

Duncan Swim Team

Start up Oct 2020



Welcome back! safely

For the past 4+ months we have been developing measures to enable our membership and our staff to return to Swimming

We've established a Return to Swimming Action Plan that took into account the regulations and recommendations of

- BC Health
- Swimming Canada & SwimBC
- viaSport British Columbia
- Royal Life Saving Society Canada

And compared it with many other NSOs, PSOs, and like organizations



Return to Action plan

- Our Return to Swimming Plan (pool) has been approved by the DST Board of Directors and was submitted to SwimBC, a stipulation for our Team's 2020/21 season Registration
- This is an 8pg document that has been adopted by the Cowichan Aquatic Centre / Municipality of North Cowichan for all User Groups.

Main points:

- Maintaining a 2m distance with max 6 swimmers per lane
 - We're starting with small steps and working with 4 per lane, 5 on occasion
- Isolating groups and their specific members to minimize the size of their cohort and determine contact tracing
 - BC Health & the BCCDC allow for up to 50 people. We're aiming to isolate groups as much as possible with current maximum numbers being 16 in one cohort
- Specific procedures and pathways upon entering and exiting the facility
 - We'll go into more detail shortly



Pre Swim Questionnaire

edited 12oct2020

DST swimmers and staff must answer 'NO' to the following questions prior to attending any training session. Responses will be recorded by coaches.

1. Do I have any of the symptom:
cough, shortness of breath, chest pain, difficulty breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, runny nose, new loss of taste or smell, gastrointestinal illness?
(edited 12oct2020)
2. Have I been in contact with or cared for a person with COVID-19?
3. Have I returned from a trip outside of the country within the last 2 weeks?

Should there be a 'YES' answer to any of the previous questions that person will be asked to refrain from participation and to follow up with their family physician or 8-1-1.

Members and staff will require physician clearance in order to return to the pool.



GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
E group* <i>*group sizes will be limited & / or combined to account for contact tracing</i>	6:00 – 6:50	6:00 – 6:50* <i>Nil Stage 1</i>	6:00 – 6:50	6:00 – 6:50* <i>Nil Stage 1</i>	6:00 – 6:50	11:30am – 12:10
SwimActive	5:50 – 6:50		5:50 – 6:50			
D group		5:50 – 7:00		5:50 – 7:00	4:30 – 5:50	11:00am – 12:10
C group	4:20 – 6:00	RTR 7:00 – 8:00am	4:20 – 6:00		4:20 – 6:00	9:50 – 11:30am
B group <i>*2 of 4 RTR practices please connect with Brent</i>	*RTR 7:00 – 8:00am 4:10 – 6:00	4:10 – 6:10	*RTR 7:00 – 8:00am 4:10 – 6:00	*RTR 7:00 – 8:00am 4:10 – 6:10	*RTR 7:00 – 8:00am 4:10 – 6:00	9:40 – 11:50am
A group	RTR 7:00 – 8:00am 4:10 – 6:00	4:10 – 6:10	RTR 7:00 – 8:00am 4:10 – 6:00	4:10 – 6:10	RTR 7:00 – 8:00am 4:10 – 6:00	9:40 – 11:50am
Masters group	5:40 – 6:50		5:40 – 6:50		5:40 – 6:50	9:40 – 10:50am
group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Start & Finish times

Each Group has been scheduled with a 10minute screening window. Entrance into the building will only start at the stated time and will be handled by the attending Coach

- We cannot assure a late entry at this point due to limits on staffing so please endeavor to be prompt

Finish time is as stated and swimmers need to be exiting the building within 10min of the stated time



Entering & Exiting
the CAC

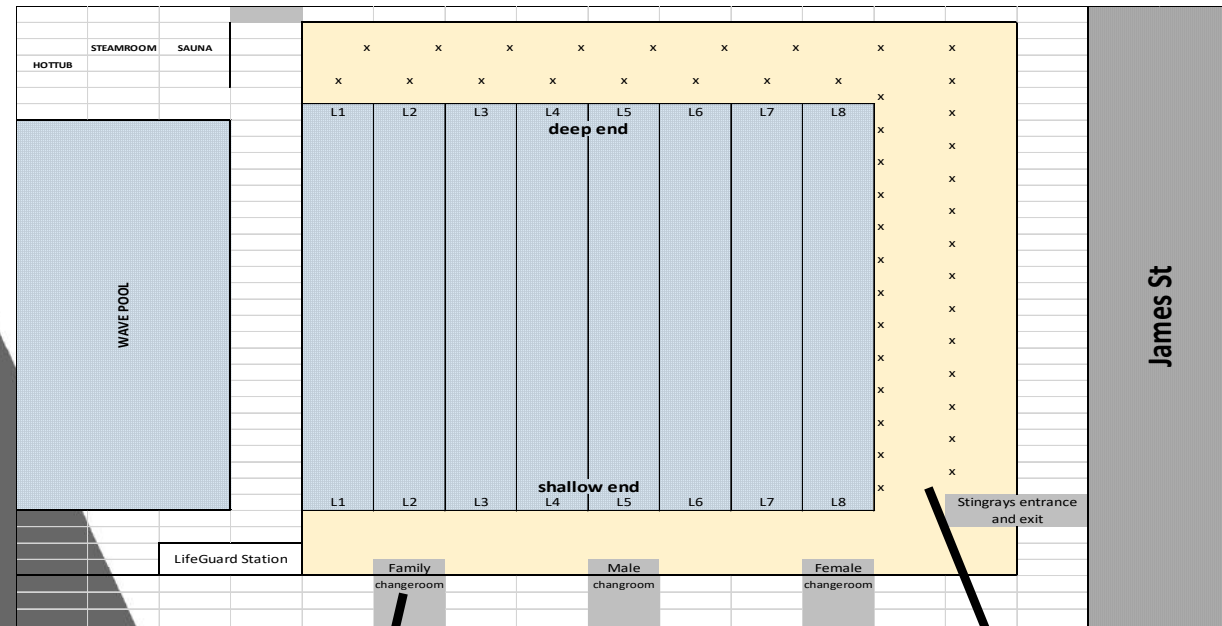
Entering the CAC edited 15oct2020

1. All swimmers to assemble in an orderly fashion outside the CAC doors, James St side
 - Suits on under clothing
 - Please plan for the weather

PARENTS: please respect this entrance/exit for the swimmers and only enter this space if you've the appropriate face covering.

2. Swimmer only entrance into the CAC must be with a mask. The Swimmer will be asked the 3 screening questions
3. Assuming clearance, the Swimmer will be given a tote for all of their belongings. They will then be advised to go to the furthest X, lined out 2m apart
4. On the X will be where they will do their pre swim activation and ready themselves for practice
5. Swimmers will then be guided to the Family changeroom for a cleansing shower prior to entering the pool
6. Swimmers will be assigned their lanes

Group's start times have been staggered where possible. Let's all endeavor to follow this process and we'll be able to enter quickly and get to Swimming!



It is the responsibility of all involved to ensure that we also leave the facility in an orderly fashion.

Post practice, Swimmers will have 10min to exit the building. No exceptions. In the interest of expediency and fairness to all, we will be expecting all Swimmers to:

1. Complete their practice and tidy any equipment used
 - *DST Staff will sanitize all equipment used*
2. Go directly to their tote and assemble their belongings
3. Dry off and dress over top their suit, wear a mask
4. Exit safely from their X in consideration of maintaining social distancing
5. Pick - up will be the same doors as drop - off

Exiting the CAC





In the event of an outbreak?

Should there be a confirmed case of COVID-19 within DST the following steps will be taken:

- The athletes/coach is removed from the training group immediately.
- Team training is suspended and all members are placed in self-isolation.
- Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements around contact tracing as it relates to managing the spread of the virus.
- Team training will resume when all team members self isolate for 14 days and no further COVID-19 cases are identified or all team members are cleared to group training by their physicians.

Safety Precautions

The DST Coaching Staff, WorkSafe BC, Swimming/Natation Canada and the Municipality of North Cowichan have created policies and procedures around safety and limiting the transmission of COVID-19.

Swimmers and coaches will be required to adhere to these policies and procedures*. Failure to comply with these processes could result in the removal from the pool deck by Municipality of North Cowichan staff members, or DST's Coaching staff.

**If you feel that these policies and procedures are too great of an expectation for your Swimmer, please advise the DST Staff ASAP for your Swimmer to be removed from the program until restrictions can be lifted.*

There will be no refunds for persons failing to comply with any DST Return to Swimming policies.

Repeated failures to comply will result in the enforcement of club discipline policies and/or removal from training until gathering restrictions are lifted.



The Benefits of Swimming – what a fantastic sport!



Swimming is recognized as a sport that offers opportunities for **life-long fitness** and is **internationally recognized as the lowest impact, fully body engaging activity** for any age.

By being part of the team, our youth learn about:

- good sportsmanship
- healthy lifestyle choices
- goal setting
- action planning
- time management
- social etiquette and responsibility
- Work ethic & perseverance
- Etc etc etc!

