



RETURN TO SWIMMING PLAN: Phase 3

BEFORE RETURNING TO PRACTICE

BEFORE returning to practices:

1. All swimmers (and their parents/legal guardians, if minors) will be required to read, sign, and hand in to the Club:
 - (a) Participation Agreement (Appendix A) acknowledging their acceptance of COVID-19 specific risks;
 - (b) CDSC Illness Policy (Appendix B);
 - (c) Swimming Canada/Swim BC Acknowledgement and Assumption of Risks Form (Appendix C).
2. All swimmers and coaches will be required to read the CDSC Return to Swimming Plan: Phase 3 (the “Return to Swimming Plan”).
3. Swimmers and coaches **must not come to the pool if**:
 - a. They don’t feel well or have shown symptoms of COVID-19 in the last 14 days;
 - b. Someone in their household has COVID-19 or has shown symptoms of COVID-19 in the last 14 days
 - c. They have travelled outside of Canada within the last 14 days;
 - d. Someone in their household has travelled outside of Canada in the last 14 days.For more information about COVID-19 visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>. For COVID-19 symptoms visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>.
4. Swimmers with underlying conditions that place them at risk or who live with people who are at risk **SHOULD CONSIDER NOT PARTICIPATING** in our training at this time, or understand that they are participating at their own risk.
[To determine if you or any of your home contacts are at risk, ask your doctor or visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations>].

CLUB SAFETY OFFICER

The Club has appointed Khosro Mansuri to act as Club Safety Officer. The Club Safety Officer will be responsible for keeping the Club up to date on provincial/federal regulations, Swim BC bulletins and other information on COVID-19, assisting in the education of swimmers/coaches/volunteers/parents in regard to COVID-19 safety measures and policies, enforcing the safety measures, and advising and assisting the Club in modifying the Return to Swimming Plan as regulations and public health directions change.

PRACTICE SCHEDULING AND PRACTICE STRUCTURE

1. Lane reservation: A schedule will be established for practices that will control the number of people present in the lanes to meet current provincial and facility social distancing guidelines.
2. Number of Participants: Based on current provincial health and facility load policies, a set number of swimmers per practice session will be identified and enforced.
3. Number of practices: The number of practice sessions per week for each group will be optimized within the parameters of facility availability, the Club Return to Swimming Plan, and provincial health and facility social distancing load policies, with consideration given to the age and ability of the swimmers in each group to understand and follow the safety restrictions and policies currently in place.
4. Practice formats: Practices will be run in accordance with the guidelines set out by Swim BC with respect to cohorts, sub-cohorts and lane density, and utilizing techniques to minimize close interactions between swimmers, and between swimmers and coaches, where possible. **Swim BC's Phase 3 Return to Swimming Guidelines** can be found here:
https://mcusercontent.com/d14695cc72de7f8154be2eaef/files/57d1bf8f-cf91-4fcf-a942-e257b0ff0881/2020_08_31_PHASE_3_R2S_Guidelines.pdf.
5. Training Groups: Training groups/cohorts/sub-cohorts will remain consistent to minimize cohort crossovers, and there will be no multi-cohort practices.

ENTRY and EXIT PROCEDURES

1. Athletes and coaches entering the facility shall complete an online **Health Survey** (Appendix D) **each time** before entering the facility. If they mark any items on the symptom list in the health survey "YES", the athlete or coach will not be permitted to enter the facility, unless providing an explanation satisfactory to the Safety Officer.
2. Swimmers and coaches must wash their hands with soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, upon entering the facility.
3. Changerooms will be open but limited. Swimmers should arrive with their swimsuits on and avoid using the changerrooms where possible.
4. Swimmers and coaches should use the washroom at home before coming to the pool and at home after practice.
5. Swimmers may enter the facility not more than 10 minutes before their practice start time.
6. When entering and exiting, all individuals must maintain appropriate social distancing of at least two metres, or in accordance with current provincial health policies.
7. Swimmers will enter and exit through designated areas and follow directional signage.

8. Entries and exits will be marked with signs reminding all individuals to maintain appropriate safety protocols.
9. Swimmers should leave with their swimsuit on after practice.
10. Swimmers must shower at home.
11. Swimmers may not congregate after practice.
12. Swimmers should wear masks when entering and leaving the pool.
13. After leaving the pool, swimmers must wipe down the outside of their swim bags with appropriate disinfectant and wash all their swim equipment and water bottles with soap and water before returning to the facility.
14. A 10-minute block between user groups will be scheduled by the facility. The 10-minute block will be designated to disinfect the area before the next user group enters the facility.

PARENT PROTOCOL

1. Parents will not be allowed to enter the facility.
2. Parents must maintain proper social distancing protocol.
3. Parents may not use changerooms or water fountains.
4. Parents dropping off or picking up their swimmers may not congregate in the parking lot, or block access to drop off areas, emergency vehicle lanes, or disabled parking spaces.

ATTENDANCE

Coaches shall take attendance at all practice sessions, including dryland sessions, and retain the attendance logs.

DRYLAND TRAINING

Dryland training shall be conducted either outdoors within consistent training groups or cohorts and in group sizes approved by the current provincial public health policies, or remotely using a video-conferencing platform. Activation prior to entering the pool shall be brief and respecting the 2 m distancing policy.

PREPARING TO SWIM

1. Swimmers shall bring minimal belongings to the pool and shall place their belongings in a bag in the designated areas.
2. Swimmers may not share equipment.
3. No food will be allowed at the pool.
4. Swimmers must bring a full water bottle labeled with his/her name. Water fountains will not be accessible to anyone.
5. Swimmers must use their personal equipment only and shall label all their equipment clearly with their names.

6. Swimmers must avoid touching gates, fences, benches, handrails, lane ropes, etc. if possible.
7. Swimmers must use safe personal hygiene practices: cough or sneeze into elbow, no spitting or nasal clearing.
8. Swimmers must use goggles at all times while in the pool.
9. Swimmers must maintain 2m distance between each other while outside the pool wherever possible.
10. Swimmers must keep their towels and other personal items in their bags between uses.

DURING PRACTICE

1. Swimmers and coaches must follow directions for spacing and stay at least 2m apart on deck wherever possible.
2. All parties on deck must not make physical contact with others, such as shaking hands or giving a high five.
3. Swimmers must avoid sharing drinks or towels.
4. Swimmers and coaches must maintain social distancing when taking a break.
5. Swimmers/coaches who begin to cough/sneeze during a session, may be asked to leave the practice and exit the facility.

DISINFECTING

The pool water is constantly being disinfected by chlorine, but extra disinfecting of items outside of the pool will be required, as directed by the facility and to complement the facility disinfection controls and protocols.

RETURN TO COMPETITION

Re-Starting Time Trials:

1. Swimmers join a competitive swim program in order to fulfill the competitive aspect of swimming. Competitive swimmers train in order to set goals and execute the goals during races.
2. We intend to start running time trials in a safe and phased manner as permitted by ViaSport and Swim BC Plans, and in accordance with Public Health Orders in force at the time.
3. We intend to offer intra-club time trials on a periodic basis. This would mean having a minimal number of parents volunteering as officials and swimmers racing one per lane. Parent volunteers will be required to complete the online CDSC Health Survey (Visitors) prior to arriving at the pool and to wear masks while in the building.
4. We will follow the Swim BC guidelines effective at the time pertaining to social distancing, or cohorts, and time trials, and the terms and conditions set out in Swim BC Membership Bulletins current at the time. Please refer to the [Swim BC Return to Competition Guidelines \(Step 1 – Time Trials\)](#) posted at

https://www.teamunify.com/TabGenericEdit.do?act=edit&id=9365882&page=307048&_stabilid_=207048&returnPage=%2FSubTabGeneric.jsp%3F_stabilid_%3D207048&team=cancdsc.

5. We will work within the City of Vancouver's Pool Policy and Procedures to ensure a safe and enjoyable experience for all.
6. Spectators will not be allowed at this time.

COACHES AND STAFF

1. The Club will
 - a. provide staff with the Employer Return to Work Safety Plan (the "Plan"), and provide the staff with updates and guidance with respect to the Plan.
 - b. provide coaches with appropriate personal protective equipment ("PPE"), upon request;
 - c. provide staff with up-to-date education and training on COVID-19 risk factors and protective behaviors (eg. cough etiquette and care of PPE);
 - d. provide employees with the ability to work from home while ill or self-isolating due to COVID-19, with pay for up to 14 days, and in accordance with provincial and WorkSafe BC policies. Due to the nature of swim coaching, the at home work may consist of other duties, including administrative work.
2. PPE will be
 - a. consistently and properly worn when required,
 - b. regularly inspected, maintained, and replaced, as necessary, and
 - c. properly removed, cleaned, and stored or disposed of, as applicable, to avoid contamination of self, others, or the environment, and in accordance with facility policies.
3. Coaches will not share personal coaching equipment (eg. stopwatches).

OFFICE PROCEDURES

1. Any person entering the Club Office will use hand sanitizer to clean their hands before touching anything in the Club Office.
2. Only one coach will be allowed to work in the Club Office at a time (engaged in non-movement activities), and the coach must wipe down commonly touched surfaces (eg. photocopiers, drawer handles, door handles) with disinfectant before leaving the office. One other coach may enter to carry out movement activities, such as organizing supplies, picking up equipment, etc.
3. Volunteers, parents, and/or swimmers will not be allowed in the Club Office, unless required to perform specific duties, and shall enter only when no coaches are present.
4. Staff will be encouraged to work from home outside of training times and shall hold coach, coach/swimmer, and coach/parent meetings using video conferencing platforms.

OUTBREAK RESPONSE

1. If a swimmer or coach, or a family member/household occupant becomes ill with COVID-19 symptoms, the swimmer or coach:
 - a. must self-isolate immediately and call the provincial health authorities at 8-1-1 for directions on the next steps or use the BC COVID-19 Self-Assessment Tool (<https://bc.thrive.health/>). If the swimmer or coach is severely ill, they should call 9-1-1;
 - b. must inform the Club of the illness;
 - c. must not return to the pool for at least 14 days after the onset of the symptoms, or
 - (i) a swimmer may return to practice only if the swimmer is tested for COVID-19 and is negative and is asymptomatic;
 - (ii) a coach should return to work if the coach is tested for COVID-19 and is negative and asymptomatic.
2. If any swimmer or staff has had to leave a practice due to COVID-19 symptoms, notify the facility immediately to permit proper disinfectant protocols to be followed.
3. If there is an outbreak of COVID-19 in the Club, the Club shall immediately:
 - a. notify the BC provincial health authorities (8-1-1) and will cooperate fully with the provincial health authorities, including providing information to assist in contact tracing;
 - b. notify the facility management of the outbreak and cooperate with the facility outbreak response procedures and policies;
 - c. notify the Club members of the outbreak and the procedures recommended by the provincial health authorities, or as directed by public health authorities.

APPENDIX A

Canadian Dolphin 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 Canadian dolphin 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 Return to Swimming 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 and/or pool 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): _____

Date: _____

APPENDIX B
CANADIAN DOLPHIN SWIM CLUB
ILLNESS POLICY

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

It is understood that due to constantly changing and emerging information about COVID-19, and changing COVID-19 public health directives, current public health directives and advice supersede this illness policy wherever there is a conflict.

1. **Inform an individual in a position of authority (coach, team administration) 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 online 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 [BC COVID-19 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 ask them to contact 8-1-1 or a doctor for further guidance.
 - c. NO member may participate in a practice/activity/work 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 the quarantine/isolation period set by public health authorities for the member has passed.
 - b. Any member who worked / practiced closely with the infected member may also be removed from club activity for a period of time in accordance with directions received from public health authorities.
 - c. Advise the facility so they are aware to close off the work/practice area, and clean and disinfect any surfaces that could have potentially been 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 tests negative for COVID-19, the member shall not return to practice/work unless they are symptom-free.**
7. **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 by public health authorities, the member will be removed from the workplace/ practice for at least 14 days or as directed by public health authorities.
 - c. The facility will be notified to close off, clean, and disinfect the work/activity area and any other surfaces that could have potentially been infected/touched.

ed January 8, 2021

8. **Quarantine or Self-Isolate conditions:**

Subject to directions otherwise by public health authorities:

- 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 for 14 days.
- 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 for 14 days.
- 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 for 14 days.
- d. Any member who is quarantined or self-isolating in accordance with directions from public health authorities 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 for 14 days.

I have read and I understand the Illness Policy and agree to follow it at all times.

Name: _____

Parent or Guardian Name: _____

Date: _____

Signature of Participant (over 18 years of age): _____

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

Date: _____

APPENDIX C

**SWIMMING CANADA/SWIM BC ACKNOWLEDGEMENT AND ASSUMPTION OF
RISKS FORM**

(NEXT PAGE)

APPENDIX D

Canadian Dolphin Swim Club

HEALTH SURVEY

If an individual answers **YES** to any of the questions, they must not be allowed to enter the facility.

1.	Does the person attending the activity have any of the below symptoms:		
	Fever	YES	NO
	Cough	YES	NO
	Shortness of Breath / Difficulty Breathing	YES	NO
	Sore Throat	YES	NO
	Chills	YES	NO
	Painful swallowing	YES	NO
	Runny Nose / Nasal Congestion	YES	NO
	Feeling unwell / Fatigued	YES	NO
	Nausea / Vomiting / Diarrhea	YES	NO
	Unexplained loss of appetite	YES	NO
	Loss of sense of taste or smell	YES	NO
	Muscle / Joint aches	YES	NO
	Headache	YES	NO
	Conjunctivitis (reddened eyes)	YES	NO
2.	Have you, or anyone in your household, travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you had close unprotected face-to-face contact (within 2 metres) with someone who is ill with cough and/or fever?	YES	NO
4.	Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

If you have answered **YES** to any of the above questions **DO NOT PARTICIPATE.**

Go home and use the *BC COVID-19 Self-Assessment Tool*

(<https://bc.thrive.health/>) or call 8-1-1 to determine if you should seek medical help.