

INCONNU SWIM CLUB
RETURN TO COMPETITION PLAN - Time Trials
November, 07, 2020

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

<https://swimbc.ca/wp-content/uploads/2020-10-30-R2-Competition.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.

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 Competition Plan is to be considered a living document and will be updated as both new information is released by the Public Health Officer of BC and when further levels of competition are to be resumed. Updates will be sent in a new version of the plan and made available for all members.

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.

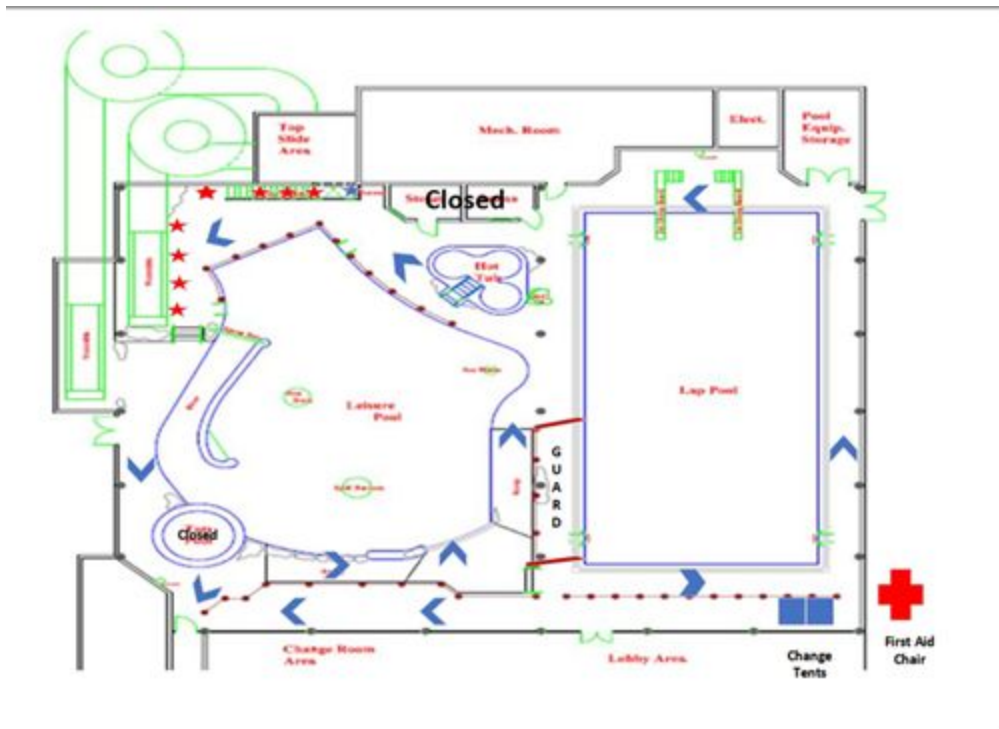


Diagram 1

Time Trial Information

Time Trial Registration

- There will a maximum of 45 people on deck (not including lifeguards)
 - Max Swimmers: 30
 - Officials/Volunteers/Coaches: 15
- Swimmers must register for each Time Trial through Team Unify, at least 5 days in advance of the Time Trial
- Attendance of the Swimming Participants will be recorded by the Coach and given to the Meet Manager. The meet Manager will record attendance for all Officials/Volunteers and gather attendance records from the coach.
- This Return to Competition Plan must be read before you are allowed to register for the Time Trial
 - It will be made available to all club members through email distribution and on the Team Unify team site

Time Trial Arrival and Warm-Ups

- Swimmers will arrive at the pool no more than 10 minutes prior to the start of Warm-Up. Upon arrival they will use the hand sanitizer provided by the facility at the entrance.
 - At this time we are requesting that there are no spectators during the Time Trial
- Upon arrival the Swimmers and Coaches will be asked to complete the BC COVID-19 Self Assessment
 - This will be done on forms to have a physical copy if the need for contact tracing arises
- 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.
- In the event that your swimmer cannot arrive at 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.
- Upon arrival the Swimmers and Coaches will be asked to complete the BC COVID-19 Self Assessment
- When not participating in Warm-Ups and Racing. Swimmers will be placed into specific areas on deck to maintain physical distancing.

- These areas will be:
 - South-West Corner of Pool deck immediately to the south of the Pool.
 - North-East Corner of Pool deck around Slide Stair entrance way.
- Swimmers will be notified of which area they will be in prior to their arrival
- No personal equipment is to be shared in Warm-Up. Any club equipment that is to be used will be thoroughly sanitized before and after use
 - All equipment used in Warm-Up must adhere to Swimming Canada's Competition Warm-Up Safety Procedures
 - At this time Snorkels are also not to be used, due to their generation of Aerosols
- All Warm-Up lanes will be subject to the capacity of 5 swimmers per single lane.
- Swimmers will report to their assigned swimmers areas to allow for physical distancing
 - These swimmers will be assigned areas at least 24 hours prior to the start of the Time Trials

Time Trial Flow

- Only one heat will be present in the Marshall Area at a time
- Swimmers will follow directional flow of the building (as marked and outlined) to proceed from their area to the marshall Area
- The pool will be cleared prior to the next race being called to the blocks
 - Swimmers must stay behind the Timekeepers and in the Marshall Area until this time
- Once the swimmers have cleared the pool they will return to their designated area (following directional flow of the building) or Warm-Down/CoolDown lane (provided there is room under the 5 person per lane maximum)
- The Inspector of Turns/Timekeeper will quickly sanitize the blocks between each race
- If physical distancing cannot be maintained by the swimmers and/or coaches, it is recommended that masks will be worn
 - Swimmers will be asked to bring masks, however the club will have masks that can be provided
- All DQ's will be recorded on personal Heat Sheets given to the Stroke and Turn officials
 - DQ's will be dealt with at the conclusion of the race and once the Referee has given a verbal command that it is appropriate to do so

- Any conversations between the Coaches and Officials will follow physical distancing and masking when needed

Officials & Volunteers

- There will be a total of 14 Officials Positions
 - Starter
 - Referee
 - 4 Inspector of Turns
 - 4 Timekeepers
 - Judge of Stroke
 - Clerk of Course
 - Chief Timekeeper
 - Safety Marshal
 - However, we will attempt to combine where possible to have a goal of 10 Officials on deck
 - Timekeepers + Inspector of Turns
 - Clerk of Course and Chief Timekeeper
 - Safety Marshal can be combined with most any other position
- Officials are to be assigned and confirmed at least 3 days prior to the start of Time Trials
 - A list of officials will be provided to the Meet Manager at least 48 hours prior to the start of the Meet
- For Officials that are able to, we will be encouraging the combination of roles to limit the amount of individuals on deck
 - You will be asked what you can fill prior to being assigned
- Officials should arrive based on the time listed for the position they will be filling (if you are filling multiple positions, please come to the earliest option)

- Referee: 10 Minutes Following the Start of Warm-Up
 - Starter: 10 Minutes Following the Start of Warm-Up
 - Judge of Stroke: 20 Minutes Following the Start of Warm-Up
 - Inspector of Turns: 20 Minutes Following the Start of Warm-Up
 - Clerk of Course: 10 Minutes Following the Start of Warm-Up
 - Chief Timekeeper: 20 Minutes Following the Start of Warm-Up
 - Timekeeper: 20 Minutes Following the Start of Warm-Up
 - Safety Marshall: 10 Minutes Prior to the Start of Warm-Up
- Officials should arrive in their proper attire with the following
 - Filled Personal Water Bottle (if they want water)
 - Pen and/or Pencil
 - Face Mask
 - Upon arrival officials will use the hand sanitizer provided by the facility at the entrance
 - The Safety Marshall, Referee, Starter, Clerk of Course will report immediately to their assigned position. And may begin their preparations
 - The Judge of Stroke, Inspector of Turns and Timekeepers will arrive and wait in the lobby, which allows for them to be physically distant. Once the meet is ready to begin the Referee will signal to bring them on deck and go to their assigned positions.
 - It is recommended that all officials wear personal protection equipment, such as masks, when on deck. Hand Sanitizer and Gloves will be provided by the club for those that wish to use
 - This includes the Referee and Starter except when they are giving commands for races and blowing whistles
 - Electronic Whistles will be provided by the club to the Starter if they so choose to use it
 - Timekeepers
 - When taking your splits and finishes you will be positioned on the right hand side of each lane.
 - We will ask that the Timekeepers are staggered whenever possible to keep physical distancing maintained
 - Officials briefing will be conducted either virtually or through email at least 24 hours prior to the Start of the Meet.

Official/Deck Outlay

									Swimmers Area		
			Leisure Pool								
									Hot tub		
									CofC/CTK		
				JS		Starter	Referee				
Swimmers Area		IT	Lane 1				IT/TK			Marshall Area(1 heat)	
			Lane 2						IT/TK		
			Lane 3				IT/TK				
		IT	Lane 4						IT/TK		
			Lane 5 - Empty								
			Lane 6 - Warm-Up/CoolDown								

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.

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.