



No. 2 | June | 2021

Dive Ontario 2nd Quarterly Recap

IMPORTANT UPDATES

COVID-19 Update

As Ontario's COVID-19 cases continue to decrease and vaccination rates increase, the Ontario Government made the decision to accelerate its Roadmap to Reopen, and move into Step Two on Wednesday, June 30th. There are no major changes between Step One and Step Two regarding sports and recreational fitness facilities. Step Two allows for outdoor training with some restrictions, but indoor training remains to be prohibited, unless an athlete is identified by the NSO as *training for the Olympics*. Each step will remain in place for at least 21 days, which means Ontario may move into Step Three no earlier than Wednesday, July 21st. As of right now, indoor training is set to be allowed only in Step Three, but Dive Ontario continues to work with other aquatic sports organizations and our government partners to try and get divers back in indoor pool facilities, or at least have a more broadly defined exemption criteria, sometime during Step Two. Dive Ontario will also continue to work with clubs on outdoor training options until we can train indoors.

Woodbine Park Update

Now that divers are permitted to train at outdoor pools again, per the Ontario Government's reopening plan, Dive Ontario has been looking into different outdoor aquatic facilities for our divers. To maximize the number of Ontario divers back in the pool, Dive Ontario contacted Woodbine Park. Woodbine Park is located in Toronto, and has an outdoor Olympic-sized swimming pool with a dive tank. Dive Ontario is currently working with clubs to create a Woodbine schedule, to evenly distribute the available pool time among clubs. Dive Ontario will continue to look into other outdoor facilities, to get more Ontario divers back in the pool.

Return to Competition and Return to Play Guidelines

To assist clubs through the reopening process, Dive Ontario has developed Return to Competition and Return to Play Guidelines. These guidelines outline how clubs can provide a safe environment for all participants and members that return to diving or are involved in hosting a dive competition. The Return to Competition and Play Guidelines seek to allow the maximum participation possible for all members of the organization, clubs, and public while adhering to Provincial Health COVID-19 regulations. These documents outline the best practices for Dive Ontario to implement, and they reflect a minimal risk approach for a safe and controlled return to dive. In addition to the resources provide by Dive Ontario, all clubs *must* also follow any local health regulations that go above and beyond the provincial rules.

Rowan's Law

As of July 1st of 2019, Rowan's Law made it mandatory for Ontario sport organizations to ensure athletes, coaches, trainers, and officials confirm every year that they have reviewed one of Ontario's Concussion Awareness Resources and their sport organization's concussion code of conduct. As of January 1st, 2022, Ontario sport organizations must also establish a Concussion Removal-from-Sport and Return-to-Sport protocol. Before the start of next season, Dive Ontario will develop these concussion protocols, restructure our concussion code of conduct, update the concussion section of our website, and create a concussion training manual to assist members. Information will be available on the Dive Ontario website, and all information and training will be provided to clubs prior to implementation.

Board of Directors Update

Dive Ontario's Board of Directors would like to thank everyone in the diving community for their hard work and persistence this year. Over the last several months, the Board has distributed emergency funding to our clubs, to assist them during these unprecedented times. As COVID-19 restrictions begin to slowly lift, the Board is working with our clubs to ensure a safe return to diving. The Board is currently preparing for next season and creating Dive Ontario's 2021/2022 calendar of events. In preparation for the Dive Ontario AGM, the Board of Directors has formalized the Nomination Committee to look at recruiting potential new members to the board. There will be 3 positions up for election: VP, Finance; VP, Operations; and, VP, Sport Performance.

Operations Update

Dive Ontario is executing its 2020/2021 operational plan until the end of this season. The 2021/2022 operational plan is currently being developed and will be implemented as of September 2021. Dive Ontario has taken on a new file sharing platform; Microsoft Teams. Microsoft Teams is a collaborative workspace within Microsoft Office 365 that acts as a central hub for workplace conversations, collaborative teamwork, video chats and document sharing. Dive Ontario has used this platform to increase collaboration, productivity, and to standardize our internal and external reporting. Dive Ontario has also taken on two summer students to increase the scope of our operations. Megan Pereira is Dive Ontario's Administration and Operations Intern and will support our administrative and operational efforts. Kyarra Hasmatali is Dive Ontario's Marketing and Communications Intern and will work to increase our organization's awareness, recruitment, and retention.



Sport Performance Committee Update

Diving Plongeon Canada will be hosting a Virtual Dryland Junior Nationals Skills Championship to provide a competitive experience for divers who have not been able to participate in the Virtual Junior Diving Championships that recently took place. Each province will be allowed to enter up to 20 athletes (maximum of 10 girls and 10 boys), with registration due on Friday, July 9th. To select the athletes who will represent Ontario at the Nationals, Dive Ontario hosted a Virtual Dryland Junior Provincials. The Sport Performance Committee (SPC) regularly met to outline and finalize Ontario's Dryland Provincials guidelines. The SPC determined the skills/routines, eligibility guidelines, selection process, timelines, and judging process of the Dryland Provincials.

The SPC is also looking to review our High-Performance programming. This process will include the hiring of a consultant to look over Dive Ontario's high-performance plan. The SPC hopes that the consultant's feedback will improve our high-performance plan so Dive Ontario can further develop our athletes and maximize the value we offer members.

Finance Committee Update

The Finance Committee has submitted an application to the Ontario Trillium Foundation for \$15,000 to assist in event delivery and communications (e.g., live streaming diving events) for the 2021/2022 season. The Finance Committee will continue to look into grants that can assist Dive Ontario. Over the past few months, the Finance Committee oversaw the distribution of \$44,000 in emergency funding to clubs. Clubs could use this funding to support their organization in any way they saw fit. Currently, the Finance Committee has begun Dive Ontario's financial planning for the 2021/2022 season.

Sports Business Committee Update

Dive Ontario's Marketing and Communications Intern, Executive Director, and VP of Sport Business are working to create a 12-month marketing and communications plan that will be implemented from September 2021 – August 2022. The main focus of this plan is to find ways to improve Dive Ontario's communications with clubs as well as through social media, and to take marketing initiatives that will help increase brand awareness for the sport and the organization. We hope that our initiatives will promote positive recruitment and retention numbers in the upcoming season and in future seasons, after seeing losses from the effects of COVID-19 restrictions.

VP of Members Update

To keep as many divers interested as possible, Dive Ontario hosted a collective club meeting to discuss sharing outdoor facility space with divers from other clubs. Dive Ontario's Executive Director and VP of Members will also be meeting with individual clubs to discuss each club's current situation and how Dive Ontario can help them overcome any hurdles they may be facing, especially as we move into our next season.

Dive Ontario is interested in forming a Diversity, Equity, & Inclusion (DEI) Committee to address DEI gaps in our organization through the collection and analysis of data. The DEI Committee would act as an advisory board and give recommendations to Dive Ontario. A draft Terms of

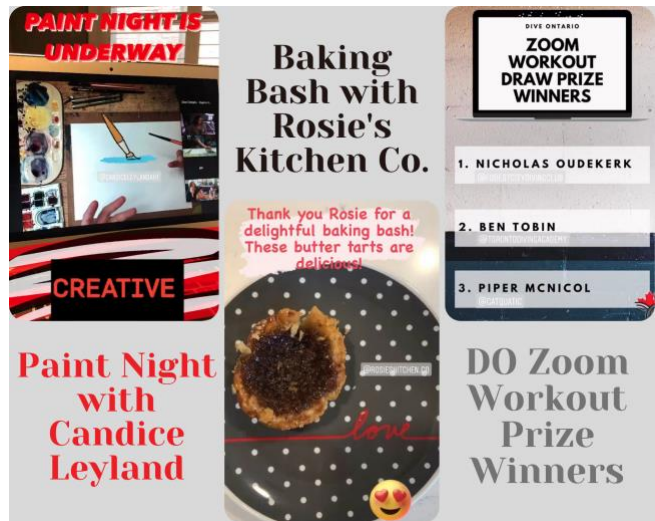
Reference and Skills Matrix has been created for the DEI Committee, and is currently being reviewed by the Board of Directors. Once approved, the DEI Committee positions will be posted to Dive Ontario's social media platforms and website. Individuals from within and outside the diving community will be encouraged to apply. More details about the DEI Committee will be released in the near future.

Marketing and Communications Update

Dive Ontario continues to post content on a regular basis with a combination of in-house creations and sharing of members and DPC content. We have tried to post more often in recent months, with unique content relating to national and international days relevant to our community. Our goal is to continue to promote our member clubs through more social media club-to-club and club-to-PSO interactions to increase reach, brand awareness, and brand personality for all clubs and for Dive Ontario. Our focus is to promote the community that resonates from the sport of diving and the culture of our clubs through participation in our social media initiatives, online events, and in-person events and competitions.

The past few months have been geared towards how to keep the divers and clubs engaged during the provincial stay-at-home order. We were able to execute some great online events and programs that brought divers and coaches from all clubs together in a variety of Zoom sessions. Dive Ontario organized a Zoom Led Workout program, which ran for seven weeks from April to June. Each workout was led by a coach from each club, and we saw attendance numbers of up to 96 participants! Those who attended were entered into a raffle to win prize packs at the end of the program. Congratulations to the prize pack winners: FCDC's Nicholas Oudekerk, TDA's Ben Tobin, and GAT's Piper McNicol!

On Saturday, May 25th, Dive Ontario hosted a Paint Night over Zoom, led by Candice Leyland. Divers and their families got to follow along and learn some fun tips on how to paint a cupcake in watercolour. On Saturday, May 22nd, Dive Ontario hosted a Baking Bash, led by Rosie's Kitchen Co., where divers and their families got to follow along and learn how to make delicious, customizable butter tarts and no-churn vanilla ice cream.



We have several initiatives upcoming, including the continuation of diver profiles from each club, trivia questions, and the celebration of holidays and days of action. Successful social media campaigns included:

- Poolside Profiles/Poolside Personalities – added questions to the profiles showcasing the diver's personality
- Trivia Thursday – branching out from just clubs and now making them themed based on national/international days/weeks/months, and the Olympics.

- Interactive posts celebrating national/international days
- Men's Health Week & Men's Health Month (June), posting educational posts on men's health
- Indigenous History Month (June), posting and sharing posts about how to support the victims and survivors of residential schools, and changing the Dive Ontario logo to orange for the month of July
- Pride Month (June), posting and sharing educational and supportive messages in honour of the LGBTQ2S+ community, and changing the Dive Ontario logo to Pride colours.
- In-person, real time content and videos of our divers training at TPASC and competing in the Canadian Diving Trials, as well as posting/sharing results from the Virtual Junior National Championships



EVENT RECAP & UPDATE

Virtual Junior Nationals

DPC held two Virtual Junior Qualifications rounds, broadcasted on Friday, April 30th – Sunday, May 2nd and Friday, June 4th – Sunday, June 6th. Dive Ontario had 18 divers who qualified for DPC's 2021 Virtual Junior National Championship Preliminaries, which broadcasted on Friday, June 25th – Sunday, June 27th, and Finals, which broadcasted on Saturday, July 3rd and Sunday, July 4th! Find the full list of divers who qualified [here](#).

The Virtual Junior National Championship Finals determined who qualified for DPC's in-person Junior Diving Trials event, taking place in Montreal, Quebec from Sunday, July 11th – Sunday, July 18th. The list of Ontario divers who were invited to the Junior Diving Trials can be found [here](#). Congratulations to our divers! Dive Ontario wishes you the best of luck in Montreal!

Virtual Dryland Provincials

Dive Ontario's Virtual Dryland Provincials ran from Saturday, June 26th – Sunday, June 27th. The divers who placed first in each age category/gender (5 females and 5 males) were automatically selected to represent Ontario at Nationals. The remaining 10 open spots were filled with the divers who scored the highest overall, regardless of their age category (5 females and 5 males). Congratulations and best of luck to the divers, who will be representing [Team Ontario](#) in DPC's upcoming Virtual Dryland Junior Nationals, which will be broadcasted on Saturday, July 24th and Sunday, July 25th!

Canadian Diving Trials

The Canadian Diving Trials took place in Scarborough, Ontario, at the Toronto Pan Am Sports Centre, from Tuesday, June 29th – Thursday, July 1st. Dive Ontario was lucky enough to be able to cheer on some of our divers! A round of applause for:

- Aimee Wilson (TDA), who competed in the Womens 3M Springboard event
- Katelyn Fung (FCDC), who competed in the Womens 3M Springboard and Womens 10M Platform events
- Kate Miller (NODC), who competed in the Womens 3M Springboard and Womens 10M Platform events

It was an exceptional event, and it was amazing to see the talent of our Ontario divers showcased on such a big scale!



Upcoming Competitions/Events

Here are the dates of upcoming events:

- Junior Trials Event (Sunday, July 11th – Sunday, July 18th)
- Virtual Dryland Junior Nationals Broadcast (Saturday, July 24th – Sunday, July 25th)