

VANCOUVER PACIFIC SWIM CLUB COVID-19 RETURN TO SWIMMING PLAN

INTRODUCTION

The purpose of this document is to provide VPSC members with the information and plan that allows for our club to Return to Swimming. This document will cover 3 main points:

- 1) An Employer Plan, to ensure that our coaches can return to work safely
- 2) A Return to Swimming Plan, to ensure that our swimmers can participate in training safely
- 3) An Outbreak Plan, in the event someone suspects or confirms they have COVID-19

The core principle of this plan is to follow the Provincial Health Guidelines as outlined by the Provincial Government in their Restart Plan. These principles are shown here:

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

In developing our plan, several governing bodies have provided guidelines and rules to follow in order to return to work and to return to activity safely. Here is a brief description of some of the organizations that have provided guidelines to enable this document to be completed.

viaSport – a non-profit organization which acts as an agent for the Ministry of Tourism, Arts and Culture to enable the growth, governance, and stewardship of amateur sport in BC. As mentioned above, they have been tasked by government to develop the sport sector reopening strategy for review by the Provincial Health Officer.

BCRPA – a non-profit organization working in a similar way as viaSport, representing the larger Parks and Recreation sector in BC, inclusive of public recreation facilities. They have been tasked by the BC government to develop the recreation sector reopening strategy to the Provincial Health Officer.

WorkSafe BC – a provincial government agency with the mandate to oversee a no-fault insurance system for the workplace. They partner with employers and workers in B.C. to:

- Promote the prevention of workplace injury, illness, and disease
- Rehabilitate those who are injured, and provide timely return to work
- Provide fair compensation to replace workers' loss of wages while recovering from injuries
- Ensure sound financial management for a viable workers' compensation system

Lifesaving BC – a non-profit organization committed to the prevention of drowning and aquatic-related injury through water safety education; and a leader in offering expertise and guidance to ensure safe operation of water-related settings. Lifesaving BC has been assigned the responsibility to provide content and direction to the BCRPA for the reopening strategy of aquatic facilities.

Swimming Canada – a non-profit organization serving as the national sport organization (NSO) for competitive swimming. In their role as an NSO they have defined a broad national approach for a return to swimming plan.

Swim BC – a non-profit provincial sport organization (PSO) responsible for the governance of competitive swimming in BC. Swim BC has been mandated by the Provincial Health Officer through the BC Ministry of Tourism, Arts and Culture and viaSport to develop a Return to Sport Plan for our membership. The Swim BC plan and our members plans are required to be completed before swim clubs return to operations.

In addition to this, our club works with 3 main facility providers who are key to our successful return to swimming:

University of British Columbia - UBC Aquatic Centre
St. George's Senior Boys School - St. George's Pool
City of Vancouver Parks and Recreation - Lord Byng and Kerrisdale Pools

The facility and its provider are responsible for coordinating the health and safety standards at the pools where we train. If a conflict arises between our VPSC guidelines and those guidelines provided by our training facilities, the training facilities guidelines will supersede our own. VPSC is, and will continue to be, in constant communication with our facilities to ensure that any inconsistencies between the policies laid out by the Club and those in place at our facilities are minimized and/or resolved.

The facilities will be required to develop internal and external signage as well as communications on COVID-19 protocols related to the facility and its specific service areas. VPSC will work with our facilities to align our plan to acknowledge all entry and exit plans to ensure our Club members are aware of and adhere to the facilities plans. This includes facilities that we currently use, such as UBC, St. George's, Lord Byng, St. James Community Centre, as well as any other facilities or spaces we may use in the future.

As a member club of Swim BC, we are mandated by law to follow the guidelines that they set out for their member clubs. This includes the Swim BC Return to Swimming Guidelines, which were published on June 8th, 2020. These guidelines provide the foundation of rules and regulations that VPSC must follow in order to return to swimming in a safe manner.

As suggested by the Swim BC guidelines, each member club should have a COVID-19 Officer who is responsible to stay abreast of news related to COVID-19, new government regulations, Swim BC Bulletins, assisting in the development of the Club's plan and education and enforcement of the Return to Swimming Plan. We are grateful to have a COVID-19 Officer, who is:

Priscilla Walsh
covid19officer@vancouverpacificswimclub.com

In addition to this suggestion, the club may require the use of COVID-19 Ambassadors at all of our training sessions. A COVID-19 Ambassador may be a volunteer or a coach. Their responsibility is to ensure that swimmers and coaches check into workouts, complete the pre-screening questionnaire, and follow all required guidelines until the swimmers and the coaches have entered a training facility. Once staff and swimmers enter a facility, the responsibility of following these guidelines falls to the coach.

As the province continues to adapt to the ever-changing landscape during the COVID-19 pandemic, these guidelines may change in order to stay current with the policies made by the BC Centre of Disease Control (BCCDC). This document will be updated as necessary.

This document will be posted on the VPSC website, will be made available at pre-screening for each workout and will be posted at our training facilities and locations where needed. These guidelines have been reviewed and approved by the Board as of **JUNE 11th, 2021**

COVID-19 INFORMATION

Transmission

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes and potentially when they are talking in very close proximity to another person. The virus in these droplets can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person. This requires you to be in close contact – less than the so-called physical distancing of one to two metres. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area and then touches their face without cleaning their hands. The virus does not enter the body through the skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.

For COVID-19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior to symptom onset, but at present, it is not known whether this is a significant risk for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced. However, in the context of swimming, even swimming in an outdoor pool does not reduce the proximal nature of lane density and training patterns.

It is well established that children are important drivers of influenza virus transmission in the community; for the COVID-19 virus, initial data indicates that children are less affected than adults and that clinical rates in the 0-19 age group are low. Further preliminary data from household transmission studies in China suggest that children are infected from adults, rather than vice versa. This is an important consideration but is an area in which the evidentiary base will continue to develop.

(“Key Steps to Safely Operating Your Business or Organization and Reducing COVID-19 Transmission”, BC Government)

Symptoms

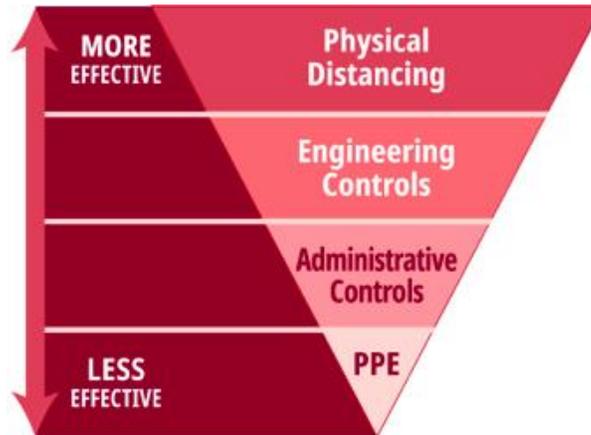
The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. These symptoms include fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.

People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe.

Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people, those with compromised immune systems or chronic health conditions.

EMPLOYER PLANS

In developing our Employer Plan to return to work, we strive to apply the appropriate hierarchy of controls for COVID-19, as outlined by the Provincial Health Organization and attempt to follow this guideline to ensure a safe working environment for our staff. This guide is shown here:



Physical Distancing

Until such a time that restrictions are eased, only the Director of Swimming will be permitted to use the VPSC Office space. If a staff member or a member of the club requires access to the office or its supplies, they must communicate with the Director of Swimming to discuss how they are to access what is needed from the office space.

All staff are permitted to work from home, provided they keep consistent work hours and are communicating effectively with the Director of Swimming and other staff members in a timely manner.

All staff meetings will be held virtually until such a time that the restriction on gatherings in closed spaces has been lifted.

When coaches are leading drylands or coaching on deck, they must remain 2 metres apart from each other and from all of the swimmers they are coaching at all times.

Engineering Controls

Facility Cleanliness

Responsibility of cleanliness in a multi-use facility is typically the responsibility of the 'owners' of the facility. Therefore, for our aquatic facilities, it will be the responsibility of the staffs at UBC, St. George's and Lord Byng to ensure the facility and all facility-owned equipment (ie. starting blocks, benches, bleachers, backstroke flags, etc.) is kept appropriately clean and disinfected.

VPSC will maintain communication with each facility in order to stay abreast of any requirements the staff will be needed to do in order to ensure the cleanliness of every facility and workout area.

Use of Equipment

Coaches will be permitted to bring their own stopwatches for use during training, provided it is kept appropriately clean and they are not permitted to give their stopwatch to another coach or swimmer.

Coaches shall not bring any other equipment to dryland or pool sessions. Coaches are not permitted to share any equipment with the swimmers or each other, and at no time should allow the swimmers to share equipment with each other.

Administrative Controls

Coaches should not lead workouts or come to the facilities if:

- They don't feel well or are displaying symptoms of COVID-19
- Someone in their household has COVID-19 or is showing symptoms of COVID-19
- Has travelled outside of Canada within the last 14 days
- Someone in their household has travelled outside of Canada in the last 14 days

If a coach is exhibiting symptoms of COVID-19, they should immediately communicate this to the following people:

Director of Swimming - Brian Johns, brianjohns@vancouverpacificswimclub.com

COVID-19 Officer - Priscilla Walsh, covid19officer@vancouverpacificswimclub.com

Any coaches they will have come in contact with during workouts

COVID-19 Ambassador if one has been assigned to the group

Coaches showing symptoms will immediately self-isolate. They must then use the [BC COVID-19 Self-Assessment Tool](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick) to determine if they are in need of further assessment or testing for COVID-19 (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>). Their absence will be recorded as part of attendance due to COVID-19 symptoms. If the coach is symptomatic and is tested, the club will follow the Outbreak Plan described later in this document.

Coaches may be asked to act as the COVID-19 Ambassador for the workout they are leading. If this is the case, coaches will have to perform and record a COVID-19 self-assessment as part of recording attendance for their group.

If a volunteer is serving as the COVID-19 Ambassador, the coach will have to check-in with the COVID-19 Ambassador and verbally perform COVID-19 symptom checklist with them.

Once the Club has access to multiple facilities for training, the Club will endeavor to ensure that coaches are assigned groups and roles to minimize the number of total contacts that coach has. In the event of an outbreak, only the swimmers and coaches who were exposed to COVID-19 will have to execute the Outbreak Plan as described below.

Use of Personal Protective Equipment (PPE)

VPSC will work under the assumption that our staff and members may be high-risk individuals. As well, due to the exertion of speaking at our training facilities, we may increase the probability of exposing others to the 'droplets'. All staff members and volunteers will be required to wear masks at any time that they are closer than 2 metres away from any club member, including swimmers, coaches, parents and other volunteers.

VPSC coaches are permitted to teach training sessions while in the water. The coach will be required to wear a form of PPE that will enable them to safely teach from the water such as a plastic face shield. Coaches will refrain from physically contacting the swimmer unless it is necessary for the safety of the swimmer.

Coaches and volunteers will be provided PPE by the Club. A non-medical mask will be sufficient during training sessions as coaches and volunteers will be able to maintain appropriate social distancing between themselves and the swimmers. If a coach or volunteer chooses to use a homemade mask, the use of the mask must be approved by the COVID-19 Officer. Coaches and volunteers will receive training information about how to appropriately use a mask during a training session.

In the case that a swimmer requires medical assistance during a dryland workout, the coach must keep their mask on and wear gloves while attending to the swimmer. For all workouts, coaches will continue to follow the Emergency Action Plan that has been established between the Club and the facility they are at.

RETURN TO SWIMMING PLAN

Prior To Arrival

VPSC will Adopt Illness Policy from Swim BC. This can be found in **Appendix A**

Prior to starting any activities, swimmers will be required to sign an **Acknowledgement and Acceptance of Risk** form. Swimmers who have not completed this will not be permitted to return to activity with the club. This can be found in **Appendix B**.

Prior to attending any Club activities, swimmers will also be required to sign the **Club Participation Agreement**. Swimmers who have not completed this will not be permitted to return to activity with the club. Signed copies will be kept on record at the VPSC Office. This can be found in **Appendix C**.

Swimmers should not participate or come to the facility if:

- They don't feel well or are displaying symptoms of COVID-19
- Someone in their household has COVID-19 or is showing symptoms of COVID-19
- Has travelled outside of Canada within the last 14 days
- Someone in their household has travelled outside of Canada in the last 14 days

If a swimmer does exhibit COVID-19 symptoms, they, or their family, should immediately communicate this to the coach of their group and the COVID-19 Officer. Their absence will be recorded accordingly.

Pre-Screening

All swimmers should complete the [BC COVID-19 Self-Assessment](#) tool *prior* to arriving to workout. If the swimmer does not pass this self-assessment, they should not attend workout and follow the [BCCDC Self-Isolation guidelines](#) immediately.

Once a swimmer arrives for workout, whether it is for dryland or in the water, swimmers will be required to do the following:

- 1) All swimmers and coaches must check-in with the COVID-19 Ambassador. This may be a Volunteer or a Coach.
- 2) Use the hand sanitizer that is provided by the COVID-19 Ambassador
- 3) Verbally perform COVID Symptom Checklist and be marked for attendance. The COVID-19 Ambassador will perform the same assessment outlined in the BC COVID-19 Self-Assessment tool.

There will be 'zero tolerance' for swimmers to participate in any workout with symptoms present.

Swimmers' attendance will be kept, recorded and stored with the COVID-19 Officer for a minimum of 30 days.

Social Distancing

For Dryland, in order to avoid social distance concerns in changerooms, all swimmers and coaches are asked to arrive for their session ready to take part in the workout as no change rooms will be made available.

For Dryland, swimmers and coaches must stay at least 2 metres apart at all times during the workout. No activities shall be performed that will require the swimmers to be closer than 2 metres apart. If necessary, markers may be used in order to clearly outline where swimmers are permitted to be during the dryland exercises.

For *in-water practices*, in order to avoid social distance concerns in changerooms, our swimmers will not be permitted to use changerooms at any facility in order to put on their training suit. Therefore, swimmers are asked to arrive ready to swim, meaning that they already have their training suit on underneath the clothing that they arrive to practice in.

Each of our facilities has a facility entry and exit plan for our swimmers to follow in order to enter and exit the building, access the pool deck and leave the facility while maintaining appropriate social distancing throughout the process.

All guidelines and policies that are outlined by our facilities will be made available on the VPSC website at <https://vpsc.poolq.net/menu/return-to-swimming>. New and updated guidelines will be communicated to the club as they are received.

In order to prevent swimmers and coaches from gathering closely in one area, whiteboards will *not* be used to communicate workouts. Workouts will either be sent ahead of time for swimmers to print off and bring to workout or they will be communicated verbally on the pool deck.

Swimmers may be assigned a marked spot at the pool to leave their outside bag to place their clothing in to ensure that they are maintaining social distancing while disrobing and getting ready for practice.

Once ready to enter the water, swimmers may be assigned a spot on the pool deck in order to wait for the beginning of workout. Appropriate social distancing during in-water workouts will be discussed in further detail under the Training Group Protocols section.

Once workout is completed, swimmers will be asked to leave the water one lane at a time to give appropriate time and space for swimmers to retrieve their bag from their assigned spot where swimmers are expected to dry-off, replace their clothes over top of their suit, and immediately exit the pool deck following the facility's exit plan. Swimmers will not be permitted to use change rooms in order to change out of their training suit and are expected to immediately proceed to the appropriate exit.

Training Group Protocols

Lane Density

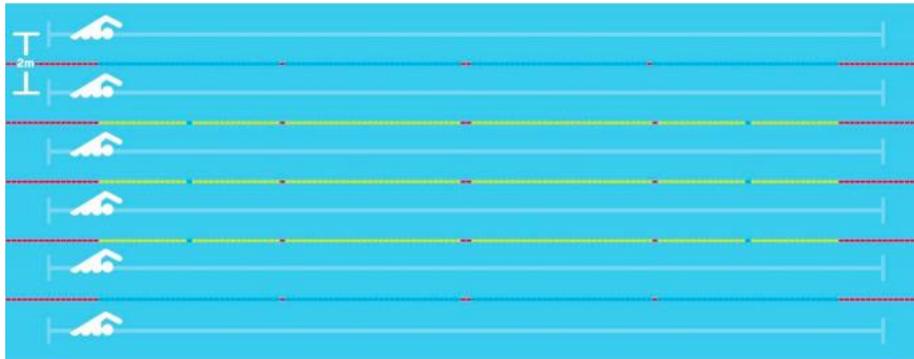
We will be working towards a training practice model that will enable our swimmers to ensure they maintain appropriate social distancing while they are in the water, while also ensuring that we maximize the space that is made available to us.

Several models have been proposed to ensure appropriate social distancing during a workout. It is very important to note that the *facility* determines how the lanes are going to be used and what orientation the lanes will be in. VPSC will work with each training facility in order to use a model that will maximize our pool space while maintaining proper social distance. The next page shows multiple examples of training models that *could* be used at our facilities.

Group Priority

As the Club begins a phased return to re-enter the water, in order to ensure that the first swimmers in the water are the most capable of following the guidelines laid out in this document, the Club will be allowing our more experienced, highest performing swimmers first as suggested by the Swimming Canada Return to Swimming guidelines. These swimmers will be the most capable of following the guidelines outlined in this document and give the Club the opportunity to learn how to adapt these guidelines into training sessions in the safest manner possible.

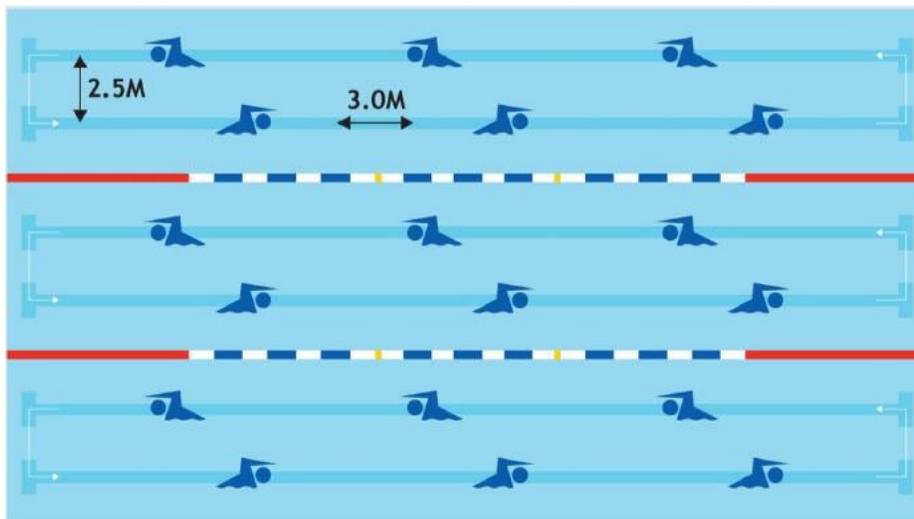
Over time, swimmers of all ages and ability levels will restart their training in the water, once it has been deemed safe for each group, provided there is appropriate lane space for each group to train.



1) 6-lane, 25-metre pool, 1 person per lane using 'double lanes'



2) 6-lane, 25-metre pool, 2 people per lane using 'double lanes'



3) 6-lane, 25-metre pool, 3 people per lane using 'double lanes'

Group Placement/Sizes

Group size, as with lane density, is heavily dependent on the rules and guidelines in place at *each facility*. At any point, different facilities may have different standards, whether they are more relaxed or more strict, and our group sizes will adapt to the facility rules that are in place at the time of training.

The following table outlines what we currently anticipate as the maximum amount of space VPSC is likely to use during training. The finalized figures for this may change based on the availability of pool space at each of our facilities.

Pool	Phase 1		Phase 2		Phase 3	
	# lanes	Swimmers/Lane	# lanes	Swimmers/Lane	# lanes	Swimmers/Lane
UBC	6	1	10	2	10	4
St. George's	6	1	6	2	6	4
Lord Byng	6	1	6	2	6	4

In planning for training, group sizes will be based on this information but may have to be flexible and adaptable depending on the changing landscape of the current pandemic.

Responsibility of Cleanliness

Responsibility of cleanliness in a multi-use facility is typically the responsibility of the 'owners' of the facility. Therefore, for our aquatic facilities, it will be the responsibility of the staffs at UBC, St. George's and Lord Byng to ensure the facility and all facility-owned equipment (ie. starting blocks, benches, bleachers, backstroke flags, etc.) is kept appropriately clean and disinfected. The facilities will communicate with the VPSC Coaching staff if any assistance or additional cleaning is required for our workouts.

Upon check-in with our COVID-19 Ambassador, all staff and swimmers are expected to use the sanitizer that will be provided prior to the start of any club-led activity, be it in dryland or in the water.

Equipment Use

For all dryland and in-water workouts, swimmers are not permitted to share equipment. Coaches will not be permitted to give equipment to the swimmers to use, nor will swimmers be allowed to give their equipment to another swimmer to use during the workout.

Swimmers are expected to sanitize all equipment needed prior to arriving for workout, whether it is for dryland or for in-water training. Facilities may determine what equipment will be permitted for use during in-water training, and this may vary between facilities.

Upon completion of the workout, swimmers will be asked to disinfect the equipment used during the workout with the materials provide by the club and/or the facility.

Gathering Limits/Swim Meets

An understanding as to how aquatic facilities address gathering limits is outlined by the BCRPA as follows:

"The PHO (Provincial Health Officer) order banning mass gatherings over 50 people, which is expected to be enforced through the BC Restart Plan's Phase Three, is specific to social gatherings that are singular, one-time events where people are engaged in one common activity. While the spirit of the order applies in all circumstances, according to the BC Centre for Disease Control (BCCDC) the adherence to the 50-person limit does not apply to recreational activities where the size of space enables appropriate physical distancing between people."

The recreation sector application of the order is as follows:

- Special events larger than 50 will not occur. The mass gathering order eliminates large event rentals and programs – for our interpretation this means swim meets as we are accustomed to.
- Gatherings of fewer than 50 people for a singular event may be hosted in recreation spaces indoor or outdoor, provided that strict physical distancing measures are in place.

Until such a time that these restrictions are lifted, VPSC will not be able to host or attend meets that require a capacity of over 50 people. However, competitions that require less than 50 people may still be permitted. This opens the possibility of hosting sanctioned Time Trials periodically throughout the year. VPSC will explore these possibilities and will only do so with the permission of the facility within which it will be held.

OUTBREAK PLAN

If a swimmer develops COVID-19 symptoms, this should be immediately reported to the Lead Coach and/or the COVID-19 Ambassador. The Lead Coach and the COVID-19 Ambassador will report this to the COVID-19 Officer and the Director of Swimming. The COVID-19 Officer will keep the record of any coaches or swimmers who have missed time as a result of developing COVID-19 symptoms.

If a coach or swimmer determines they exhibit COVID-19 symptoms prior to workout, they must not attend workout. If a coach or swimmer determines they have COVID-19 symptoms during a workout, they will be asked to end workout immediately and report to the nearest first aid facility as per the club's Emergency Action Plan. Any areas that the swimmer had touched prior to leaving the facility will be sanitized and disinfected immediately in accordance with the facility's policies.

The swimmer or coach must then use the BC COVID-19 Self-Assessment Tool to determine if they are in need of further assessment or testing for COVID-19 (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>). Duration of isolation and return to club activities will be based on the BC CDC recommendations that are in place at the time.

If a swimmer or coach shows symptoms of COVID-19, they must immediately self-isolate. They can return to regular activities if:

- They have been tested for COVID-19 and the results are negative
- At least 10 days have passed since start of symptoms
- The fever is gone without use of fever reducing medications
- They are feeling better.
- Coughing may persist for weeks, this does not require self isolation.

Any modifications to the training schedule will be done by the Director of Swimming, in accordance with the COVID-19 Officer and the local health authority, if necessary.

Having a swimmer or coach who is symptomatic does not require any modifications or cancellations to the practice schedule. Coaches should continue to be in contact with the symptomatic swimmer to be updated on their progress.

In the case that **all** the coaches assigned to the group are forced to be absent under this guideline, in-person workouts may be cancelled and communicated to the families in the group. Any other modifications to in-person training will be communicated to families once it has been determined by the Director of Swimming and the coaching staff.

In the event that someone tests positive for COVID-19, they should immediately communicate this to the Lead Coach, the Director of Swimming and the COVID-19 officer. The COVID-19 officer will work with the club to ensure that all BC CDC guidelines are followed appropriately. This includes isolation and contact tracing (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation/contact-tracing>).

The club will inform our local health authority and they will help determine what the next steps the club will take to prevent further infections within the club, including procedures to follow at our facilities, as well as the communication process to the rest of the group and the club.

The swimmer and those who may have been exposed must then use the BC COVID-19 Self-Assessment Tool to determine if they are in need of further assessment or testing for COVID-19 (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>). Duration of isolation and return to club activities will be based on the BC CDC recommendations that are in place at the time.

It is very important that all swimmers and families adhere to these guidelines because a preventable exposure may result in the cancellation or the heavy modification of all in-person club activities for the duration of the required self-isolation.

If during their self-isolation there are additional positive tests for COVID-19, this should be immediately communicated to the Lead Coach, the Director of Swimming and the COVID-19 Officer.

If a coach or swimmer is being tested and are awaiting results for a suspected case of COVID-19, this should be immediately communicated to the Lead Coach, the Director of Swimming and the COVID-19 Officer. The coach or swimmer will not be allowed to return to club activities until they receive the results of their test. A positive test would trigger the steps outlined above. If the test turns out to be negative, then club activities can immediately resume.

Should a medical health officer contact our club, we will cooperate fully in the contact tracing efforts. The COVID-19 Officer will be able to provide a record of swimmers who have been symptomatic and the Lead Coaches will be able to provide a record of attendance for their groups.

APPENDICES

Appendix A: Club Illness Policy

Appendix B: Acknowledgement and Assumptions of Risk Form

Appendix C: Club Participation Agreement

Guidelines for all of our facilities can be found at <https://vpssc.poolq.net/menu/return-to-swimming>

VANCOUVER PACIFIC SWIM CLUB ILLNESS POLICY

In this policy “member” includes an employee, volunteer, participant or parent/ spectator.

1. **Inform an individual in a position of authority (coach, team manager) 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. Members must respond to a pre-training oral questionnaire before their practice/ activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Coaches will visually monitor team 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/ activity.
 - c. If members are unsure, please have them use the self-assessment tool <https://bc.thrive.health/covid19> or through [the COVID-19 BC Support App](#) self-assessment tool.
3. **If a 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 member may participate in a practice/activity if they are symptomatic.
4. **If a member tests positive for COVID-19:**
 - a. The member will not be permitted to return to practice until they are free of the COVID-19 virus.
 - b. Any member who worked / practiced closely with the infected member will also be removed from club activity for at least 14 days.
 - c. Ensure work / practice area is closed off, cleaned and disinfected immediately and any surfaces that could have potentially be infected/ touched.
5. **If a member has been tested and is waiting for the results of a COVID-19 test:**
 - a. As with the confirmed case, the member must be removed from the work / practice area.
 - b. The BCCDC advises that any person who has even mild symptoms to stay home and call 8-1-1.
6. **If a member has come in to contact with someone who is confirmed to have COVID-19:**
 - a. Members must advise their employer/ coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the member will be removed from the workplace/ practice for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the member will also be removed from the workplace for at least 14 days.
 - c. The workspace/ activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. **Quarantine or Self-Isolate conditions:**
 - a. Any member has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - b. Any member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c. Any member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - d. Any member who is quarantined or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS FORM (FOR ADULT PARTICIPANT AND MINOR PARTICIPANT)

Please read this document carefully

This acknowledgment and assumption of risks form must be signed before participating in any Activity sanctioned or organized by Swimming Natation Canada, Swim BC, or Swim BC Member Clubs

As a participant, or on behalf of a minor participant, in the Activities organized, recognized or sanctioned by Swimming Natation Canada (“**SNC**”), Swim BC or a Swim BC Member Club (“**Club**”) I hereby acknowledge and agree to the following terms and conditions respecting my/their participation in any Activity.

Introduction

As a participant, or on behalf of a minor participant, in the Activities organized, recognized or sanctioned by SNC, Swim BC or Swim BC Member Clubs, I, the undersigned

_____ (name of adult participant)

OR _____ (name of a parent or legal guardian of a minor participant),

acting as _____ (father, mother or legal guardian)

of _____ (name of minor participant),

hereby acknowledge and agree to the following terms and conditions respecting my/their participation in any Activity.

Definitions

1. “**Activity**” or “**Activities**” means any in-person or virtual activities such as events, training camps, programs, competitions, physical training performed or conducted in water or outside water, recognized, organized or sanctioned by SNC or Swim BC or Swim BC Member Clubs.
2. “**Agreement**” means this Acknowledgement and Assumption of Risk.
3. “**Injury or Health-related problem**” means any injury, health-related issue or illness including mental health issues diagnosed by a medical practitioner.
4. “**Members**” means the members listed in Section 3.01 of Swim BC bylaws dated October 10, 2019 or Section 2.1 of SNC’s bylaws dated July 29, 2019, as revised.
5. “**Minor**” means the minor participant named in the Introduction.
6. “**Organization**” means collectively, SNC, Swim BC, Swim BC Member club and their respective coaches, directors, officers, committee members, members, employees, volunteers, participants, agents and representatives.
7. “**Registrant**” means a participant and all individuals or entities of SNC including those individuals and associations, incorporated or unincorporated, as described in SNC’s *national registration policy, procedures and rules manual* who have met the requirements of registration and the registration has been completely processed and registrants or registered participants of Swim BC or a Member Club.
8. “**Club**” means a Member club that is registered with Swim BC.
9. “**Water**” means any outdoor or indoor pools, artificial or natural water basins used for swimming.

Description of Risks

1. As a participant, or parent or legal guardian of a Minor participant in the sport of swimming and the Activities of the Organization, the undersigned agrees to the following terms and conditions.
1. I am, or the Minor is participating voluntarily in the sport of swimming and the Activities of the Organization. In consideration of my participation or the Minor’s participation in the sport of swimming and the Activities of the Organization, I hereby acknowledge that I am aware of and hereby accept the risks, dangers and hazards inherent and associated with or related to the sport of swimming and any Activities of the Organization, including any Injury or Health-related Problem, which can be severe and even fatal. These risks, dangers and hazards may include, but are not limited to, an Injury or Health-related Problem resulting from:
 - a. Exertion and stretching of various muscle groups or strenuous cardiovascular activity in or out of water;
 - b. Vigorous physical exertion or physical contact in or out of water;
 - c. Slips or falls due to uneven, slippery or irregular surfaces, including on the pool deck, in dressing rooms or other facilities or rooms at an aquatic venue and at any physical facilities in and around open water venues;

- d. Failure to properly use any piece of swimming related equipment or the mechanical failure of any piece of equipment;
 - e. Concussions or aggravated related symptoms;
 - f. Spinal cord injuries which may result in permanent paralysis;
 - g. Travel to and from training or competitive events and associated non-competitive events which are an integral part of the Organization's Activities;
 - h. Infectious sources such as COVID-19, as defined by the relevant municipal, provincial or federal health authorities;
 - i. Extreme weather conditions which may result in heatstroke, sunstroke or lightning strikes;
 - a. Unforeseen events.
2. Furthermore, I am aware:
 - a. That an Injury or Health-related Problem sustained can be severe and even fatal;
 - b. That I or the Minor may experience anxiety during an Activity of the Organization;
 - c. That the risk of Injury or Health-related Problem is reduced if the rules established for participation are followed; and
 - b. That the risk of Injury or Health-related Problem increases with fatigue.
 3. In consideration of the Organization allowing me, or the Minor to participate in Activities, I confirm that I have not been advised by a medical doctor that my or my child's physical condition prevents me or my child from participating in the Organization's Activities.

Medical Assistance

In case of an Injury or Health-related Problem, I authorize the Organization, for myself or the Minor, to obtain all necessary on-site medical assistance for the medical situation, including transportation by ambulance or by other means to a hospital.

Acknowledgement and signature

I have read this Agreement, and by signing it, I understand that it is binding upon myself, my heirs, executors, administrators and representatives. If this Agreement is signed electronically, I, acknowledge and recognize that the electronic signature constitutes my official signature and that I am the person who completed this Agreement.

For a Minor participant or registrant

Name of the Minor: _____ Date of birth: _____

Name of parent or legal guardian (Print): _____

Signature of parent or legal guardian: _____

Signed in (City): _____ Date: _____

For Adult participant or registrant

Name: _____

Signature: _____

Signed in (City): _____ Date: _____

Vancouver Pacific Swim Club Participation Agreement

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

All Participants of the Vancouver Pacific Swim 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 temporary suspension of my club membership.
- 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 Participant (if over 18 years of age): _____

Signature of Parent / Guardian (if participant is a minor): _____