

Dear Inconnu Swim Club Members,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Fort St John Inconnu Swim Club has been working with Swim BC to understand the recommendations of our Chief Provincial Health Officer and how they best apply within our sport and club environment.

The attached **“Return to Swimming Plan”** has been developed for our club in order to ensure that:

- health and safety of all individuals is a priority;
- activities are in alignment with provincial health recommendations;
- modifications to activities are in place in order to reduce the risks to each of our swimmers;
- our sport is united and aligned on a plan to reopen throughout the province.

While we do hope things will return to normal in the not too distant future, currently this **“Return to Swimming Plan”** will be the new normal until we are advised otherwise by public health authorities.

**If you choose to participate, you must follow these rules:**

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home;
- If you have traveled outside of Canada, you are not permitted at a practice until you have self- isolated for a minimum of 14 days;
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID- 19, you must stay home;
- Wear your suit to practice;
- Use hand sanitizer before participating;
- Bring your own equipment and water bottle;
- Comply with physical distancing measures at all times;
- Avoid physical contact with others, including shaking hands, high fives, etc.;
- Leave the facility as quickly as possible after you finish.

Our **“Return to Swimming Plan”** is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you.

Should you choose to join us, we require your full cooperation with our **“Return to Swimming Plan”**.

Sincerely,

Jennifer Louie, President

Josh Sorensen, Head Coach

# INCONNU SWIM CLUB

## RETURN TO SWIMMING PLAN

### September 10, 2020

Due to the global pandemic and the spread of COVID-19, Swim BC requires that Inconnu Swim Club develop a plan that ensures a safe return to swimming for our employees, athletes, parents and volunteers. This document is created under the advice of the SwimBC document "Swim BC Return to Swimming Guidelines" and can be found here:

[https://mcusercontent.com/d14695cc72de7f8154be2eaef/files/9b067fc8-6cd1-4504-8009-7c0fdc627188/2020\\_06\\_19\\_R2S\\_Guidelines.pdf](https://mcusercontent.com/d14695cc72de7f8154be2eaef/files/9b067fc8-6cd1-4504-8009-7c0fdc627188/2020_06_19_R2S_Guidelines.pdf)

The focus of this plan is to assess risks and take all necessary precautions to mitigate the risk of an individual being exposed to or infected with the virus.

Swim Canada and Swim BC require all swimmers and their families to sign an *Acknowledgement and Assumption of Risk Form* as well as a *Participation Agreement Form* when registering their child with the Inconnu Swim Club for the 2020/2021 season. These forms should be read carefully before signing.

In addition to British Columbia Public Health Orders, Inconnu Swim Club must work within the health and safety parameters set out by the City of Fort St. John for the operation of the North Peace Leisure Pool. This Return to Swim Plan should be considered a living document and will be updated as new information is released by the Public Health Officer of BC. Updates will be sent in a new version of the plan (E.g. "version 4.0") and highlighted in yellow.

### NORTH PEACE LEISURE POOL ACCESS AND USE

**Do not come to the facility or participate in any activities endorsed by Inconnu Swim Club if:**

- You don't feel well or are displaying symptoms of COVID-19
- Someone in your house has COVID-19 or is showing symptoms of COVID-19
- You, or someone in your household has travelled outside of Canada within the last 14 days

The North Peace Leisure Pool (NPLP) will have provisions for building flow, and all persons associated with Inconnu are expected to adhere to the guidelines.

Swimmers will enter the pool through the lobby doors and exit the pool through the west change room door to maintain flow on the pool deck, as shown in Diagram 1.

Large green "arrow" stickers have been placed on the walls, and green sandwich boards have been placed on the floor to indicate direction of flow on the pool deck.

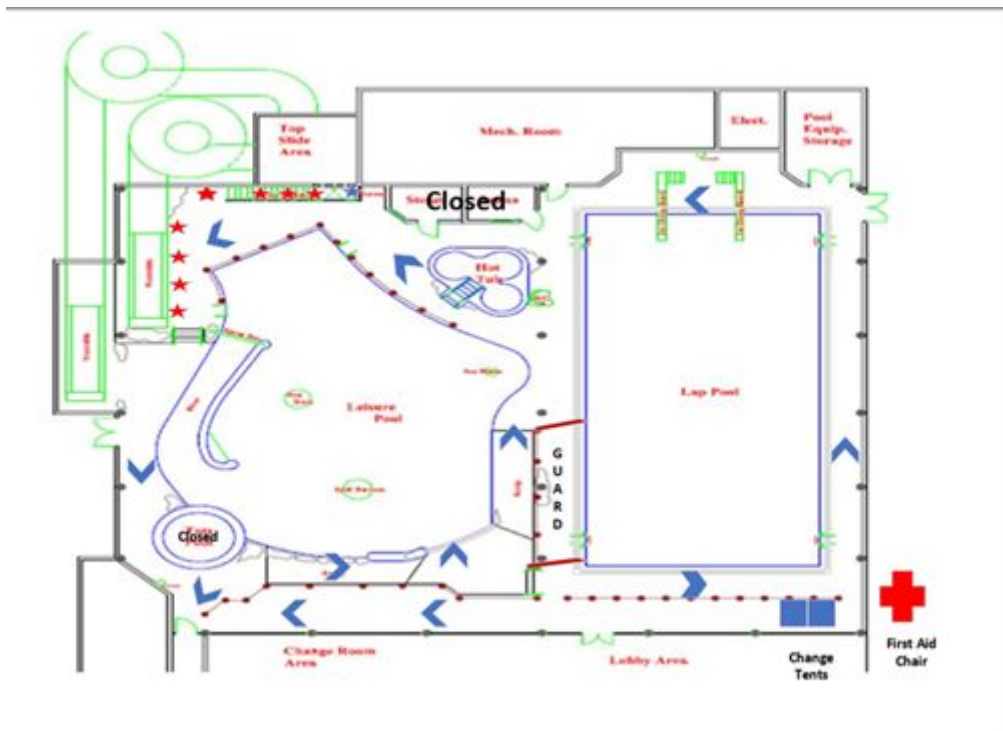


Diagram 1

Additionally,

1. Do not arrive prior to your scheduled swim time.
2. Swimmers should arrive at the pool “swim-ready” in their suits. Swimmers will enter the main doors of the pool, and enter the pool deck through the lobby doors. Swimmers will be required to use hand sanitizer at the station provided by the NPLP.
3. In the event that your swimmer cannot arrive to the pool “swim-ready” in their suits, NPLP has 5 portable “changing tents” on deck that swimmers may use to change into their suits. Only one swimmer may use the changing tent at a time.
4. Locker rentals will not be available for long term or day use. Swimmers must bring all belongings and take all belongings home each day. There will be basket lockers on deck to put personal belongings in, and coat hooks along the wall. Swimmers are asked to keep their personal items to a minimum.
5. Swim backpacks can be stored neatly against the east wall of the pool deck, keeping space between each bag.
6. Attendance will be taken and recorded every session. This is very important for contact tracing. If you arrive late, ensure that you notify the coach and your attendance is marked down.
7. Each session, swimmers will be asked by their coach if they are feeling ill or experiencing any of the symptoms outlined in the Illness Policy. The [BC COVID-19 Self-Assessment Tool](#) will be used for each participant, including the coach.
8. NPLP has removed seating including bleachers, tables and chairs. Parents of novice and Junior swimmers will be permitted to stand on deck during their child’s practice, provided the bather load on deck/in the pool remains at 40 or less, which includes all staff, coaches and swimmers. These spots will be marked on deck for parents. There are 11 spots in the lobby that spectators

may stand at to observe the pool deck. These spots will be marked on the floor.

9. Concession will no longer be available in the pool lobby.
10. NPLP allows a bather load of 40 on the pool deck/in the pool at one time (including bathers and staff) to ensure adequate physical distancing.
11. Swimmers must bring all their own equipment for practice, including goggles, fins, kickboards and pull buoys.
12. Inconnu coaches have use of the black cabinet on deck, but should take all personal belongings home each day.

### **Pool Orientation:**

The NPLP will conduct a mandatory building and deck orientation for Inconnu coaches during the week of September 14- September 18, 2020.

## **CLUB PROGRAMMING**

### **Equipment:**

You must have all your own equipment, including goggles, cap and kickboard, as well as pull buoy and fins if your coach requires them. The NPLP will not allow snorkels to be used at any time by swimmers, due to the generation of aerosols. You must not share any of your equipment with any other person while at the pool.

### **Pre-session activation on deck:**

Avoid touching surfaces whenever possible.

Only coaches will handle flags and poles, the whiteboard and any other club or facility equipment.

When the lap pool is being used by other programming, pre-session activation must stay mobile and move in the direction of flow on the pool deck. Pre-session activation will be done at an assigned location by the pool staff when Inconnu has use of all 6 lanes at one time.

Coaches will wear PPE if physical distancing cannot be maintained.

### **Cohorts:**

Inconnu Swim Club will have 3 cohorts, which include 5 swim groups with a maximum amount of swimmers in each group.

Cohort 1: Novice (21) **Total = 21**

Cohort 2: Junior (21) **Total = 21**

Cohort 3: Intermediate (14), Senior (9), National (5) plus 2 coaches **Total = 28**

### **Training:**

1. Swimmers will use only their own equipment for the session.
2. Swimmers will enter the double lane they are to swim in one at a time, by sitting down/sliding to enter the water.
3. Swimmers should maintain distance between one another and refrain from physical contact.

4. Instructions about lane flow, direction, distancing and wall strategies will be introduced and discussed with swimmers. Graphics will be posted in the NPLP building for swimmers to reference.
5. When stopped at the wall, blue lines in the pool grate indicate where each swimmer should stand to wait for instruction from coaches. Swimmers must maintain this physical distancing while in the water.
6. Swimmers will maintain personal hygiene habits. This includes coughing or sneezing into the elbow, no spitting or nasal clearing, avoid touching surfaces like doors, ropes, walls, etc. Personal hygiene habits will be reinforced by the coach at the beginning of each practice, and during the session if need arises.
7. At the end of the session, swimmers will maintain physical distancing when leaving the water, one at a time.

**Lane density:**

NPLP allows seven swimmers per double lane swimming in a single loop in one direction.

**Departure:**

At the end of each session, the swimmers will clear the pool deck before the new group of swimmers enters. The coach will monitor the individuals entering the changerooms to ensure capacity is maintained.

Maximum capacity for women's change room: 13

Maximum capacity for men's change room: 14

Maximum capacity for family change room: 1 user or household per universal change room

The maximum capacity of the change rooms must be adhered to. Depending on the gender numbers in each swim group, this may require that some swimmers use the family change rooms.

The coach will then come to the main door of the building to indicate that the next group of swimmers can enter the pool lobby and pool deck.

The capacity for the hot tub will be 3 people at one time, or three household groups. Using the hot tub at the end of the session will be at the coach's discretion. Due to capacity limits, hot tub use will be staggered and brief.

Swimmers will leave the facility upon completion of their workout through the west change room doors.

Swimmers are not permitted to shower, but can change into dry clothes.

**Dryland:**

The maximum group size for dryland training will be at the Head Coach's discretion, but will not exceed 50 individuals, including coaches or fitness instructors.

Swimmers must maintain physical distancing during dryland training.

Swimmers must bring their own equipment and water bottle to dryland sessions.

Swimmers must not share their equipment or water bottles with anyone else. Swimmers must maintain physical distancing and refrain from touching any other person while at dryland practice.

Dryland coaches will wear PPE when physical distancing cannot be maintained. Directions to safely access public spaces where dryland is taking place will be communicated when those locations are determined.

## EMERGENCY RESPONSE

As prior to COVID-19 safeguards, lifeguards will be present during training sessions at the pool and will wear PPE to attend to an injured person.

During activities endorsed by the Inconnu Swim Club that occur outside of the pool environment (such as dryland training), any person attending to an injured individual will put on a mask and gloves prior to providing assistance. Coaches or persons providing dryland training will have this level of PPE immediately available to them and near their person when conducting outdoor land-based training.

## OUTBREAK PLAN

Should an outbreak of COVID-19 occur, the Inconnu Head Coach and Inconnu President have the authority to modify, restrict, postpone or cancel any or all activities connected to the Inconnu Swim Club, at any time they deem necessary.

In the event that a swimmer or coaching staff member reports that they are confirmed to have COVID-19, the NPLP administration will be notified to permit proper disinfectant protocols to be followed and the Inconnu Illness Policy will be implemented.

In the event of a member reporting a positive COVID-19 result, the Head Coach will immediately report and discuss with a delegate from the Northern Health Authority. Should a medical health officer contact the club, Inconnu will cooperate with contact tracing measures and supply attendance sheets.

## APPENDIX A

### INCONNU SWIM CLUB ILLNESS POLICY

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

1. **Symptoms of COVID-19 include** 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.. **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, and follow their directive.
  - b. If they feel sick and/or are showing symptoms while at practice they should inform the coach immediately. The coach will assess the information and use their discretion to advise on next steps to be taken by the member, including being sent home immediately and having them contact 8-1-1 or a doctor for further guidance.
  - c. NO member may participate in a practice/activity if they are symptomatic or awaiting the results of a COVID-19 test.
  
- 3.. **Assessment:**
  - a. Members must respond to a pre-training oral 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](#).
  
4. **If a member tests positive for COVID-19:**
  - a. The member will not be permitted to return to practice until they are free of the COVID-19 virus. The member should follow the directives of public health or a doctor to determine when they are free of the virus.
  - b. Any member who worked / practiced closely with the infected member will also be removed from club activity for at least 14 days if directed by public health.
  - c. Ensure work / practice area is closed off, cleaned and disinfected immediately and any surfaces that could potentially be infected/ touched.
  
- 5.. **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, the member will be removed from the workplace/ practice for at least 14 days or as otherwise directed by public health authorities. Other members who may have come into close contact with the member may also be removed from the workplace for at least 14 days, on the advice of public health authorities.
  - c. The workspace/ activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
  
- 6.. **Quarantine or Self-Isolate conditions:**
  - a. Any member who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - b. Any member with a confirmed case of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate until they are free of the virus.
  - c. Any member from a household with someone with a confirmed case of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate until they are free of the virus.
  - d. Any member who is quarantined or self-isolating 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.