

Dive Manitoba

RETURN TO DIVING GUIDELINES

Parents Handbook

June 11th, 2020



WE FLY
PLUS HAUT

DIVING FACILITIES

The sport of diving is highly conducive to physical distancing, due to the nature of the sport and the facilities. Diving is an individual sport where skills of one athlete are performed independently of other athletes; the sport does not require any physical contact between any two athletes. The nature of diving facilities with fixed diving boards and other training stations means that divers are automatically distanced from each other.

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. If a private vehicle is not available, individuals should wear gloves and a mask while using public transportation
5. Follow handwashing, sanitizing and physical distancing protocols in all areas of the facility.
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 prior to entering the diving training facility.
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. Reusable masks must be washed daily in order to be re-used or renewed.
3. All athletes and staff should wear masks while working when proper social distancing is not possible during training.
4. 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.
5. 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 both individuals wear a mask and use hand sanitizer prior to reducing physical distancing for the activity.
6. Athletes, parents, coaches, staff and all key stakeholders will be kept up to date and educated on emerging safety and cleaning guidelines if and when they evolve.
7. The club will designate the person/persons responsible for cleaning all training areas and equipment used after each user.
8. Hand washing and gloves are required for people cleaning equipment between rotations or at the end of day.

PERSONAL HYGEINE AND SAFETY

All divers and coaches are required to wear masks when distancing of 2 meters (or the current provincial regulation) is not possible. Examples of this include when a coach uses hand-spotting to assist a diver with a handstand, somersault or other acrobatic activity. Each diver is to come to every practice equipped with their own mask. We recommend reusable cloth masks that can be washed after each use. A clean mask should be stored in the diver's backpack in a clean bag or container. An emergency supply of disposable masks will be available for use in the event that a coach or divers loses, contaminates or forgets to bring their mask to a training session. Any participant who forgets to bring a mask to practice will be asked to refrain from attending future practices until they can bring a mask with them.

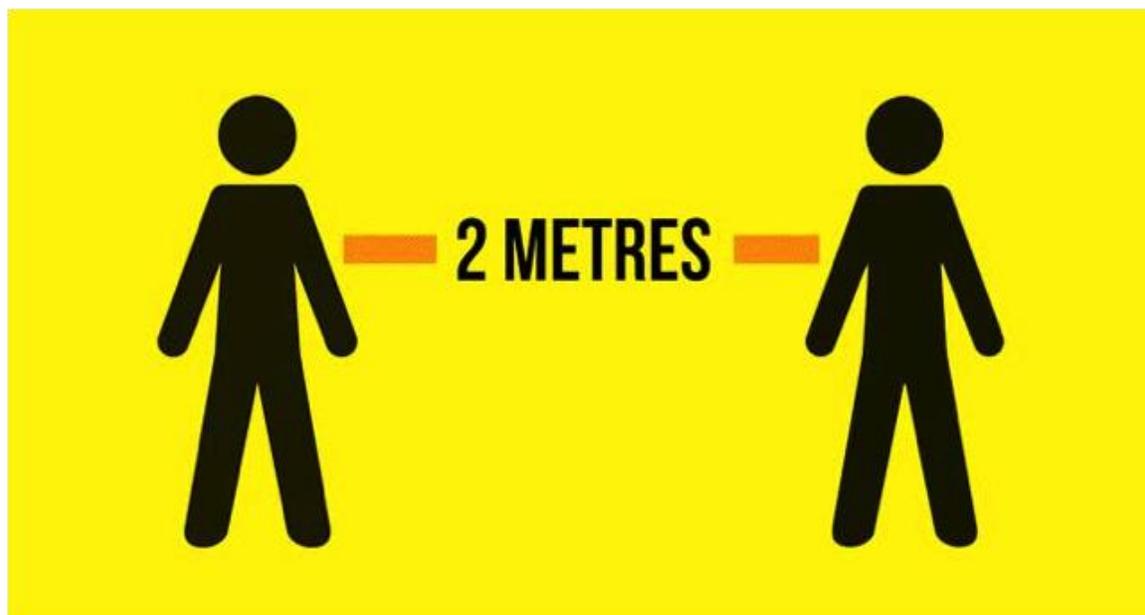
Divers and coaches will be asked to handle and apply masks in conformance with Government of Canada Public Health Guidelines: [LINK](#)

Gel or liquid hand-sanitizer will be provided for divers and coaches and is to be used:

- a. Prior to entering the training area,
- b. Before and after using any touch points such as a hanging bar, and
- c. At the conclusion of the training session.

Divers and Coaches will be required to complete and submit a personal screening questionnaire prior to each training session. This document will also serve as a record of attendance to be used for tracing contacts in the event of an outbreak. See Appendix D.

All divers and coaches are asked to familiarize themselves with the Government of Manitoba COVID-19 Health-Safety updates website which will form the basis of any future changes or modifications to personal hygiene and cleaning protocols in outlined in our return to play protocol document. [LINK](#)



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 isolate for 14 days before returning to training.
 - i. Attendance will indicate which athletes were present in the corresponding contact times.
 - ii. Procedure to be confirmed by local health authorities.

**For further clarification, continue reading the
COVID-19 14-Day Isolation Framework on the next page.**

COVID-19 14-DAY ISOLATION FRAMEWORK

Public health officials are recommending returning travelers from the following locations, self-isolate and self-monitor for symptoms for 14 days after returning to Manitoba:

Those who have returned from international travel (including to the United States) in the last 14 days.

Those who have returned from domestic travel in the last 14 days to a location that is not excluded by current provincial Public Health Order from the requirement to self-isolate (Public Health Orders currently exclude locations in: Western Canada, the territories, and Ontario – west of Terrace Bay).

Public health officials also strongly urge anyone who has cold or flu-like symptoms, such as a cough, fever, runny nose, sore throat, headache, or any of the symptoms listed in the screening tool to self-isolate for 14 days, and until symptoms are resolved for 24 hours. Anyone with these symptoms is eligible for COVID-19 testing.

If your COVID-19 test results are negative, you should stay home until your symptoms have resolved for 24 hours. If you have travelled or been exposed to a case, you should continue to self-isolate for the remainder of the 14-day period.

For the most up-to-date, factual, information on COVID-19 please visit [LINK](#)

When a member of the family/household travels to a destination requiring a 14-day self-isolation period

If a member of the household travels to Eastern Canada/US/International:

- That member of the household must self-isolate
- The expectation is the person will not commune in the same room with any other family member during the isolation period
- The expectation is the person will practice self-monitoring
- It is expected the person will practice continued contactless interaction for 14 days

If the athlete is 5 years and older, they are free to attend any diving related event if all of the above is met and:

- Not one member of the household/family is symptomatic
- The family has a second adult family member in the house
- The child not symptomatic

Additional COVID-19 sport resources:

<https://manitoba.ca/covid19/restoring/sports-guidelines.html>

https://manitoba.ca/asset_library/en/coronavirus/activities-guidelines.pdf

Up-to-date self-isolation order

Effective June 26, 2020, the Updated Self-Isolation Order requires that any person entering Manitoba, including persons arriving from other provinces or territories in Canada, must self-isolate for 14 days or, if they are in Manitoba for less than 14 days, for the duration of their time in Manitoba. [LINK](#)

Persons entering Manitoba who are required to self-isolate for 14 days must travel directly to the home, hotel or residence in which they intend to reside for the 14-day isolation period or duration of their stay if it is less than 14 days.

Persons self-isolating may only leave their home, hotel or residence to receive urgent/emergency medical care, attend a medical appointment that cannot be postponed or undertake essential errands where home delivery is

not possible. If an individual leaves their residence for an above stated reason, they must maintain physical distancing of two metres from other persons and immediately return to their residence upon completing the appointment/errand.

If a person subject to the Updated Self-Isolation Order develops symptoms of COVID-19, they must immediately contact a health care provider.

However, the Updated Self-Isolation Order does not apply to the following individuals:

- Manitoba residents who have travelled to Western Canada or northwestern Ontario, if they have not travelled outside of Western Canada or northwestern Ontario and are not displaying any symptoms of COVID-19;
- residents of Western Canada or northwestern Ontario, if they have not travelled to another country or any part of Canada outside of Western Canada or northwestern Ontario in the 14-day period immediately before entering or arriving in Manitoba and are not displaying any symptoms of COVID-19;
- players, coaches, managers, training and technical staff and medical personnel employed by or affiliated with a professional sports team based in Manitoba, if they are not displaying any symptoms of COVID-19;
- the cast and crew and other persons directly involved in a film production, if they are not displaying any symptoms of COVID-19;
- persons who are transporting goods and materials into or through Manitoba, if they are not displaying any symptoms of COVID-19;
- aircraft and train crew members, if they are not displaying any symptoms of COVID-19;
- persons who are engaged in providing vital services in Manitoba, including health-care providers, police officers, emergency services personnel, corrections officers, members of the Canadian Armed Forces, social service workers, and elected officials and their staff;
- persons engaged in the construction or maintenance of critical infrastructure in Manitoba, if they are not displaying any symptoms of COVID-19;
- persons engaged in the construction or maintenance of any building, structure or other project, if the failure to complete the construction or maintenance on a timely basis would pose a threat to persons, property or the environment and they are not displaying any symptoms of COVID-19;
- persons who are travelling into Manitoba to facilitate shared parenting arrangements, if they are not displaying any symptoms of COVID-19;
- persons travelling into Manitoba for emergency medical purposes; or
- persons who have completed the period of isolation required under an emergency order made under the *Quarantine Act* (Canada) elsewhere in Canada, if they travel directly to Manitoba immediately after their required period of isolation ends.

“Western Canada” includes British Columbia, Alberta, Saskatchewan, the Yukon, the Northwest Territories and Nunavut, and “Northwestern Ontario” is the region of Ontario to the west of Terrace Bay.

In addition, a person entering Manitoba to visit a family member or friend who is in a health-care facility with a life-threatening illness/injury is required to self-isolate. However, they may leave the home, hotel or other residence where they are self-isolating to visit their family member or friend if the applicable health-care facility has authorized the visit and the visitor is not displaying any symptoms of COVID-19.

The province has indicated that consideration will be given on a case-by-case basis to ease the restrictions for certain sectors where proposed plans for necessary travel are deemed satisfactory to address public health requirements.

Note however that persons travelling to Manitoba from outside of Canada are required to abide by the self-isolation requirements under the federal Quarantine Act. [LINK](#)

PARENT/GUARDIAN/DIVER CHECKLIST

Use the below checklist to help prepare your diver for practice.

Before you Leave Home

- Complete the Screening Checklist
- Check the expected weather conditions.
- Thoroughly wash your hands with soap and warm water for a minimum of 20 seconds.
- Thoroughly wash water bottles with soap and warm water.
- Use the washroom at home.
- Consider bringing a mask and personal hand sanitizer.

Arrival

- Drop participants at the designated location – no carpooling outside the training group.
- Respect physical distancing guidelines.
- Consider wearing PPE (masks, gloves) at all times.

After the activity is Complete

- No Loitering.
- Respect physical distancing guidelines.
- Pick up participants at the designated location.
- Leave the location immediately.
- Thoroughly wash water bottles with soap and warm water.
- Thoroughly wash clothing and sanitize equipment. (e.g. yoga mat)

DAILY SCREENING CHECKLIST

If an individual answer **yes** to any of the questions, they **must not** be allowed to participate in the sport. Children and youth will need a parent to assist them to complete this screening tool.

Diver Name: _____

Date: _____

1	Does the person attending the activity, have any of the below symptoms?	Circle One	
		YES	NO
	Fever	YES	NO
	Cough	YES	NO
	Shortness of Breath / Difficulty Breathing	YES	NO
	Sore throat	YES	NO
	Chills	YES	NO
	Painful swallowing	YES	NO
	Runny Nose / Nasal Congestion	YES	NO
	Feeling unwell / Fatigued	YES	NO
	Nausea / Vomiting / Diarrhea	YES	NO
	Unexplained loss of appetite	YES	NO
	Loss of sense of taste or smell	YES	NO
	Muscle/ Joint aches	YES	NO
	Headache	YES	NO
	Conjunctivitis	YES	NO
2	Have you, or anyone in your household, travelled outside of Canada or Manitoba in the last 14 days? <i>Update June 26: Manitoba residents who have travelled to western Canada* or northwestern Ontario** are exempt if they have not travelled outside of western Canada or northwestern Ontario and are not displaying any symptoms of COVID-19. More details: LINK</i>	YES	NO
3	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

If you have answered “**yes**” to any of the above questions **do not** participate. Go home and use the [Manitoba COVID-19 Screening Tool](#) to determine if testing is recommended.