



Nanaimo Riptides Swim Team - Return to Swimming Plan

Created July 13, 2020, Updated December 4, 2020

This Return to Play document was created by Nanaimo Riptides Swim Team's Head Coach, in conjunction with NRST Board of Directors and NRST staff members.

The goal of this document is to outline policies and procedures that the Nanaimo Riptides Swim Team has put in effect for the protection of staff, club members and the public during the COVID-19 pandemic.

NRST staff are excited about returning to the pool deck and re-engaging with swimmers, but guidelines will need to be followed.

These rules are not all encompassing and can be edited as new situations arise. They also do not invalidate NRST's Club Bylaws or Policies and Procedures but serve as a COVID specific resource. Should NRST Club Policy and Procedure contradict this Return to Swimming Plan, NRST Board of Directors and Coaching staff will convene to discuss. If the issue is urgent, interpretation and balancing of these two documents will be at the discretion of the Head Coach or their designate.

Health Monitoring

Waivers

All participants in NRST activities must sign 2 waivers (Appendices A & B). Both waivers are mandated by SwimBC and Swimming/Natation Canada and will be kept on file with NRST and SwimBC.

Pre-Activity Questionnaire

NRST swimmers or staff must answer 'NO' to the following questions prior to attending any training session. Responses will be recorded by NRST Staff in accordance with the appointed COVID-19 Safety Officer.

1.) Have you had at least one primary symptom of COVID-19 (fever, chills, cough, shortness of breath, or difficulty breathing)?

2.) Have you had any secondary symptoms of COVID-19 (headache, sore throat, new loss of taste or smell, vomiting, diarrhea, congestion or runny nose (not related to allergies), or extreme fatigue?

3.) Have you or anyone from your household returned from *international* travel within the last 14 days?

4.) Have you or anyone from your household returned from *domestic* travel within the last 14 days to a location where the local government requires self-isolation?

5.) In the past 14 days, have you or anyone from your household had close contact with a person who is currently awaiting testing results or confirmed positive with COVID-19?

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.

Swimmers will also submit to a no touch forehead temperature check and record into the screening log. Any swimmers with temperatures 38 degrees and above will be sent home and need 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.

Illness During Practice

If a staff member or swimmer becomes ill in the middle of a practice they will:

- Be asked to wash hands, don a mask and isolate until they can leave.
- All surfaces touched by that member will be sanitized by the Head Coach or designate.
- If a person is severely ill, call 911.
- Parent/Guardian or Emergency Contact will be informed and asked to pick up their swimmer.

Swimmers or staff members will require physician clearance in order to return to the pool.

COVID-19 Outbreaks within NRST

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

1. The athletes/coach is removed from the training group immediately.
2. Team training is suspended and all members are placed in self-isolation.
3. 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.

Use of Attendance in Contact Tracing

NRST coaches will be taking attendance each workout. These attendance sheets along with the completed daily screening log will be used in the case of a positive COVID-19 test result within the club.

Refunds for Isolation or COVID-19 Infections

NRST Policy and Procedures for medical refunds still remain in effect. In addition to those policies, NRST will refund the cost of missed practices due to required self isolation.

Group & Practice Structuring

Due to the need for physical distancing and the way in which COVID-19 is transmitted practices will look different in many respects.

NRST staff members understand that some of these changes are not the most efficient way to deliver programming, but do believe they are a prudent way to ensure the safety of staff, swimmers and the public.

Coach: Swimmer Ratios

NRST will maintain Facility dictated numbers when creating programming.

Group sizes will be such that physical distancing (3m) between athletes can be maintained. Ideal lane conditions would see 4-8 athletes for every 25m lane.

NRST group size limits will be based on (this will limit the total number of swimmers a given coach will interact with at any one time):

1. The ability to maintain physical distancing
2. Lane space divided by recommended number of swimmers per lane (this number changes based on City of Nanaimo's guidelines)

Group Structuring

The number of NRST practice groups in the pool will be based off: (this will limit number of coaches on deck)

1. Number of lanes rented/allocated
2. Ability to stagger start ends so that groups run off opposite ends of the pool

3. Ability and ages of the swimmers registered for programming. There will be no guarantee that swimmers will swim in the same groups as their previous competitive season.
4. Establishing sports cohorts
5. NRST coaches reserve the right to split groups in order to maintain adequate physical distancing.
6. Sub-group training times and spaces will be non-negotiable and scheduled solely by the Head Coach.

Safety Precautions

The NRST Coaching Staff, WorkSafe BC, Swimming/Natation Canada and the City of Nanaimo 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 City of Nanaimo staff members, or NRST's Coaching staff.

There will be no refunds for persons failing to comply with any NRST 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.

For the purposes of this document Pool and Dryland activities will be differentiated.

Pool

Drop off and Pickup

Swimmers will be assigned a drop off and pick up door. Swimmers should show up to their respective workouts 5-15 minutes before, and remain no longer than 15 minutes after. This will ease the number of families and swimmers at any one time in the area surrounding the facility. Door will be closed 5 mins before workouts so that coaches can organize swimmers before the start of the workouts.

All swimmers must fill in the COVID-19 screening log and submit to a temperature check before entering the facility.

Drivers are directed to drop off swimmers outside the facility at the curb (or as close as possible for younger children).

Pick up of swimmers can be done at the curb, or wherever parents feel safe to do so.

Entering and existing from Facility

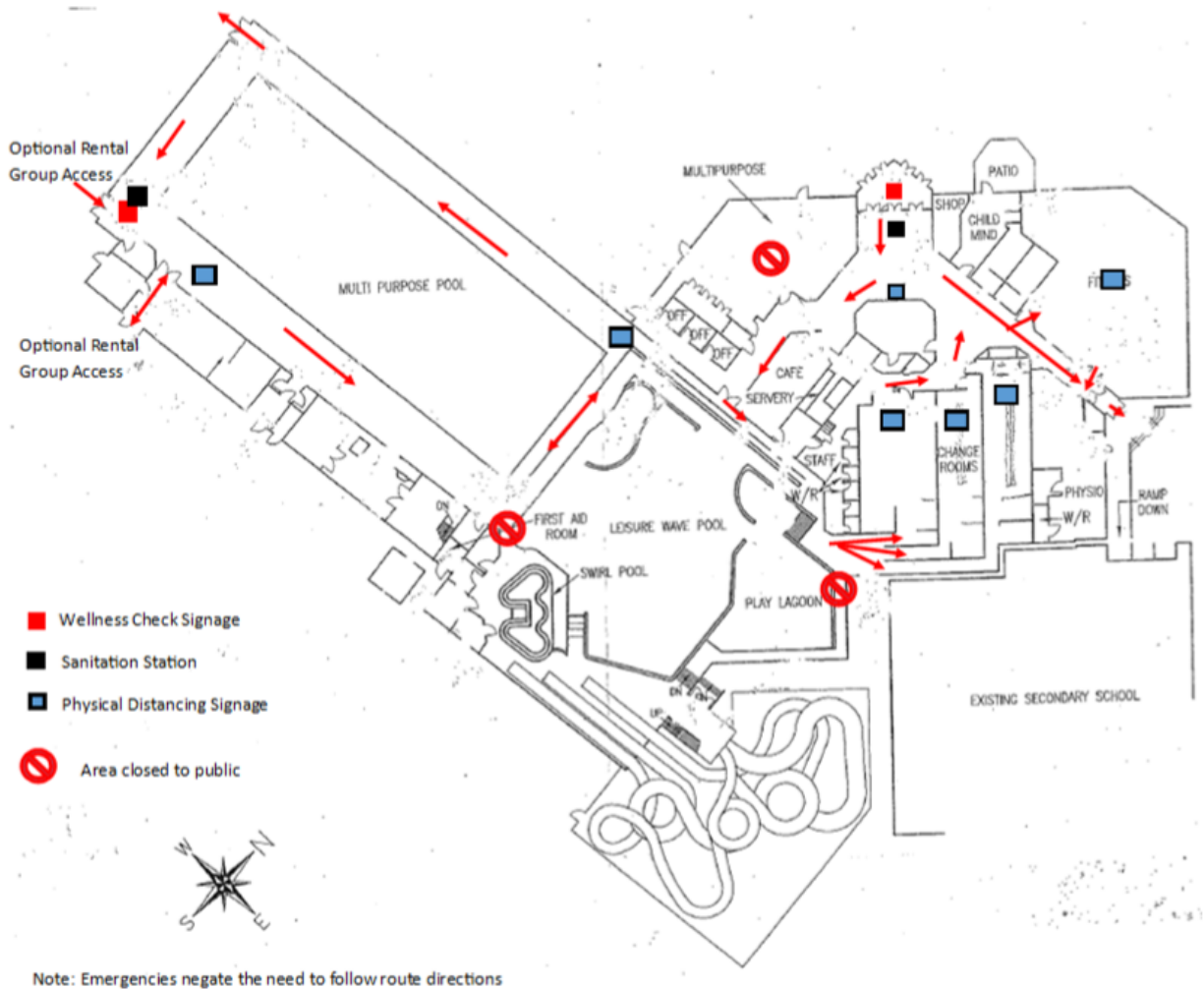
Flow into and out of the facility will be directed by City of Nanaimo staff. Swimmers are mandated to follow the paths indicated by staff or signage.

Parents will not be allowed to accompany swimmers on to the pool deck. Parents will not have any access to the pool deck in order to reduce numbers.

If your child is unable to reach the pool deck safely by themselves then this training program is not suitable for them.

Swimmers will be unable to use change room facilities both upon entrance and on exiting the facility. Please come prepared to get into the pool and have adequate towels to travel home with.

At the end of workouts swimmers will be directed off the deck by coaching staff. They will not be able to loiter on the pool deck when they are finished.



Group Changeovers

Group change overs will be quicker than normal, groups will not overlap while on the pool deck. Activations may take place outside of the facility.

Groups will be staggered so that there is adequate time for coaches to clean and sanitize any equipment necessary.

Shared Pool Equipment

There will be no shared equipment on the pool deck for the foreseeable future. Swimmers will be required to have their own equipment based on their coaches' requirements.

NRST coaches will be responsible for the setup and take down of any pace clocks or equipment that are used.

Individual Equipment

Swimmers will be unable to share equipment of any type while swimming. Required equipment will need to be carried in a mesh bag (or some other container).

Swim bags can be stored on the pool deck during practice time. Swimmers will be required to put all items (except shoes) into their bags to avoid the risk of contaminating items.

Washrooms/showers

All showers will be located on the pool deck. Swimmers will not be returning to the change rooms.

Washrooms are single person use only and sanitization stations will be available.

Dryland

All dryland will be held in the surrounding park area. Swimmers will meet at a designated point outside of the facility. Swimmers who have arrived specifically for a dryland practice will not enter the facility.

Dryland Equipment

Dryland should not require any equipment brought from home. If this changes, members will be notified. Any club equipment will be that individual's for the entire training session.

Club equipment should be cleaned and sanitized following the practice.

General

Coaches will maintain physical distancing throughout the practice and may need to project their voices to be heard.

Coaches will not use physical manipulation of any kind.

Swimmers and coaches will avoid handshakes, high fives, hugging, ect.

Coaches will not use whiteboards in order to prevent close proximities of bodies.

Swimmers will not be able to use dive blocks, and backstroke grab handles during practice.

Swimmers should have individual water bottles. No sharing. These bottles need to be pre-filled upon arrival at the pool or park and cannot be refilled at NAC

There will be no food sharing between members or coaches.

Hand Washing and Disinfection

Coaches will wash/disinfect their hands upon arriving at practice, between groups and upon leaving the pool deck.

Swimmers will be asked to sanitize their hands prior to entry of the facility.

Coaches will be responsible for disinfecting NRST equipment that has been handled by swimmers or themselves.

Disinfection should happen at the end of a day's training for items that are not shared by coaches or swimmers (ie. Paceclocks)

Disinfection should happen between practices for equipment used by multiple groups during dryland.

Competitions & Club Events

All sanctioned competitions have been cancelled by Swimming/Natation Canada for the foreseeable future.

NRST will uphold gathering restrictions until told otherwise. All team events, or unsanctioned swim meets will be cancelled.

Oversight of Policies and Procedures

Coaches are directly responsible for ensuring they themselves and the athletes in their groups maintain physical distancing, that pre-activity questions are answered and responses recorded, and that a detailed attendance list is kept for every practice of every group so that contact tracing can occur if necessary.

The Head Coach will be responsible for the delegation or posting of signage, communication to staff and membership, as well as oversight of staff members on the above tasks.

NRST has appointed a COVID-19 Safety Officer. The COVID-19 Safety Officer is responsible for keeping an extra eye out for lapses in policy and procedure and point out any breaches or potential problems to the Head Coach. The Safety Officer will not be responsible for enforcement. Should there be frequent lapses the Safety Officer will report these to the Board of Directors.

Ongoing Monitoring and Updates of Processes and Procedures

This is a working document and will be updated as new situations arise, problems are identified or rules and restrictions are changed.

As new versions of this document are created they will be posted on the club website (www.nanaimoriptides.com) under the Policy and Procedures section.