



## **Oak Bay Orcas Summer Swimming Club**

### **COVID – 19 Swimming Plan**

**Location: Oak Bay Recreation Centre**

#### **Overview**

Swimming pools in the Greater Victoria Region are reopening with new policies and guidelines based on Provincial and Municipal Covid-19 regulations. To keep our swimmers and coaches safe during our pool time at the Oak Bay Recreation Centre, the Oak Bay Orcas Coaching Committee developed this plan to guide swimming activities. This is a living document and will be updated if necessary.

The Orcas club will endeavor to protect all swimmers' and Coaches' health. However, it is each swimmer's and each Coach's responsibility to practice good health hygiene. "We are all in this together."

This document will be distributed to all registered coaches, swimmers and parents/guardians in advance of our first practice at this facility on August 17<sup>th</sup>, 2020. All parents/guardians of 2020 Summer season swimmers who registered for the "in pool" practices will have executed the Indemnity Agreement prior to paying the registration fee.

#### **General Guidance**

Coaches, swimmers, parents/guardians must not attend swimming activities if they have symptoms of COVID-19, have a history of international travel in the last 14 days, or have had close contact with a confirmed case of COVID-19 in the past 14 days. They must remain at home.

All 2020 Summer season registered swimmers and Coaches will be divided into groups at the discretion of the Coaches, Coaching Committee and Board. Groups will operate in cohorts of 15 to 20 people or fewer at any time. Physical distancing is required at all times during swimming related activities. Physical distancing means maintaining a distance of at least 2 meters at all times between attendees who are not from the same household. Coaching staff will carry masks (for emergency use only) and hand sanitizer during all swimming practices.

## Access to Facility

Only people deemed necessary for the practice session will enter the facility. This **may** include coaches, pool and facility staff, and swim parent volunteers with assigned responsibilities. The number of people in the pool area will be limited to 50 at all times. Parents will not be permitted to watch practice sessions from inside the facility. Non-essential parents and visitors will not be permitted access to the facility for any reason.

### Before Going to the Pool

- Coaches, swimmers and families of swimmers are to stay up-to-date with local and Provincial developments related to COVID-19.
- Pertinent COVID-19 related information will be posted to the members' only area of the Oak Bay Orcas website.
- Coaches will develop swimming activities that will maximize physical distancing.
- Parents must check swimmers temperature each day before going to practice.
- All Coaches will have all swimmers' emergency contact information accessible at every practice.
- Swimmers will bring their own water bottle, sharing will not be permitted. Water fountains may not be accessible per facility regulations.
- Swimmers will bring and are responsible for their own swimming equipment.
- Swimmers will bring a bag to carry all their personal belongings to and from the pool.
- Parents and swimmers will bring their own pens to sign in and out at each practice.

### Arrival at Oak Bay Recreation Centre

Coaches, swimmers and parents/guardians will not be permitted to enter the Oak Bay Recreation Centre facility if they are exhibiting symptoms of Covid-19, have travelled outside of Canada in the previous 14 days, or have been identified by public health as being a person having close contact with a confirmed case of Covid-19. Signage will be posted on the entrance to the facility reminding people to not enter if any of these apply to them. Swimmers are expected to arrive in their bathing suits and prepared to enter the pool. Parkas, team shirts, pants and other clothing items worn to maintain comfort and warmth are permitted but must be able to be removed without access to changing facilities.

- Parents and guardians of swimmers over the age of 12 are encouraged to drop off their swimmers without leaving the car.
- Everyone attending practices will avoid close greetings like hugs or handshakes and will only use physically-distant greetings such as "air fives" and waves.
- Masks are recommended for swimmers and parents upon arrival at Oak Bay Recreation Centre. Coaches are required to wear masks from arrival until departure from the facility.

- Coaches are to screen swimmers and each other by asking the following series of questions:
  1. Does anyone feel unwell?
  2. Does anyone have a cough or cold?
  3. Does anyone have a fever?
  4. Has anyone been in contact with someone who is known to have COVID-19 in the last 14 days?
  5. Has anyone travelled outside of the country in the past 14 days?

**Any coaches, swimmers or parent/guardians responding “yes” to any of these questions will be asked to leave the facility, call 811 for medical guidance and remain home until cleared by a medical doctor for Covid-19.**

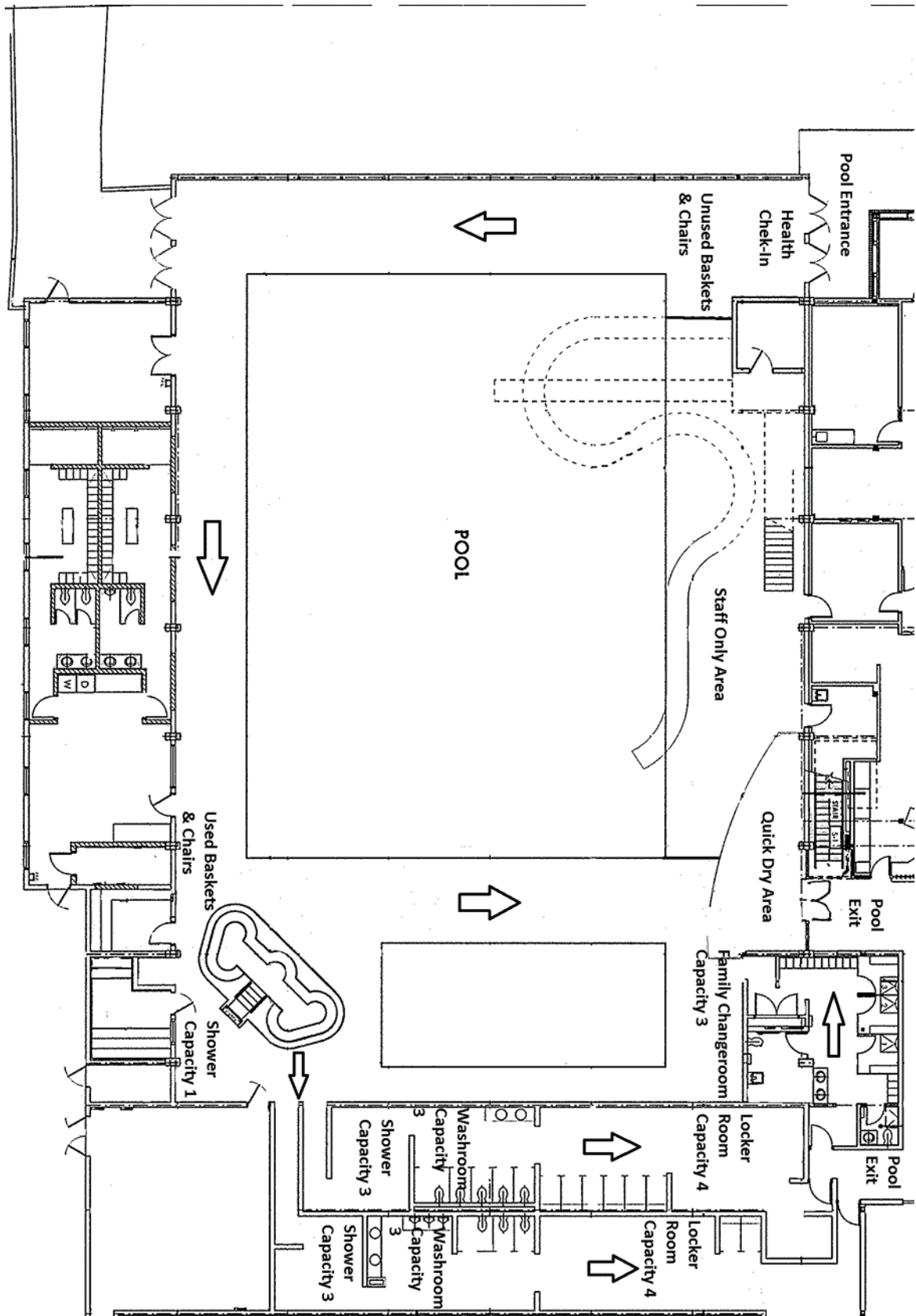
- All Coaches, swimmers (13 and older) or parents (for swimmers 12 and younger) are required to sign in with initials and record the specific sign in time on the attendance record.
- Each parent/guardian and Coach must have executed the BCSSA Covid-19 Indemnity Agreement before registering for “in pool” practices (this document may have been completed by some families ahead of their first dryland practice).
- Swimmers will be asked health related questions by a member of Oak Bay Recreation Staff before being permitted to enter the facility. These questions are subject to change without notice.
- Swimmers will line up outside of the door which is located to the right of the main front entrance. [insert pictures]. Swimmers must maintain physical distancing by remaining 2 metres apart from each other while awaiting entry to the facility.
- Each swimmer and coach is required to sanitize his/her hands at arrival.
- The entry door will open no earlier than the scheduled start of practice. A parent volunteer will be posted at the door to ensure sign-in.
- The entry door will close 10 minutes after the start of the scheduled practice time. Swimmers who arrive after the door is closed will not be permitted to enter.
- Coaching staff are responsible for maintaining accurate attendance and sign-in records for 21 days following each practice session.

### **Points of Access and Entry to Facility**

Coaches and swimmers will be directed to enter Oak Bay Recreation Centre through the west side pool doors located to the right of the main entrance. Participants will not be able to enter the facility for Oak Bay Orcas swimming activities from any other access point.

- Participants arriving more than 10 minutes late for a session will not be permitted access to the facility.

- Participants will enter one at a time in a single file line maintaining physical distancing of 2 metres between participants.
- Sanitized baskets will be provided for each individual to place their personal belongings for the duration of the practice session. There will be no locker access available.
- Shoes will be removed and placed in baskets before walking through the pool deck space.
- Participants will follow direction of flow to the East end of the pool around the main pool to where the on-deck showers and in change room showers are located.
- Swimmers are required to shower with soap before entering the pool. Junior swimmers will be given access one at a time to the on deck shower(s). Senior swimmers can access the 3 physically distanced available showers in each of the family, male and female change rooms before exiting by way of a door to the family change room which will bring them back to the pool deck.
- Coaches will provide guidance on deck to this process. Swimmers will not be permitted to loiter or use change room facilities for any other purpose.
- Coaches will require lifeguard permission to enter the equipment room to gather equipment at all times. Swimmers will not be permitted into the equipment room for any reason.



## **During Practice**

- Participants can move in both directions along the deck between the teach (small) pool and the main pool.
- Entry to the pool for practice will see groups entering from alternate ends of the pool.
- Lifeguards are the only people allowed to move along the North side of the pool deck to keep it clear and safe in case of emergency.
- Participants are not permitted to share personal items, equipment or water bottles.
- Use of the hot tub is at the coaches' discretion and limited to no more than 5 bodies at a time.
- Coaches will be providing basic first aid under guidance and supervision of Oak Bay Recreation Lifeguards. Lifeguards will handle all other emergency incidents.
- Swimmers must follow directions from coaching staff and Oak Bay Recreation Centre staff at all times.
- Swimmers are expected to do their best at all times to maintain physical distance from others in the facility, including those in their lane.
- Swimmers will be placed in groups by coaches, and as recommended by our Registrar, with consideration to age, physical ability and physical distancing requirements.
- Coaches will be coaching from the pool deck and not assist swimmers in the water.
- Swimmers will not be permitted to "pass" or "overtake" another swimmer during the practice session.
- Swimmers will not be permitted to rest on the wall for any length of time that will interrupt physical distancing. Swimmers experiencing fatigue, cramping, dehydration or other concerns that require an extended rest will be required to remove themselves from the pool and move to a designated space on deck as directed by coaching staff.
- Swimmers and Coaches maintain physical distancing at all times.
- Non-essential parents and visitors will not be permitted access to the pool deck during practice.
- Swimmers who do not follow the rules (including physical distancing requirements) will be given one warning. If there is a second infraction, the swimmer will be isolated and the parent/guardian will be asked to pick up the swimmer.
- Coaches will prepare, use and maintain their own equipment including stopwatches, water bottles, notes, electronic devices and other necessary items.

## **Exiting the Pool Deck**

- Swimmers will be directed by coaches to towel dry at the conclusion of practice and individually collect their belongings and place baskets in the blue boxes beside the lifeguard station while maintaining physical distance. All boxes in which swimmers will

put their belongings and all equipment provided by Oak Bay Recreation will be sanitized by Oak Bay Recreation before and after our use.

- Swimmers will line-up single file with space for physical distancing before exiting the pool.
- Coaches will lead swimmers through change rooms to the main entrance of the facility.

### **Exiting the Pool Facility**

- An Oak Bay Orcas Coach or volunteer will meet coaches and swimmers at the exit point for sign-out procedures.
- All participants will sanitize their hands before exiting the facility.
- Parents of swimmers under 13 years of age must be present to sign their swimmer/s out including time, date and initials. Swimmers 13 years of age and older may sign themselves out of the practice.
- Parents and swimmers will provide their own pens to complete sign-out procedures.
- Swimmers, parents/guardians and Coaches will immediately vacate the premises without loitering upon checkout.
- Coaches must keep the sign-in and sign-out sheets for 21 days
- Lost and found items to be sanitized and kept by coaches.
- Oak Bay Recreation is an active facility providing community access to a variety of its recreation spaces at any given time. Thus, exiting the facility will be dependent on other concurrent activities at the facility but, at this point, swimmers will exit the building through the main front entrance.

### **Rapid Response Plan**

If a swimmer develops symptoms while at the pool, this swimmer must immediately advise a Coach. The swimmer will be isolated away from other swimmers, the parent/guardian will be notified to come and pick up the swimmer immediately and the facility operator will be notified. Coaches will wear a mask during all interactions with the swimmer and will avoid contact with the swimmer's respiratory secretions. Coaches will wash their hands with alcohol-based hand sanitizer with a minimum of 60% alcohol before donning a mask and before and after removing the mask, and before and after touching any items used by the swimmer. If a Coach develops illness while at the pool, the Coach will immediately remove himself/herself from any contact with others, notify another member of the coaching staff, and go home or make arrangements to be picked-up. All items used by individual while isolated will be cleaned and disinfected as soon as the swimmer has been picked up.

Individuals experiencing symptoms will be advised to monitor their symptoms and call 811 for medical guidance. Participants experiencing symptoms will not be able to return to participation until a negative Covid-19 test result has been achieved.

In the event of a suspected outbreak of Covid-19-like-illness, we will immediately report and discuss the outbreak with the Medical Health Officer (or delegate) at our local health authority. If our organization is contacted by a Medical Health Officer in the course of contact tracing, we will cooperate with local health authorities.

## Supporting Documents

[BCSSA Return to Swimming Workbook](#)

Oak Bay Parks, Recreation and Culture Aquatics Covid-19 Safety Plan for Public and Employees

[Viasport Return to Sport Guidelines for BC](#)

## Summary

In summary, this plan is intended to provide guidance for the Oak Bay Orcas swimming activities at the Oak Bay Recreation Centre. It is a living document and will be updated as facility, municipal, provincial or BCSSA guidelines change.

If you have any questions about this document, please contact the Oak Bay Orcas Coaching Committee by emailing the President at [president@oakbayorcas.ca](mailto:president@oakbayorcas.ca).

Document prepared by

Oak Bay Orcas Coaching Committee

August 11<sup>th</sup>, 2020