



**Codiac Vikings Aquatic Club (CVAC)
COVID-19 Recovery
Operational Plan**

Legal Disclaimer:

The Codiac Vikings Aquatic Club (CVAC) has prepared this document based on the latest information available to date from third party resources including those at The Pat Crossman Memorial Aquatic Center (PCMAC), Swimming Canada (SNC), Swimming New Brunswick (SNB), WorkSafe New Brunswick (WorkSafe NB) and the Government of New Brunswick (GNB). This document will be updated periodically as the situation evolves and more information becomes available.

The Codiac Vikings Aquatic Club (CVAC) has performed an onsite audit and risk assessment in relation to the operational plan to ensure any identified gaps are closed. Periodical reassessments of the plan will be required as the provincial requirements change. As a result, the Operational Plan will be updated in response to these requirements.

Additionally, it is an individual's responsibility for assessing his or her personal risks in consultation with medical professionals and for the outcome of his or her decisions and actions. The goal of this document is not to give permission for an individual to return to swimming but to provide a guide to the current medical and provincial recommendations in an attempt to mitigate risks related to COVID-19. This document is meant to complement, not replace local public health and recreation facility advice.

General Information about COVID-19 and swimming:

COVID-19 has a fragile lipid outer membrane and is susceptible to soaps and oxidants, such as chlorine. According to the CDC, there is no evidence that COVID-19 is spread to humans through the use of pools. Proper maintenance and chlorine levels should inactivate the virus. (CDC 2020) The following health and medical recommendations are considered to be applicable to all steps of our return to swimming process until public health guidelines change. Provincial and Municipal public health information and guidelines supersede the information found within this document and must be respected at all times.

General Information as per the SNC COVID-19 return to swimming resource document

Athletes and coaches must answer “No” to all of questions outlined by the province of New Brunswick before gaining entry into the pool or dryland areas. The most recent questionnaire can be found on Codiac Vikings Website.

- Do you have any of following symptoms: fever/feverish, cough, sore throat, headache, runny nose, a new cough or worsening chronic cough, new onset of fatigue, diarrhea, loss of taste or smell; in children, purple markings on the fingers and toes?
- Have you had close contact within the last 14 days with a confirmed case of COVID-19?
- Have you been diagnosed with COVID-19?
- Have you returned from travel outside of New Brunswick within the last 14 days?
- Have you been told by public health that you may have been exposed to COVID-19?

Any athlete showing any of the symptoms listed above at practice will be asked to leave, isolated in an area designated by the facility and will be required to leave as soon as a parent or guardian is there to pick them up. This will be logged by the coach responsible for the group of swimmers to ensure all information is readily available to public health if requested. The Town of Riverview will be notified so they can have the proper records if necessary.

In the case of a positive test for COVID-19 within the club, the following steps must be taken:

- The athlete must notify the coach/club as soon as possible and the athlete will be removed from the training group immediately
- Team training is suspended and all team members are placed in self-isolation
- Public health and the Town of Riverview must be notified and we will follow their instruction/protocols
- Team training could resume if:
 - all potentially affected team members undergo self-isolation for 14 days and no other member has developed symptoms
 - all team members are cleared to return to group training by their physician in accordance with Provincial guidelines.
 - A test showing no signs of the virus does not automatically allow for entry into the pool. You must be cleared by a physician or wait the 14 days.
 - Public Health has advised that training can resume.

Coaches and athletes at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider before attending practice.

- Common underlying conditions which may place an individual at higher risk would include hypertension, heart disease, diabetes, obesity, chronic respiratory diseases such as asthma and those who are immune-compromised.

Pool entry procedures:

- All swimmers will be introduced to the Return to Play Plan and Operational Plan set forth in this document. This training session will occur before swimmers enter the facility. This training session will be virtual and mandatory for all swimmers and parents to attend.
- Swimmers must not enter the facility until 10 minutes before the allotted practice time.
- When entering the facility. Swimmers are to use the automatic door button to open the door (their hip or elbow will activate the button so no hand touching is required).
- Once the facility doors are locked, no late access will be given to any swimmer.
- Swimmers must remain socially distanced from the moment they step out of their own personal vehicle until they re-enter the vehicle at the end of practice. (unless they are from the same household)
- Swimmers must wear a mask or face shield while in the lobby and until they arrive at their designated spot on deck and upon exit of the facility. If the swimmer arrives with no mask, entry into the facility will be denied.
- Swimmers must come to practice already suited up as change rooms will be for bathroom use only.
- Equipment between swimmers cannot be shared due to the risk of cross contamination.
- Upon entering the building, purple arrows and markings on the floor will direct swimmers to the front desk for check in procedures.
- A CVAC representative will meet each swimmer, and while standing in the office behind a plexiglass barrier, will log their attendance for practice and take their temperature. Swimmers are required to hand sanitize at this step. Parents are asked to remain outside of the facility.
- Once swimmers have successfully been screened, they will follow the purple arrows to the assigned change room. As the change rooms are now gender neutral, the change rooms are only for washroom use and not to be used for changing. They will follow the arrows through the change room, out into the hallway and onto the pool deck.
- There will be designated spaces on deck for the swimmers to put their belongings and get themselves ready for practice. These spaces will all be separated by the required 6 feet and are clearly marked. Swimmers will leave their belongings in their assigned tote and all totes will be cleaned following the same procedures for touch surfaces within the pool deck.
- Coaches will ensure that practice is run in a way that respects social distancing requirements and swimmers remain 2m apart
- After practice is finished, swimmers will leave the water in a staggered format to allow space for them to return to their belongings, dry off, pack up and leave the facility. They will not be permitted to change on deck or in the change room and must shower/change at home.
- Masks or shields must be worn to exit the facility in similar fashion to our entry procedures.

- Swimmers will walk back into the hallway, follow the purple arrows through the old staff hallway and out the emergency exit door to the side of the building.
- There is no loitering on the property and swimmers are to leave the building as soon as possible after their practice has finished.
- Coaches will ensure a log is kept of attendance by lane, any non conformances, any illness where the swimmer was denied access, sanitization checklist, etc. This will ensure if a Covid positive, Public Health will be able to easily obtain all information required to perform contact trace.
- Coaches will sanitize all touched areas on deck before leaving.

NOTE: All pool entry procedures outlined in this operational plan apply to all facilities that are being used by Codiac Vikings Aquatic Club during swim program training sessions.

In Case of Emergency:

- Training will be provided to all swimmers by the coaching staff of CVAC procedures to follow in case of emergency. This will include flow out of the building, social distancing and the area to meet if an evacuation were to be required.

Emergency Contact Information:

- EMS 9-911
- Melanie Melanson (Head Coach) 866-5718
- Katherine Trevors (Assistant Head Coach) 380-4909
- Dave Shae (Pool Manager) 387-2263

Address of facility:

400 White Pine Rd
Riverview NB
E1B 4H8

Roles and Responsibilities:

In the case of a minor injury:

- The coach on deck will assist the athlete to the guard room, grab the first aid kit and do a full physical wellness check.
- They will assess the situation and apply the appropriate first aid treatments.
- The athlete will then help the coach fill out an accident report to be submitted to the pool manager for proper record keeping.
- Training may continue

In the case of a major injury/emergency:

- The coach will act as first responder and initiate the rescue.
- A bystander, NLS trained swimmer or the second coach on deck will act as second responder and follow directions from the coach.

- They will also retrieve the first aid kit and bring all gear to the area of treatment
- If EMS is required, the bystander will call 9-911
- The pool will be cleared and swimmers are to gather their belonging and exit the area.
- The meeting space is at the RHS field to the immediate right of the building. This allows open air and gives space for physical distancing while waiting

IF EMS is called

- Parents of the swimmer will be contacted using the information found on our On Deck app
- The bystander will open the back door and wait for them to arrive
- Once EMS arrives all coaches and bystanders will follow directions from them and assist in any way possible.
- An incident report will be filled out and given to the Codiac Vikings and the Pat Crossman Memorial Aquatic Center

IF no EMS is needed

- Parents of the swimmer will be contacted using the information found on our On Deck app
- An incident report will be filled out and given to the Codiac Vikings and the Pat Crossman Memorial Aquatic Center

COVID Related safety

Coaches will already be wearing a mask or face shield. In the first aid kit there are masks for CPR, gloves and other protective equipment. The goal is always to protect ourselves first and then deal with the emerging situation.

Post Emergency situation:

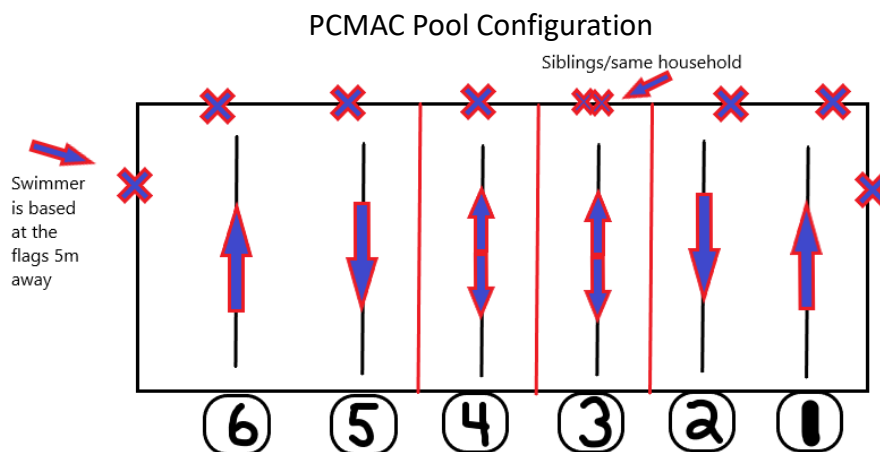
- The coach will gather the swimmers at the meeting station and help in contacting their parents for pick up.
- Practice will not resume after a major emergency situation as all coaches and bystanders need time to decompress and record the details of the incident.

Phased Return to Play Plan

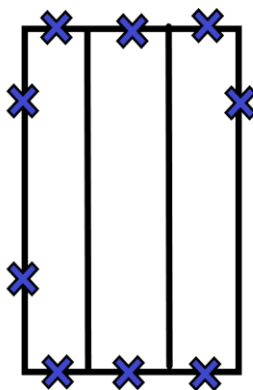
Phase 1:

- As per the Swimming Canada COVID-19 return to swimming resource document, we will begin with a small group of swimmers, this helps us ensure that social distancing recommendations are being observed.
- We will start with our National Development group and any other Eastern National qualifiers in Gold.
- All swimmers will be required to wear a mask or shield in the building until they are ready to get in the water and after they get out of the water.
- The phase 1 group will swim Monday, Wednesday and Fridays from 4:30-6pm, Tuesday and Thursdays from 6:00-7:30am
- We will evaluate how the procedures outlined below are working after a 2-week trial and make necessary changes. The board of directors will have to approve any plan or transition to Phase 2

- Group size will be limited to 9 swimmers and they will be set up in the water as shown below. This group of swimmers and this configuration has been approved by the facility manager

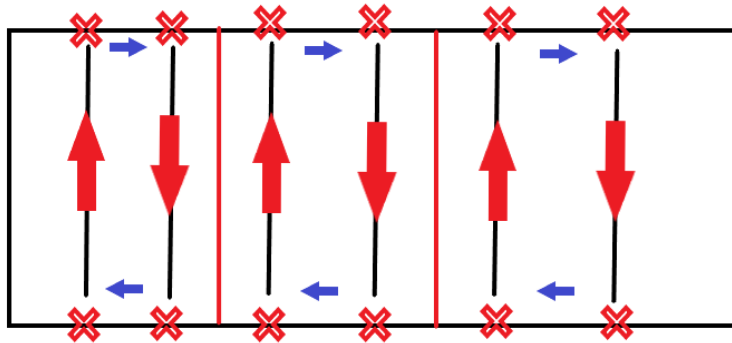


Centennial Pool Configuration



Phase 2:

- Phase 2 timeline to be determined upon a continuation of yellow status for our region and the successful execution of Phase 1. This should be seen as tentative and it will likely change as we learn new information and react to real time situations.
- Once we have determined what is working and what we want to change from the first two to three weeks, we will gradually introduce small groups of swimmers from Gold and Silver
- The goal here would be to introduce the athletes to the new rules and procedures before the start of the next season. The focus is on practising these procedures out of the water and reviewing technique in the water.
- We have divided them into three groups of no more than 12 according to their relative training speeds and abilities
- They will swim until July 26th, at which point we will break for the summer as per usual and resume activities in the fall.
- All swimmers will adhere to the rules and regulations as outlined in the Operational Plan.
- Swimmers will be one to a lane in the shallow and deep end. They will swim down one lane and back in the next lane as shown on the diagram below. This will ensure they remain 6 feet apart while training.

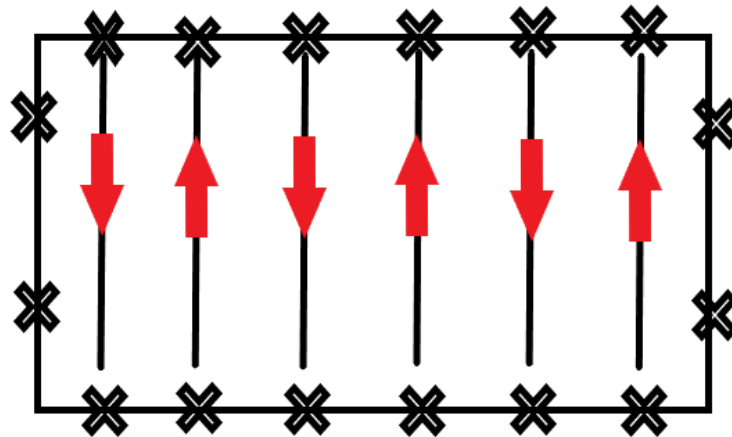


- There will be a mandatory Zoom call so all parents and swimmers will be on the same page going into the pool.
- Group 2 will swim from 6:15-7:45pm on Monday and 6:00-7:30am on Friday
- Group 3 will swim from 5:30-7am on Monday and 6:15-7:45pm on Friday
- Group 4 will swim from 6:15-7:45pm on Wednesday and 4-5:30pm on Sunday
- We will re-assess the operational plan again once we finish phase 2 and adjust accordingly.

Phase 3:

- Phase 3 timeline to be determined upon a continuation of yellow status for our region and the successful implementation of Phase 2.
- Groups of no more than 16 swimmers will be allowed in the pool at once as per instructions from the Pat Crossman Memorial Aquatic Center.

- Groups within the club structure that will be participating in phase 3 are: National Development, Senior 2, Senior 1, Junior 3, Junior 2, Junior 1, Competitive 3, Competitive 2, Competitive 1.
- The passive screening questions will be asked once at the start of the season, after which parents have a 'duty to notify' the club if any answers change and their swimmer will not be permitted at practice.
- All swimmers will adhere to the rules and regulations as outlined in the operational plan.
- Swimmers will be assigned pre practice spots on deck where they can activate. They will also be assigned a lane for practice as well.
- Swimmers will be two to a lane on opposite ends of the pool with two swimmers positioned at both ends of the flags on either side of the pool.



- Swimmers must have their SNC waiver signed, have attended a mandatory COVID zoom call and be fully registered with the club before they can enter the pool.
- Swimmers may not overtake or pass another swimmer, for this reason they will be put with swimmers who have similar best times and abilities.

Resources

Swim Canada <https://www.swimming.ca/en/resource-hub/>

Government of NB <https://www2.gnb.ca/content/gnb/biling/coronavirus.html>

List of Symptoms NB

https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/AboutCoronavirus.html#Symptoms

Swimming New Brunswick: <https://drive.google.com/drive/folders/1tDRycOk1eRoqPjciGZ-02KaStHRZM6uZ>