workout. This log can be used for tracing in the case of a member of the group contracting COVID-19.
4. The use of the spring floor / mats / trampolines / springboards / tower:
 - 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 wiped with disinfectant after each user.
 - 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 the use of each individual.
5. Diving Pool Area:
 - a. Divers will remain 2 metres apart while waiting to dive
 - b. All other divers will wait on the stairs or on the pool deck and will remain 2 metres apart
 - c. Divers will be able to follow markers on the floor and stairs (if placed by the facility or club) leading to the springboards and towers to ensure 2 metre distances are maintained.
6. Dryboards / 3m Water Belt / Spotting Rig Harness Use:
 - a. Divers who can safely secure their harness will do so. In other cases, the coach will assist while wearing protective clothing.
 - b. The harness and ropes will be cleaned after each use with disinfectant.

SAFEGUARDING

1. The following protocol is to be followed if any individual on the team or if a member that lives in the same residence as a team or family member shows flu-like symptoms.
 - a. The person will stay at home and notify the coaching staff and their doctor of the symptoms they are experiencing.
 - b. The person will undergo an evaluation by a doctor or the local medical resources identified for Covid-19. The doctor/medical resource should determine if a more thorough clinical evaluation is required and if a self-quarantine is required or not.
 - c. If the doctor confirms there is no COVID-19 infection, a member exhibiting flu-like symptoms will be able to return after two full symptom-free days have passed.
2. An isolation room or area should be available and identified in case a participant develops symptoms during a training session (facility dependent).
3. In case of a positive Covid-19 result, the members should follow the provincial guidelines and note:
 - a. No individual with a positive result for any symptoms or direct exposure to a positive Covid-19 case will be allowed to participate until the recovery procedures have been followed.
 - b. An athlete with direct contact exposure (family member, same car, etc) will be required to self-isolate as designated by provincial guidelines before returning to training.
 - c. In the case one member of a training group has a positive test for Covid-19, the entire training group will be prohibited from training and isolate until a negative test result is provided.
 - i. Attendance will indicate which athletes were present in the corresponding contact times.
 - ii. A notice will be sent to the club membership of the positive case in the training group.
 - iii. A full clean of the training areas must be completed and documented.
 - iv. Procedure for each local area to be confirmed by local health authorities.

COMMUNICATIONS PLAN

1. 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.