



Return to Swimming Plan Spartan Swim Club

Created Jun 17th, 2020

This Return to Play document was created by the Head Coach of the Spartan Swim Club, in conjunction with the Spartan Swim Club executive, and staff members. The goal of this document is to outline policies and procedures that the Spartan Swim Club has put into effect for the protection of staff, club members and the public during the COVID-19 pandemic. Spartan Staff, executive and member are all eager to return to swimming however new rules and policies will need to be followed. Please keep in mind this will remain a fluid document and may be adapted to the always-changing COVID-19 situation. The role of this document is to work in conjunction with the City of Chilliwack's bylaws and Rec Ex policies. Changes may be made to ensure all parties are following the same policies.

Health Monitoring

Waivers

All participants in Spartan activities must sign 2 waivers (Appendices A & B). Both waivers are mandates by Swim BC and Swimming Canada; the Spartan Swim Club and Swim BC will both keep these waivers on file.

Pre-Activity Questionnaire

Spartan swimmers or staff must answer 'NO' to the following questions prior to attending any training session. Responses will be recorded by coaches and kept on file.

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?

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? (If so you will require a 14 day mandatory self isolation)

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.

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 that member will be sanitized by the Head Coach or facility staff.
- If person is severely ill, call 911.
- Parent/Guardian or Emergency Contact will be informed and asked to pick up swimmer.

Swimmer or staff member will require physician clearance in order to return to the pool.

COVID-19 Outbreaks within the Spartan Swim Club

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

1: The athlete/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

Spartan coaches will be taking attendance each practice. These attendance sheets will be used in the case of a positive COVID-19 test result within the club.

Refunds for Isolation or COVID-19 Infections

Spartan Policy and Procedures for medical refunds still remain in effect.

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.

Spartan 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 to Swimmer Ratios

The Spartan Swim Club will maintain Facility dictated numbers when creating programming.

Group size limits will be based on

- 1: The ability to maintain physical distancing
- 2: Lane space divided by recommended number of swimmers per lane (this number changes based on [SNC's Return to Swimming Document Vr 1](#))

Group Structuring

The number of practice groups in the pool will be based off

- 1: Number of lanes rented
- 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: Coaches reserve the right to split groups in order to maintain adequate social distancing.
- 5: Allotted scheduling allowed by the facility operator.

Safety Precautions

Spartan Coaching Staff, WorkSafe BC, Swimming Canada the City of Chilliwack and Rec Ex 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 a Spartan staff member or a Facility staff member.

There will be no refunds for persons failing to comply with any of the Spartan Swim Club 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.

Pool

Drop off and Pickup

Swimmers should show up to their respective practices no earlier than 10 minutes before, and remain no longer than 10 minutes after. This will ease the number of families and swimmers at any one time in the area surrounding 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. Parents should not congregate outside the pool at the pick/drop of points. Pick up and drop off point for the Landing Centre will be at the rear glass doors which lead directly onto the pool deck.

Ingress & Egress from Facility

Facility staff members will direct flow in to and out of the facility. 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 practices swimmers will be directed off the deck by coaching staff. They will not be able to loiter on the pool deck or lobby 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 off their coaches' requirements.

Spartan coaches will be responsible for the setup and take down of all equipment 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.

Swimmers will be unable to store equipment at the pool. Equipment will need to remain at home between practices.

Washrooms

If an athlete does need to use the washroom they will be directed to follow the policies, which the facility will indicate.

Dry land

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

Drop off and Pickup

Swimmers should show up to their respective practices no earlier than 10 minutes before, and remain no longer than 10 minutes after. This will ease the number of families and swimmers at any one time in the area surrounding 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.

Group Changeovers

Group change overs for dry land will be handled in the same way as those at the pool. Coaches will require time to sanitize equipment.

Dry land Equipment

Dry land 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.

It will 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 any physical contact. Feedback will be

emailed or stored on the club's website for access when they get home. Coaches will not use whiteboards in order to prevent close proximities of bodies. Practice will be distributed prior to training via email or paper distribution.

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 should be pre-filled upon arrival to the pool.

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 Spartan 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. Flags, ropes etc.)

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

Competitions & Club Events

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

The Spartan Swim Club 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.

The Spartan Swim Club will appoint a COVID-19 Safety Officer. The COVID-19 Safety Officer will be responsible for keeping an extra eye out for lapses in policy and procedure. They will 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 should report these to the executive.

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 (spartanswimclub.com) under documents.

Appendix A -



SEP Participation Agreement

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

All Participants of <<name of 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 suspension of my club membership temporarily.



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 (over 18 years of age):

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

Appendix B -

<https://swimbc.us1.list-manage.com/track/click?u=d14695cc72de7f8154be2eaef&id=f814fa0f62&e=4b21a82640>