



Haney Seahorse Swim Club

Return to Swimming Plan

Version #1 - July 2020

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HSSC RETURN TO SWIMMING INTRODUCTION

JULY 2020

Dear HSSC member families,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, the Haney Seahorse 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 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 to reduce to risks to each of our swimmers
- Our sport is united and aligned on a plan to reopen through the province

While we do hope things will return to normal soon, 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 do not 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, you must stay home
- Wear your suit to practice (no changing at the pool)
- 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 consider 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,

Karen Firth
Club President

Ben Geary
Head Coach

GENERAL INFORMATION

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

COVID-19 & TRANSMISSION

COVID-19 is transmitted through liquid droplets when a person coughs or sneezes and potentially when they are talking in close proximity to another individual. The virus of these droplets can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person. COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area and then touches their face without cleaning their hands. The virus will not enter through the skin, but through the eyes, nose or mouth when an individual touches their face. This is why handwashing is extremely important.

SYMPTOMS OF COVID-19

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. These symptoms include fever, chills, cough, shortness of breath, sore throat, painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite.

People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe. Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people, those with compromised immune systems or chronic health conditions.

HSSC COVID-19 OFFICER

HSSC has assigned a temporary COVID-19 director. This individual is responsible for:

- Assisting in the monitoring of the athletes' health and self-assessment checks
- Collecting waivers from participating members
- Staying up to date with Provincial health guidelines

SWIMMERS

HEALTH SELF-ASSESSMENT

- Swimmers must fill out the online “HSSC Self-Assessment Form” prior to every training session, or they will not be allowed into the facility, with the following questions:
 - Are you experiencing any of the following: cough, shortness of breath, chest pain, difficulty breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, running nose, new loss of taste or smell, gastrointestinal illness
 - Have I been in contact with or cared for someone with COVID-19?
 - Have I returned from a trip outside Canada in the last 14 days?
- Parents/guardians need to complete this form for 10&under athletes
- If swimmers answer ‘YES’ to any questions in the form, they must:
 - Stay at home
 - Inform HSSC COVID-19 Director & Head Coach
 - Follow HSSC Illness Policy (Appendix A)

BEST PRACTICES FOR SWIMMERS

- Swimmers will do a group orientation on Zoom with the Head Coach prior to their first session, so they understand the specific protocols in this document.
- Swimmers should stay at least two meters apart from anyone outside their household at all times, including coaches, other swimmers and the pool staff.
- Swimmers should not help others with their caps, goggles, suits, etc.
- Swimmers should not greet others with handshakes, high-fives, hugs, etc.
- Swimmers should not share food, drinks, or equipment with teammates.
- Swimmers should avoid touching their eyes, nose, and mouth.
- On arrival, swimmers must wash hands with soap and water, or if not accessible, use hand sanitizer.
- Swimmers should cough or sneeze into your sleeve.
- Swimmers must follow the direction of the coach and/or facility staff once they have been dropped off at the facility.
 - Failure to follow the direction of coach and/or facility staff may result in the removal of the swimmer from their training group.
- Swimmers must follow markers inside and outside the facility so to maintain physical distance.
- Swimmers are expected to act responsibly and promote appropriate behavior on social media.

ARRIVAL PROTOCOL

- Swimmers are to wait in their vehicles until the coach is ready to bring them into the facility.
- Swimmers will form a line outside the entrance while keeping 2 meters between them. They will enter the facility 1-by-1.
- There will be floor and wall markers inside the facility that swimmers and coaches are to follow in order to maintain appropriate physical distancing.
- Swimmers will arrive in their suits, so they do not have to use the changerooms.
- Swimmers will place any belongings 2 meters away from others' belongings.

EQUIPMENT

- Swimmers are not permitted to share any equipment.
- Swimmers must take home all equipment and belongings brought to the pool.
- Swimmers should clean equipment thoroughly with a disinfectant before and after training sessions. Remember that COVID-19 can last between two hours and nine days on surfaces depending on a number of factors. Simple cleaning measures can inactivate the virus.
- Snorkels will not be used at any point during training sessions.
- There is no permitted sharing of water bottles. Swimmers and coaches are required to fill their personal water bottles at home, prior to leaving for the facility.
- Personal items and clothing brought in by athletes and coaches (backpacks, jackets, shoes, etc.) should be kept to a minimum. Where bags must be brought in, they will be placed at least two meters apart from others' belongings.
- Coaches will not use whiteboards so that swimmers do not congregate around them. We will use other means of communicating training sessions to the swimmers, such as bringing individual printed copies of the workouts.

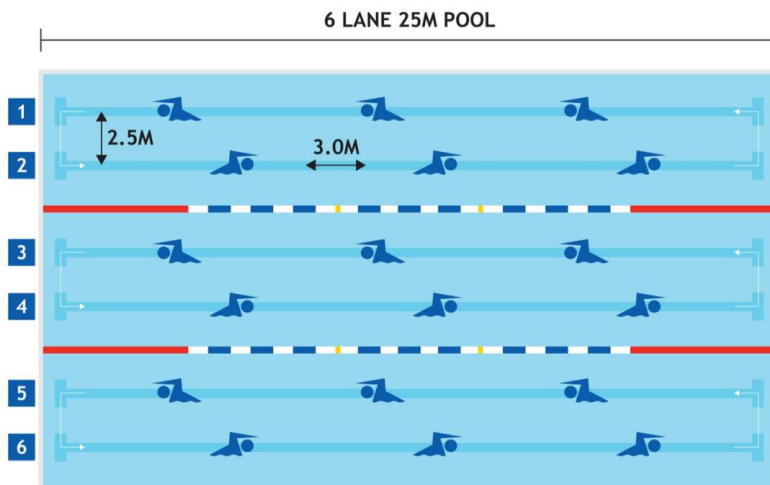
ACTIVATION & DRYLAND PROTOCOLS

- Coaches will lead activation on the pool deck, immediately before swimmers get in the water.
- There will be physical markers in the facility to help swimmers remain 2 meters apart and the coach will ensure the swimmers use them during activation.
- Dryland sessions will take place outside of the facility.
- Coaches will have clear markers for swimmers and their belongings during dryland sessions to ensure swimmers are maintaining 2 meters distance from each other.

LANE ASSIGNMENTS & DENSITY

- Swimmers will already have individual copies of the workout that they printed at home, so there will be no congregating by a whiteboard prior to or during the workout.
- The coach will tell the swimmers which lane each is assigned to, and 1-by-1 the swimmers will go behind or into that lane.

- There will be 8 swimmers in the pool at a time. The pool will be set up as two large double-lanes, with 4 swimmers in each. Swimmers will rotate through the double-lane, so appropriate distance will be kept even while swimming back and forth. The diagram below shows a 6-lane pool – Hammond is 4 lanes, but the setup and flow remains the same.
- Before and while swimmers are in the water, the coach will be on deck maintaining 2 meters distance from swimmers even when giving direction.



POST-WORKOUT PROTOCOL

- When the workout is complete, swimmers will exit the water 1-by-1 (directed by the coach), maintaining 2 meters distance from each other. They will go straight to their belongings and grab their towel.
- Swimmers will gather belongings and get ready to exit the facility. They will exit 1-by-1 (directed by the coach) while maintaining physical distance and go straight to their car.
- The coach will monitor strict physical distancing of 2 meters from the time the swimmers enter the facility to when they leave.

PARENTS

HEALTH SELF-ASSESSMENT

- Parents need to ensure their swimmers complete the online “HSSC Self-Assessment Form” prior to every training session. If swimmers have not completed the form, they will not be permitted to attend the session that day.
- Parents/guardians need to complete this form for 10&under athletes
- If swimmers answer ‘YES’ to any questions in the form, parents must ensure that they:
 - Keep the swimmer at home
 - Inform HSSC COVID-19 Director & Head Coach
 - Follow HSSC Illness Policy (Appendix A)

BEST PRACTICES FOR PARENTS

- Parents are asked to remain in their vehicles or keep at least 2 meters of distance from non-household members while around the facility.
- Parents should not assist non-household members with caps, goggles, suits, etc.
- Parents are not permitted inside the facility and are asked to stay at least 2 meters away from the perimeter of the facility.

DROP-OFF & PICK-UP

- Parents will drop off and pick up swimmers in the parking lot within a 10-minute time frame of the start/end of practice.
- It is ideal if the swimmers remain in their cars until the coach is ready to bring them into the facility.
- Parents are not permitted inside the facility and are asked to stay at least 2 meters away from the perimeter of the facility.

COMMUNICATION

- Any communication/meetings needed between Parents & Coaches needs to take place by email or phone initially.
- Any communication/meetings needed between Athletes & Coaches needs to take place by email or phone initially.
- Any communication from the Head Coach or HSSC Executive will be sent out through email and updated on the website if necessary.

PROTOCOLS FOR MAINTAINING SAFE TRAINING ENVIRONMENT

- While all efforts are being made to mitigate the risks of a COVID-19 outbreak, parents are asked to help monitor the health of their swimmers daily to help keep the risk low.
- If we all continue to follow the “5 Principles” shown on Page 4, the chance of an outbreak is very low at this time. If an outbreak should occur with any HSSC member (coaches, swimmers, parents) the HSSC Illness Policy needs to be followed
- Before their first session, all HSSC members who wish to participate must have the following forms filled out and submitted to the Head Coach or HSSC COVID-19 director:
 - Acknowledgement & Assumption of Risks Form (Appendix B)
 - HSSC Member Participation Waiver (Appendix C)

COACHES

HEALTH SELF-ASSESSMENT

- Coaches must fill out this “HSSC Self-Assessment Form” prior to every training session, or they will not be allowed into the facility:
 - Are you experiencing any of the following: cough, shortness of breath, chest pain, difficulty breathing, fever, chills, repeated shaking with chills, abnormal muscle pain, headache, sore throat, painful swallowing, running nose, new loss of taste or smell, gastrointestinal illness
 - Have I been in contact with or cared for someone with COVID-19?
 - Have I returned from a trip outside Canada in the last 14 days?
- If coaches answer ‘YES’ to any questions in the form, they must:
 - Stay at home
 - Inform HSSC COVID-19 Director & Head Coach
 - Follow HSSC Illness Policy (Appendix A)

BEST PRACTICES FOR COACHES

- Coaches will do an orientation on Zoom with the Head Coach prior to their first session, so they understand the specific protocols in this document.
- Coaches should arrive at least 15mins before any scheduled session to set up any necessary markers and equipment.
- Coaches should stay at least two meters apart from all swimmers, parents, and staff.
- Coaches should not help swimmers with their caps, goggles, suits, etc.
- Coaches should not greet others with handshakes, high-fives, hugs, etc.
- Coaches should not share food, drinks, or equipment with teammates.
- Coaches should avoid touching their eyes, nose, and mouth.
- Coaches should frequently wash hands with soap and water, or if not accessible, use hand sanitizer.
- Coaches should cough or sneeze into their sleeve.
- Coaches should follow facility policies at all times.
- Coaches should follow markers inside and outside the facility to maintain physical distance.
- Coaches should ensure all swimmers have left the facility and been picked up before leaving themselves.
- Coaches are expected to act responsibly and promote appropriate behavior on social media.

WORKSAFE REQUIREMENTS

Mitigating Risks:

- HSSC has taken all efforts to reduce risk and encourages all staff to forward any potential issues that have been missed or not addressed to the HSSC COVID-19 Director and President immediately.
- Whenever possible, administrative duties should be done by coaches at home.

Equipment provided for coaches:

- Hand sanitizer
- Cloth mask
- Gloves
 - Coaches are required to use PPE whenever attending to a First Aid incident, but also have the option of wearing it while coaching.

FACILITY REQUIREMENTS

- Coaches are required to ensure that swimmers follow all protocols and policies that the pool has set out.
- Coaches are responsible for setting up equipment such as flags and lane ropes.

MONITORING & ATTENDANCE

- Coaches must check that all swimmers have completed the online HSSC Self-Assessment Form prior to letting them in the facility.
 - Any unusual responses must be reported to the HSSC COVID-19 director and Head Coach immediately.
- Coaches are required to record attendance for each session before swimmers go home.

OUTBREAK RESPONSE PROCEDURE FOR COACHES

- Coaches must understand and follow the HSSC Illness Policy whenever necessary.

FIRST AID EXPECTATIONS

- PPE is required whenever attending to a First Aid incident.
- In the event of a First Aid incident at the pool, coaches must assist the lifeguards if the lifeguard directs them to.
- In the event of a First Aid incident during dryland sessions, coaches must follow WorkSafe BC protocols. Lifeguards should be called for any major emergencies around the Hammond facility.
- Any incident must be recorded by the coach electronically.

PROGRAM FLOW

- When changing from group to group, coaches will direct swimmers as they enter and exit the facility. Below is a description of how it will work:

- First group finishes pool session, given 5 minutes to clear pool deck
- Next group is brought in by the coach once the pool deck is clear
- Short activation while on deck, then they are directed into lanes by the coach

Appendix A

HSSC ILLNESS POLICY

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

1. Inform an individual in a position of authority (coach, team manager) 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 complete the online “HSSC Self-Assessment Form” 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 or through the COVID-19 BC Support App 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 have them contact 8-1-1 or a doctor for further guidance.
 - c. no member may participate in a practice/activity 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 they are free of the COVID-19 virus.
 - b. Any member who worked/practiced closely with the infected member will also be removed from club activity for at least 14 days.
 - c. Ensure work/practice area is closed off, cleaned and disinfected immediately and any surfaces that could have potentially be 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 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. Members who may have come into close contact with the member will also be removed from the workplace for at least 14 days.
 - c. The workspace/ activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate conditions:
 - 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.
 - 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.
 - 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.
 - 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.

Appendix B

Acknowledgement & Assumption of Risks Form

Print and return completed form to Head Coach – [Acknowledgement & Assumption of Risks Form](#)

Appendix C

HSSC Member Participation Waiver

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

All Participants of Haney Seahorse 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 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 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 HSSC COVID-19 Policies and Guidelines
- I understand that if I do not abide by the 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): _____