



FACILITY ACCESS

In order to mitigate risk of infection the following protocols for arrival and departure of the facility will be in place.

The following protocols are for all Shark training sessions. These will be subject to change over time to conform with any facility or BC health requirements changes that may occur. Any revisions to these protocols will be distributed to all Shark families as soon as the change occurs.

ARRIVAL

- Athletes should arrive no more than 10 minutes before the scheduled start time
- If arriving early athletes should stay in their vehicle or wait with appropriate social distancing outside the facility
- At the scheduled start time athletes will meet at designated space outside the facility
 - At this space swimmers will:
 - Receive hand sanitizer
 - Receive confirmation of completion of health screening
 - Perform activation
 - Receive lane assignments from coach
- Swimmers will enter the pool area and place their swim bags in the designated spots and proceed to their designated lane and starting end.
- Pending facility rules, swimmers should plan to arrive pre-showered

TRAINING SESSIONS

- Subsequent training groups will enter the facility and proceed to the starting end opposite of the preceding training group.
- Lanes will be pre-assigned to swimmers and swimmers using the attached group cohort assignments. Depending on cohort lanes will have 1 to a maximum of 5 swimmers per lane.
- Group cohorts will start at opposite ends of the pool (ie cohort in lane 5/6 will start at the shallow end and cohort in lanes 3/4 will start at the deep end.
- Changing rooms will be used for bathroom access only
 - Swimmers are to arrive and depart in their training suit
 - No more than 1 person using the bathroom at a time
- Water bottles should arrive filled. Water bottle filling stations may be available, but drinking from water fountains is not allowed
- No sharing of equipment, goggles or water bottles
- Snorkels will not be used during this time
- Parents and spectators should not be in the facility during practices in order to maintain capacity requirements.

Comox Valley Aquatic Club



SHARKS RETURN TO SPORT COVID-19 ACTION PLAN

- Parents may be on deck for emergency situations or if serving in a club capacity
- Any other situations must obtain written approval from the club

DEPARTURE

- At the conclusion of practice swimmers shall exit the pool and facility through the glass doors leading into the lobby
- Swimmers should progress to their vehicles or wait in appropriate areas away from traffic flow

OPEN WATER SWIMMING PROTOCOLS

Some training will take place outside in lakes/river/ocean venues during this time. Please be advised of the following protocols in these situations.

- Upon arrival swimmers and parents should observe all social distancing guidelines applicable
- Swimmers should submit to written or oral health screening questions
- All participants must be 11 years of age or older or swimming at a Squad 4 level or higher or been invited and screened by the coach administering the practice.
- All sessions will have an NLS certified personal at the location
- All sessions will have on-water safety personal with a ratio of at least 10 swimmers: 1 safety person
- Coaches will assess the location and determines if conditions are adequate for trainings
- All swimmers must stay within the area and boundaries as laid out by the coach

STAFF AND VOLUNTEERS

- All staff will be required to go through the same daily health screening as the athletes
- Follow and enforce the previously stated illness policy for athletes and staff
- Staff will be responsible for helping the facility maintaining a clean environment for the athletes
- A minimum of two coaches at each workout will be required if there is more than one session taking place during the training period
 - One staff conducting practice
 - The other staff, meeting swimmers in the subsequent practice and helping swimmer vacate after practice
- Staff will help enforce social distancing both between athletes and other staff members
- Minimize the use of shared equipment
- Ensure Protective Personal Equipment (gloves, masks, etc) is on hand if situations arise where they are needed
- Ensure proper hygiene and handwashing before sessions and when needed during



ILLNESS POLICY

In order to provide the safest environment for all people using the facility a number of basic health protocols will be followed.

1. Inform an individual in a position of authority (coach, lifeguard) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. Assessment
 - a. Shark members must review the self-assessment signage located throughout the facility each morning before their practice to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Managers/coaches will visually monitor Shark members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice.
 - c. If and Shark members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self assessment tool.
3. If a Shark Member is feeling sick with COVID-19 symptoms
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and /or are showing symptoms while at practice, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. No Team Member may participate in a practice if they are symptomatic.
4. If a Shark Member tests positive for COVID-19
 - a. Follow the direction of health officials
5. Quarantine or Self-Isolate if:
 - a. You have travelled outside of Canada within the last 14 days.
 - b. You have come in close contact with someone who has tested positive for COVID-19
 - c. You have been advised to do so by health officials



HEALTH SCREENING PROTOCOL

ONLINE FORM

- The club will have a questionnaire that swimmers can fill out online and submit
- Staff will conduct in person screening to swimmers not filling out the questionnaire
- Only athletes that have shown they have no positives symptoms will be allowed to partake in the days practice

OUTBREAK PLAN

If an outbreak should occur with any Shark staff or members:

- Head Coach and Board members will notify membership of any needs to modify, postpone, restrict or cancel activities
- Facility administration shall be notified if any swimmer or staff member reports they are confirmed to have COVID-19
- If a club member, coach develops or family member/household occupant contracts COVID-19 symptoms, implement the Illness Policy and advise individuals to:
 - Self-isolate;
 - Monitor symptoms daily, report respiratory illness and not return to activity for at least 10 days following the onset of COVID-19 symptoms;
 - Use the BC COVID-19 self-assessment tool to determine if further assessment or testing is needed.
 - Return to swimming / work if the individual or family member/household occupant is tested for COVID-19 and is negative;
 - Return to swimming / work if the individual or family member/household occupant is not tested, and 14 days have passed since they became ill and they are symptom free.
- In the event any swimmer or coach has had to leave a practice, notify the facility administration immediately to permit proper disinfectant protocols to be followed;
- In the event of a positive COVID-19 result immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your illness Policy and enhanced measures;
- Should a medical health officer contact your club, cooperate in the contact tracing – ensure attendance sheets are available.



COHORT TRAINING SYSTEM

Starting September 2020 all Shark training groups will be divided into training cohorts as per the Stage 3 phase directed by viaSport and the PHO. These groups will strive to maintain social distancing norms from all other cohorts during Monday-Friday training activities.

On Saturday activities (open water, dryland training, competitions) multiple cohorts will come together up to a maximum of 35 swimmers. During these activities all precautions possible will be put into place to sustain and promote social distancing between swimmers.

Cohort size will be:

Squad 7, 8, 9, Lessons	ages 6-10	maximum 5 swimmers per cohort (1 lane)
Squad 3, 4, 5, Shark Fit	ages 8-14	maximum 10 swimmers per cohort (2 lanes)
Squad 1/2, 6	ages 11-17	maximum 15 swimmers per cohort (3 lanes)

Swimmers within cohorts will be given instruction and rest within 2m of spacing. These swimmers will **NOT** share equipment, water bottles, personal items and will avoid intentional contact with each other.

While cohorts share the pool, their rest and instruction will be outside of 2m of each other

- I.e. Cohort "A" (5 swimmers) will be given instruction at shallow end of lane 1
- Cohort "B" (10 swimmers) will be given instruction at deep end of lane 2,3
- Cohort "C" (15 swimmers) will be given instruction at shallow end of lane 4,5,6

Cohort Stability

All efforts will be made to keep cohorts stable. Swimmers entering multiple cohorts will be restricted and groups movements will be done en masse at the same time every two-three months.



SHARKS PARTICIPATION AGREEMENT

Application- all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at Club activities.

All Participants of the Comox Valley Aquatic Club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP protocol.

- I agree to symptom screening checks and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2 meters away from others.
- I agree to not share any equipment during practice times
- I agree to abide by all of my clubs COVID-19 Policies and Guidelines
- I understand that if I do not abide by the aforementioned policies/ guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Name: _____

Parent or Guardian Name: _____

Date: _____

Signature (of Parent if under 19 years of age): _____