



Shadow Water Polo Club – Covid-19 Guidelines (published September 11, 2020)

For all Ontario COVID guidelines, see their website: <https://covid-19.ontario.ca/>

We highly encourage all Shadow Water Polo Club Members to [download the Ontario COVID Alert](#) mobile app to protect themselves and the larger community.

Travel Outside Canada

Any person who has traveled out of the country cannot attend practice for 14 days after arrival in Canada.

Symptomatic: If your child, or someone else within the child's immediate household has Covid-19 symptoms:

- Take a self assessment
- Depending on the outcome of the self assessment, find an assessment centre and get tested
- While waiting for test results, the child, even if not the person with the symptoms but living in the house with the person who has them, must be in isolation and cannot attend practice until the results are provided
- If the test results are negative, the child cannot return to the pool for at least 24 hours after his/her symptoms have resolved

Confirmed Case: If your child or someone else within the child's immediate household has received a positive test result for Covid-19:

- Notify public health unit
- Consult health care provider and follow recommendations
- Notify Shadow Water Polo Club by sending email to shadowwaterpolo@yahoo.ca
- The athlete cannot return to the pool until they are cleared by their local public health unit or health care provider
- The athlete must remain in isolation for 14 days
- Shadow Water Polo Club Administration will:
 - o Contact the parents of children who were in the pool at the same time as the child who is sick
 - o Monitor the situation to determine if there are any other children who become ill
 - o If there is more than 1 child ill from the same practice times, practices for that time slot will be cancelled for 14 days
 - o At all times, the ill child's name will be kept confidential
 - o SWPC Administration will notify TPASC