



# GATORS SWIM CLUB

## SAFE RETURN TO SWIMMING PLAN

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### Introduction

According to the Centre for Disease Control, there is no evidence that COVID-19 can be spread to humans through the use of pools or hot tubs. Proper operation maintenance, disinfection with chlorine or bromine of pools should inactivate the virus (CDS 2020). Swimming does not require direct contact between teammates or coaches, and social distancing can be maintained throughout the practices. Following the guidelines of Swimming Canada, Swim BC and Work Safe BC and with the collaboration between coaches, facility operators, we can create safe plans for returning to swimming and providing a safe and healthy environment for our athletes.

The situation and information of COVID-19 continue to evolve quickly. This Return To Sport plan is created based on the current information and guidelines. We will keep monitoring the status, and update the plan if needed while remaining cautious of moving forward and as we return to swimming gradually. The current plan is aligned to Phase 2 as the BC Health department and Swim BC described. The plan will be modified if the circumstance changes.

Our Safe Return To Swimming Plan has to comply with the rules and plans of each facility. Necessary updates and amendments will be made if it's required.

### Returning Protocols

- All members have to fully acknowledge and implement the “Gators Swim Club Illness Policy” - [APPENDIX A](#)  
The policy applies to all our members, including employees, volunteers, participants or parents/spectators. We are committed to providing a safe and healthy environment for our members, especially in the current circumstance. Therefore, any member who undermines, fails to comply with the policy, obstructs the policy's implementation or increases the risks of safety and health, will be asked to leave and have their membership suspended.
- All members have to acknowledge and understand the following documents. Parents or guardians have to sign and return them back to the club prior to returning.
  - Acknowledgement and Assumption of Risk Form - [APPENDIX - B](#)
  - Gators Swim Club Participation Agreement - [APPENDIX - C](#)
- Self-assessments by using The BC COVID-19 Self-Assessment Tool (<https://bc.thrive.health/covid19/en>)  
[APPENDIX - D](#)
- Zero tolerance for ill participants.
  - Members are not permitted to come to any training or related activity with symptoms of COVID-19, even with mild symptoms.
  - Members who have symptoms of COVID-19 are requested to contact their physician to consider the

appropriateness of further investigations. Members are not allowed to come to any training or activity while waiting for the results.

- As our club has tried our best effort to minimize the risks of transmission and infection, all returning members must acknowledge and fully understand that each participant takes risks and responsibility for their own. *Refer to Provincial of BC Ministerial order No. 183.*

## **Stages of Returning**

The group size, training time, and locations have to be adjusted to coincide with the guidelines of Swimming Canada and Swim BC. We will work with the facility administration to ensure our plan corresponds with the facility's plans. The club reserves the rights for the adjustments and the arrangements.

The priority group of returning in water is as follow:

1. High competitive groups (Elite A/B)
2. Competitive groups (Senior / Age A/B)
3. Intro Competitive groups (Gold / Silver / Bronze)
4. Developmental groups (Alligators / Crocodile / Gecko A/B /Salamander A/B)

### **Stage 1:**

- Only open to the current members.
- Providing in-person pool training sessions to the high competitive groups and competitive groups.
- Online dryland training will still be used for the high competitive and competitive groups.
- Online dryland training will be opened to the intro competitive and developmental groups to focus on flexibility, stroke technique, cardio and mobility work.

### **Stage 2:**

- Open to new members. (Approved by the head coach, minimum requirements applied)
- Still use online dryland training if it's unnecessary to meet in person.
- Providing in-person pool sessions to the intro competitive and developmental groups.

Our Stage 2 will align with Province of BC's Phase 3.

## **Risk Management**

### **Personal Hygiene**

- Athletes have to provide their own hand sanitizer and are requested to hand wash before and after each dryland training session.
- Cough and sneeze into sleeve/elbow
- Avoid touch eyes, nose or mouth
- No spitting or nasal clearing
- Bring own water bottle, avoid to use water fountains
- No sharing of equipment, gear, food and drinks.

### **Environmental Hygiene**

- More outdoor dryland training will be incorporated into regular training schedules to increase airflow and physical distancing while maintaining the training load.

Activation will be performed outdoors before entering the pool.

- The flow of athletes will be limited when entering in and out of the facilities used.
- Less use of communal equipment. In the case that specialized equipment is required, the equipment used will be sanitized before and after each use.
- Avoid or less touch the surface of the high touch area. Eg. door handles, lockers, etc.

### **Safe Social Interactions**

- Coaches and athletes have to comply with the rule of physical distancing (**3 meters apart**) throughout the training sessions.
- Providing pre-returning education to all members prior to the first training session.
- Pre-session information will be done through non-contact tools to minimize interaction at the facility. Eg. Online team meetings, provide and explain the workouts through email etc.
- Ongoing reminders and information will be emailed to all members, and to be posted on the website.

### **Guidelines for Coaching Staff:**

- Completed “Respect in Sport for Activity Leader/Coach” or “Safe Sport Training” that Swimming Canada and Swim BC requests.
- Attend pre-returning safety training to acknowledge the Safe Return to Swimming Plan and the Illness Policy, and expectation of implementing safe training.
- Follow the guidelines of Swimming Canada, Swim BC and The health department of government; adapt the social distancing needs to plan the workouts.
- Providing online group meetings with the athletes to address the rules, outlines and expectations for returning prior to the first training session.
- Should use non-contact tools to provide the information to minimize the in-person interaction.
- Will not be using physical manipulation to guide and lead the training.
- Can not share coaching equipment. (eg. Stopwatch, whiteboard)
- Have to stand at different locations(shallow end, deep end, side of pool deck) in respect of physical distancing.
- Wearing a face mask during the training.
- Clean and wipe the equipment that is used for each training session.
- Ask athletes to hand wash before and after the practice and have their hand sanitizer ready.
- Make sure the athletes implement physical distancing throughout the training.
- Monitor and re-assess the safety of each training session.

If the coach finds any symptoms like cough, fever, difficulty breathing, headache, running nose, and other abnormal symptoms as mentioned, send the athlete home immediately and report to the head coach with the written report

- Take attendance for each training session, report any situation that sent the athlete home (injury, suspected illness etc.)
- Any coaching staff should not come to work or the activity if he or she has symptoms of illness. The situation should report to the head coach or the board, and the head coach will assign a substitutive coach to cover the shifts. The coach should off work or work at home to enable self-isolation for ten days. The sick coach should not return to site work until fully recovered.

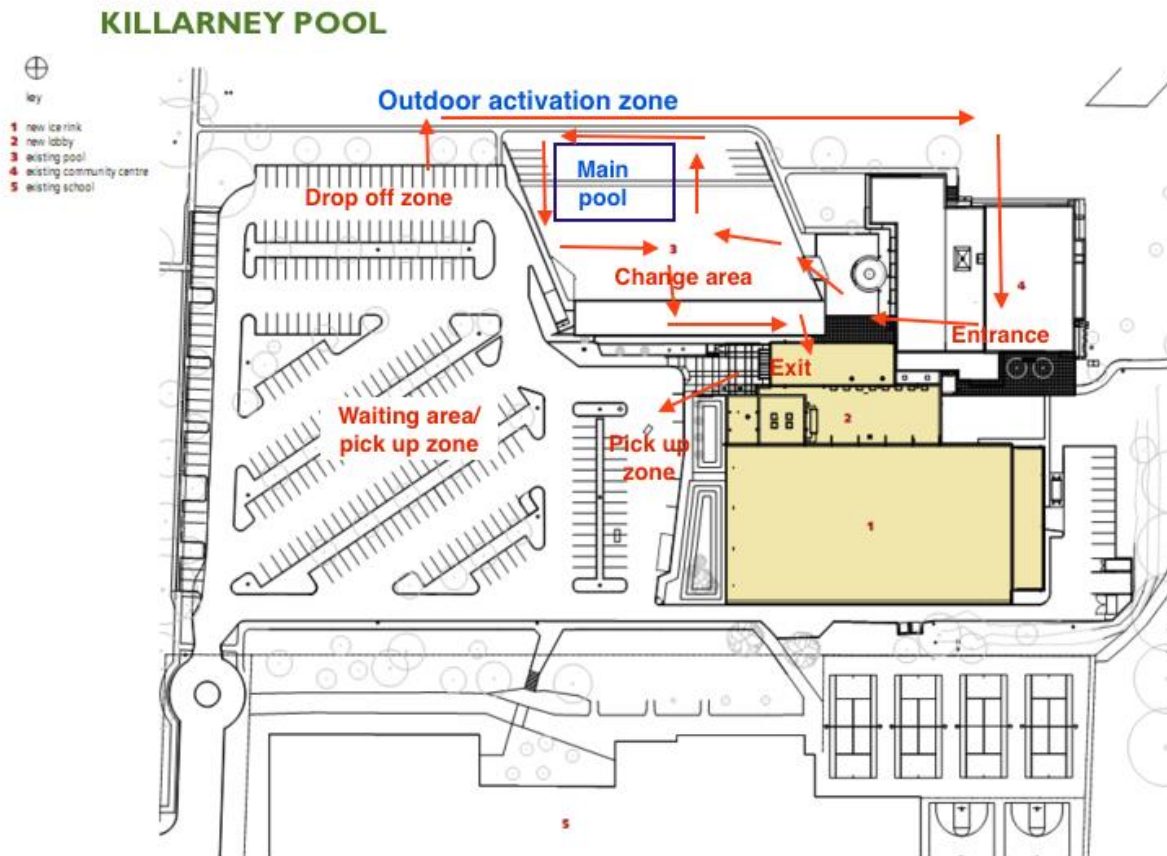
## Plan of Facility Use

### Gathering Limits

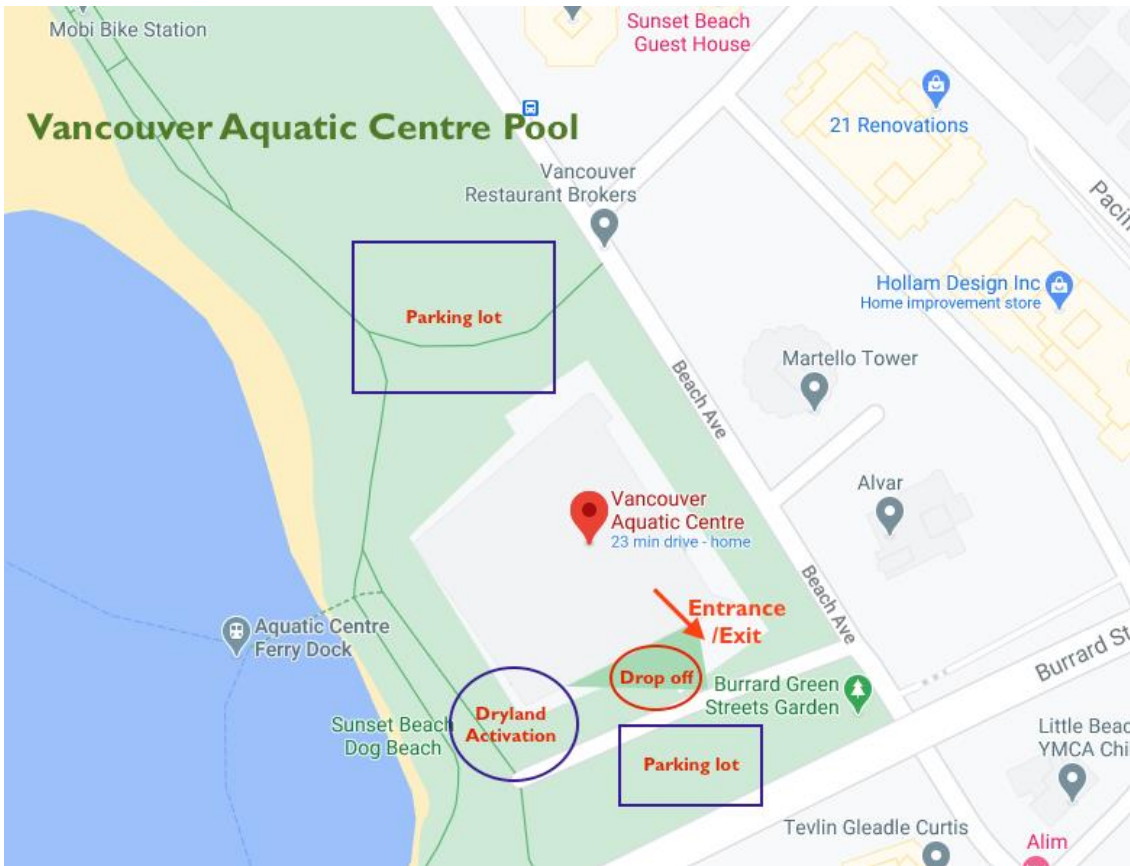
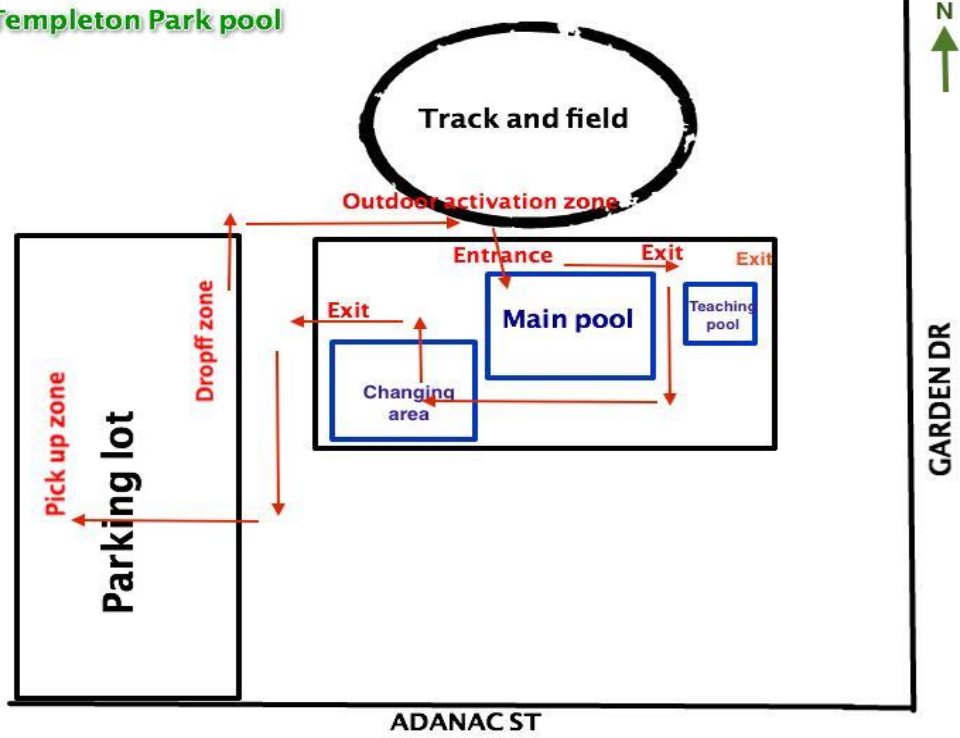
- No activity that gathers more than 50 people will be planned in the status of Phase 2.
- No mini-meet or Club time trial will be planned in the status of Phase 2.
- All group training that gathers more than 50 athletes in one facility will be readjusted into smaller groups.

### Facility Access plan

Parents and athletes are requested to follow the Facility Access Plan to pick-up and drop-off. The Facility Access Plan of Killarney pool and Templeton pool are as shown in the graphics below.



Templeton Park pool





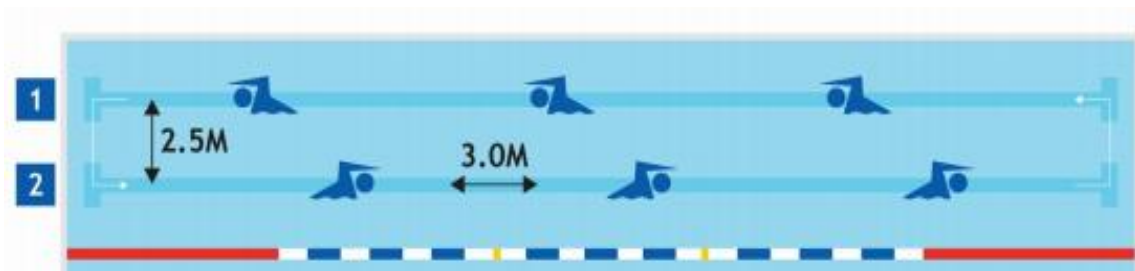
**Lane density**

(Lane density is decided based on the current information. Necessary adjustment will be made to meet each pool's plan and limitations.)

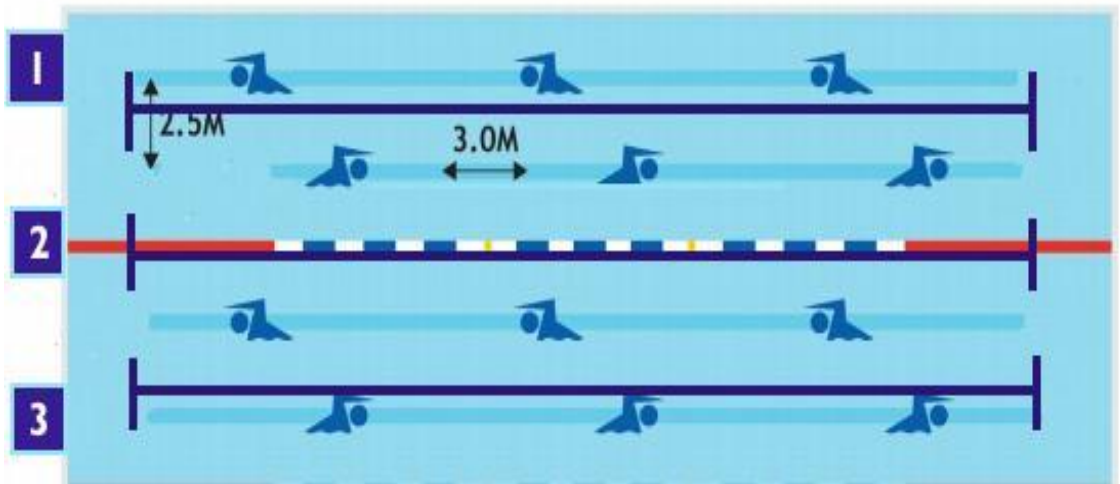
[1 lane 25 meter pool](#)



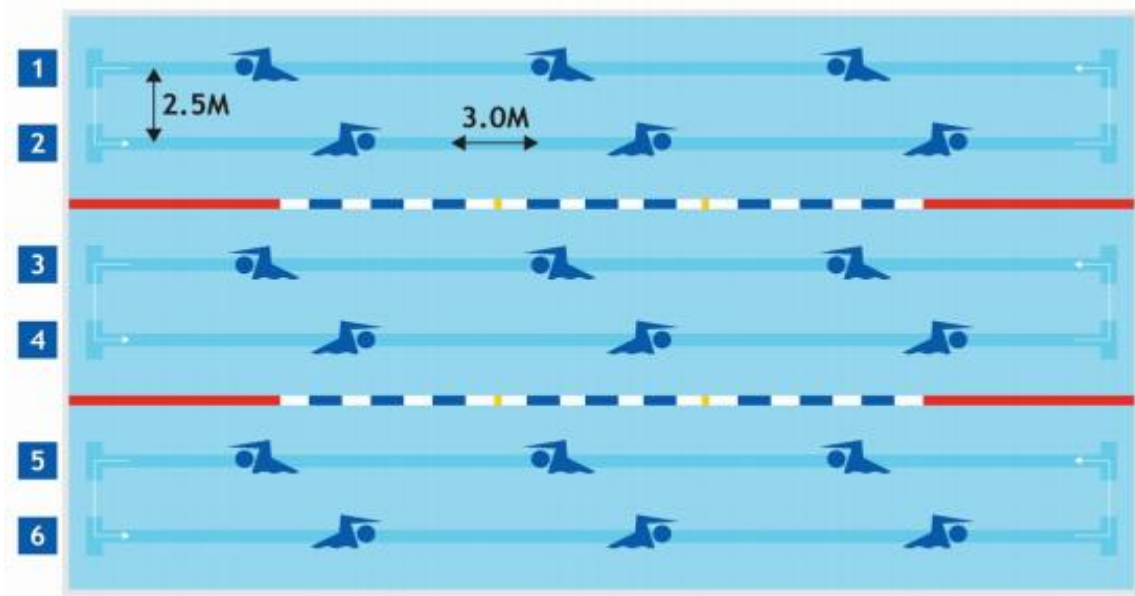
[2 lanes 25 meter pool](#)



[3 lanes 25 meter pool](#)



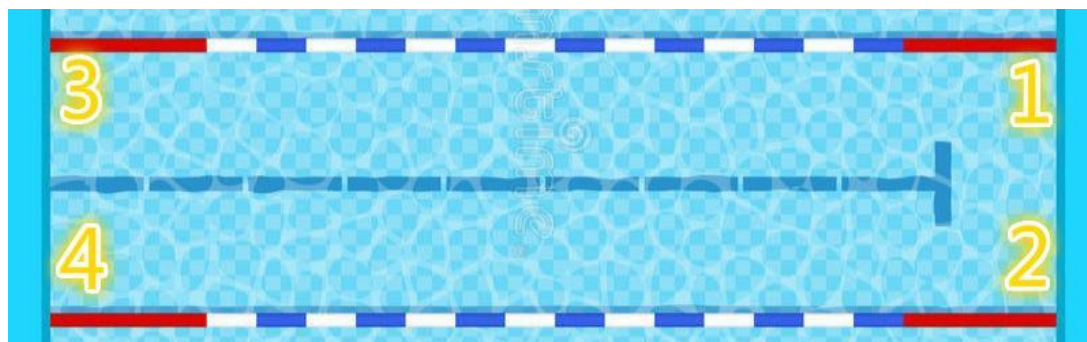
[6 lanes 25 meter pool](#)



[50 meter pool](#)



[Resting strategy](#)



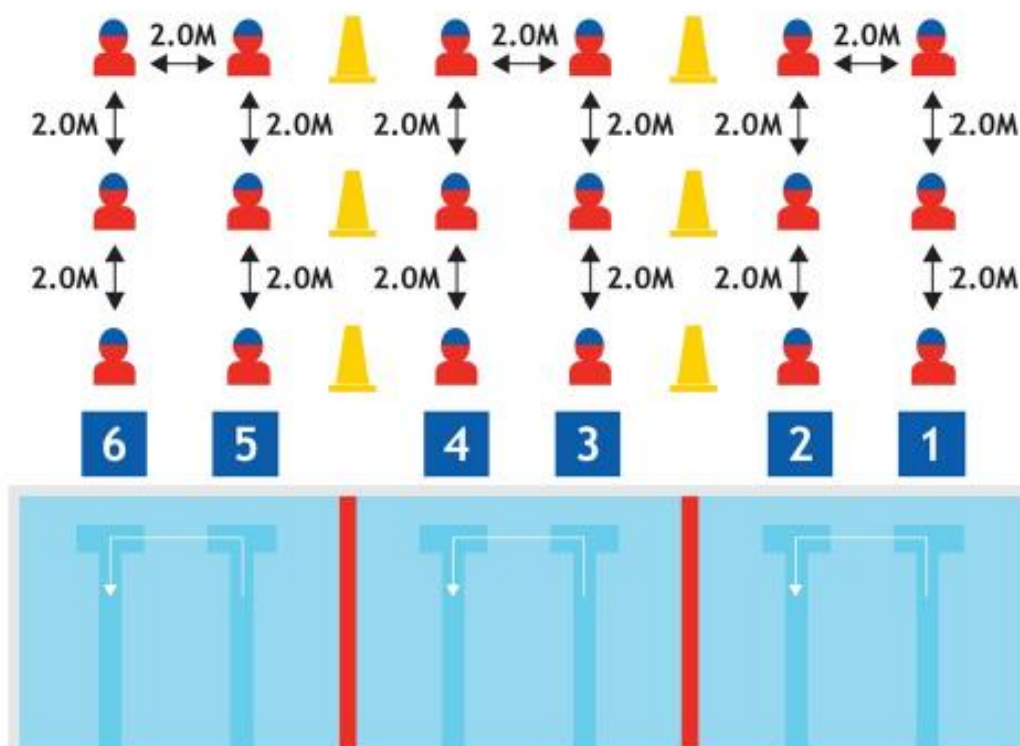
[Start and end of set](#)

**START /END OF SET - GET OUT OF THE WATER  
(DEEP END OPTION - IF DECK SPACE WILL ALLOW)**

Swimmers maintain 2 meters apart. Mark deck with 2-inch wide colored duct tape. Sit down/slide in to enter water.

End of set climb out and go to assigned spot. The more "eyes" on deck the better.

Use cones or other barriers to help with separation - deck needs to be wide enough to accommodate 2 meters of social distance.



**Procedure of participation**

**Participant expectations:**

- Self-assessment before each training session or related activity. If any participant answers "YES" to any of below, they **must stay at home**:
  1. cough, chest pain, shortness of breath, 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 or other abnormal physical condition.

2. Have you been in contact with someone diagnosed with COVID-19?
3. Have you returned from a trip outside of the country within the last two weeks?

- No physical contact with others, such as handshakes, hugs, high fives, etc.
- Athletes should prepare and bring their own equipment, gear, water bottles needed for the practice. No sharing food, drinks, equipment, and personal items.
- Athletes should wear swimsuits before coming to training.
- Athletes must wear goggles throughout pool training.
- Athletes have to wear running shoes/sneakers for dryland training.
- Athletes have to use hand sanitizer/hand wash before and after the dryland session.
- **Facemasks are Mandatory to enter the facility. Athletes have to wear a facemask on the pool deck and in the change room.**
- Parents are requested to drop off and pick up only. Parents cannot present during the training or side watching to minimize the number of people in contact.

### **Training procedures:**

#### Arrival:

- Athletes will arrive at the pool/facility no earlier than 10 minutes before the start of the scheduled practice.
- Late arrival does not guarantee the entry of the facility.
- Athletes have to stay in the outdoor activation zone after arrival and maintain physical distancing while waiting. (activation zone see the graphics of each facility)

#### Pre-session activation/dryland training:

- **3-meter distance** has to remain throughout the whole session.
- Once the activation is completed, athletes have to follow the coach's direction to enter the facility/pool.
- Once the dryland training is completed, athletes walk the parking lot for immediate pick-up.

#### Swimming:

- Athletes with similar speed will be kept in one lane.
- All athletes in the lane have to swim the same stroke and remain the distance.
- Cones will be used on the side of the pool deck to indicate the distance.
- Athletes have to stay in the assigned lane and cannot change lanes.
- Athletes in a lane will be divided into two groups. Half of them rest in the deep and the other half rest in the shallow end.

#### Departure:

- Athletes have to leave the pool/facility as soon as possible upon the completion of practice.
- Athletes should shower at home and change their swimsuits at home after the training.
- Parents are asked to wait in the parking lot or pick up zone to pick-up the athletes.

## Open Water Swimming

Any Open Water swim training session has to be pre-approved by the head coach. The coach has to prepare the following elements to implement a safe open water training session:

- Pre-session meetings with athletes to address the safety rules and precaution for the training.
- National Lifeguard Certification or had trained from the related course is recommended for the coach who is providing open water training.
- Have an emergency plan in hand.
- Have all athletes' parents/guardians contact info to access.
- The coach should have a FirstAid kit and buoy throughout the training session.
- Make sure to lead enough dynamic activation before swimming.
- Physical distancing has to be maintained throughout the training.

## Outbreak Plan

The following procedures are to be implemented if any member is tested positive for COVID-19:

1. The member who has tested positive for COVID-19 must report to the lead coach or head coach via Email or Message immediately. The head coach has to report to the board immediately.
2. The board will notify the facility administration immediately. The practice area is closed off, and any equipment that has been used should be cleaned and disinfected immediately by following the facility's disinfection protocols.
3. The head coach and board will notify all members via email. The board has the authority to modify, restrict, postpone or cancel the training and activities.
4. The board will inform the BC health authority and Swim BC of the potential of an outbreak. Club will cooperate in any procedures that the medical health officer requests.
5. Gators Swim Club Illness Policy will be implemented:
  - The infected member must self-isolate for at least 14 days.
  - All related activities are cancelled for 14 days.
  - All team members who have practiced with the infected member should have self-isolation for 14 days.
  - The team members should have self-assess by using the [BC COVID-19 Self-assessment Tool](#) during the self-isolation period to monitor symptoms daily.
  - The team training could resume when no other members develop the symptoms after 14 days of self-isolation.
  - The member, who has tested positive for COVID-19, could only return to the training if her/his COVID-19 test is negative, and no family member/household occupant is tested positive or has COVID-19 symptoms in 14 days.

Approved by Board of executive of Gators Swim Club

Date July 7, 2020  (Gators Swim Club President).