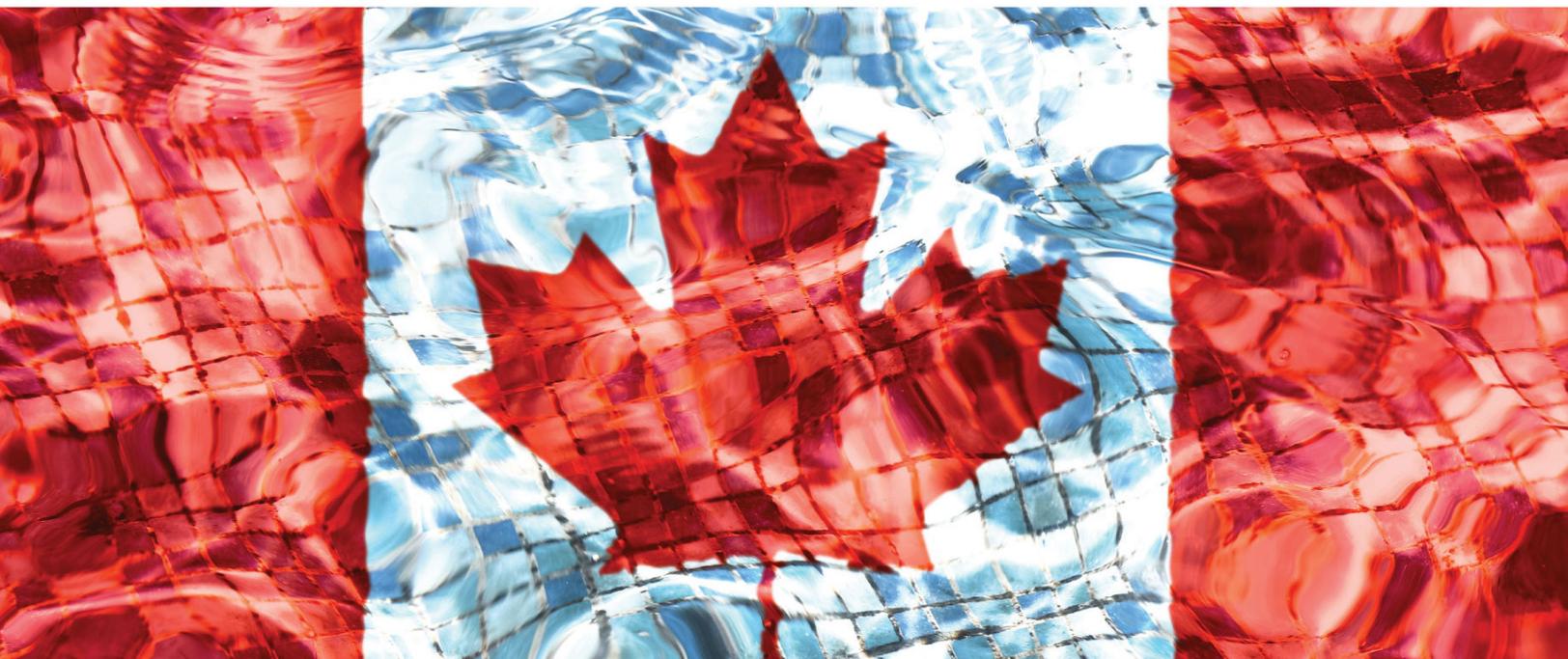


RETURN TO AQUATICS TRAINING PRINCIPLES FOR A SAFE RETURN TO SPORT FRAMEWORK

May 2020



RETURN TO AQUATICS TRAINING

PRINCIPLES FOR A SAFE

RETURN TO SPORT FRAMEWORK

The four Aquatics Canada sport organizations (**Canada Artistic Swimming, Diving Plongeon Canada, Swimming Canada and Water Polo Canada**) are committed to a safe and healthy return to the pool for all aquatic sport participants. To that end, the four sports have created a joint working group to share information, best practices and align in our shared belief that a safe return is possible, and that the health of our communities remains our top priority.

Each organization has developed its own sport specific return to sport framework. The tenets of each plan are consistent and follow all current public health information. These include a commitment to physical distancing at all stages of training, equipment cleanliness, hygiene, health monitoring, safe sport and on-going communication.

Sport is valued by Canadians and is a proven mechanism to strengthen, unite and build Canadian communities. Aquatic sports and our athletes are looked at as role models not only in the sport community but in the country at large. Our return to sport/work can show a way forward and can help Canadian communities re-unite. A safe return to the pool is critical to this process.

Since the onset of the COVID-19 pandemic, the collective aquatics community has had to significantly adapt its routines and activities in order to prioritize the health and well being of Canadians as a whole. Aquatics Canada would like to thank everyone in the aquatics community for their leadership and commitment to flattening the curve. While it has been difficult to step away from the pool, our efforts have played an important part in combatting the pandemic.

Establishing the Principles of Return to Sport

According to the Centre for Disease Control (USA), there is no evidence that COVID-19 can be spread to humans through swimming pools. COVID-19 has a fragile lipid outer membrane and is therefore highly susceptible to elimination by soaps and oxidants, such as chlorine. Proper maintenance and disinfection with Chlorine or Bromine should inactivate the virus (CDC 2020).

A return to sport must strictly adhere to the policies and procedures outlined by provincial and municipal governments and public health agencies that have been established to ensure a safe environment for all. The aquatic sports joint working group has agreed on a number of key principles that will form the foundation of the return to our respective sports. These principles include:

Physical Distancing

Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Return to sport must adhere to physical distancing in accordance with requirements of public health authorities and facility operators.

Hygiene

In addition to physical distancing, handwashing and cough etiquette add another layer of protection against the spread of COVID-19. Return to sport plans must implement and monitor appropriate individual personal hygiene practices among staff, coaches and all participants at home (away from training) and during training.



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Equipment Cleaning

Surfaces frequently touched with hands are most likely to be contaminated however Coronaviruses are one of the easiest types of viruses to kill with the [appropriate disinfectant product](#) when used according to the label directions.

Individual Health Monitoring

Daily individual health monitoring processes and tracking need to be in place. Individuals should not return to sport if they have been unwell (even mild symptoms), have had contact with a person who has tested positive for COVID-19 or have travelled outside the country in the past 14 days. 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.

Safe Sport Environment

In these unique times, our commitment to providing a safe sport environment for all participants cannot waver. A return to sport program must be designed to ensure all aspects of a safe sport environment can be implemented and followed.

Planning and Communications

A robust return to training plan that includes regular communication and education with key stakeholders including athletes, coaches and others, is key for any club.

Details on the return to training resources for each of the Aquatics Canada sports are available at the links below:

[Canada Artistic Swimming](#)

[Diving Canada](#)

[Swimming Canada](#)

[Water Polo Canada](#)

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