

NWRSC Season 2021 Kin Pool COVID-19 Safety Plan
Version 1 (March 2021)

After an unexpected closure of Kin Pool in 2020, we are so excited to be back at our home pool for 2021! This safety plan is in line with the province's Phase 2 Return to Sport Plan. This is a living document that will be updated regularly to align with changes as they are announced.

Guiding Principles:

1. The health and safety of athletes, coaches, volunteers and their families is our number one priority.
2. The decision-making process is informed by gathering information from a variety of sanctioned and science-based sources.
3. NWRSC Board of Directors (Board) aims to be timely, thorough and transparent in its communication of programming during the COVID-19 pandemic.

Decision to Proceed:

Although BC is far from "back to normal," businesses, schools, organizations and sports are all working hard to find ways to function within the "new normal" that this pandemic has mandated. The NWRSC was able to successfully run fall and winter maintenance programming at the Nanaimo Aquatic Centre and we are confident that with the guidance of our associated partners and the directions from our Public Health Office (PHO), we can continue to safely offer in-person swimming training to our membership.

Key Safety Protocols (Our layers of protection):

1. *Stay-at-home if you are sick:* All members are asked to monitor for any symptoms of illness within their family and to stay home if any symptoms are present, even if it is a family member not participating in the program. All participants will be asked to pre-screen prior to arriving on site for their activity. Coaches will show a poster of COVID-19 symptoms (Appendix F) and confirm that the swimmers in their groups are symptom free.
2. *Physical Distancing:* Our PHOs have emphasized that physical distancing is our most powerful tool in minimizing the transmission of COVID-19 when we are meeting as a group. Therefore, our return to sport plan includes concrete measures and protocols to support our members in maintaining social distancing.
3. *Masks:* Masks have been mandated in all public indoor spaces and in outdoor spaces when physical distancing cannot be maintained. Coaches and swimmers will be asked to always wear masks, except when swimmers are in the water. Coaches in the water will wear face shields.
4. *Hand Hygiene:* Proper hand hygiene is another important defense in ensuring that we minimize the risk of COVID-19 transmission. Our return to sport plan includes measures to ensure that proper hand hygiene can be maintained during activities. Coaches will also remind swimmers at the outset to cough/sneeze into their elbows.
5. *Location:* Public Health has clearly communicated that outside activities are less risky than those in indoor spaces and as such, we are excited that The City of Nanaimo has agreed to open outdoor Kin Pool this season.

6. *Limiting participation:* In order to ensure that we are able to maintain physical distance during our practices, we will be limiting participation to no more than 4 swimmers per lane in our junior and developmental groups and 5 swimmers per lane for our intermediate and senior groups.

Risk Mitigation:

- Each swimmer will be required to submit an electronic liability waiver that acknowledges the inherent risks of returning to sport.
- Swimmers will also be asked to sign a NWRSC participation agreement.
- NWRSC will ensure that these documents have been completed by each returning swimmer (or their parent in the case of minors) prior to getting in the pool.
- NWRSC will follow all PHO guidelines, facility policies and procedures as well as guidelines from our provincial body, BC Summer Swimming Association.
- The Province of BC has acted to extend COVID-19 liability coverage to organizations through the COVID-19 Related Measures Act (CRMA). The regulation protects people (paid or volunteer) from proceedings for civil liability for damages resulting from transmission or exposure to the virus that causes COVID-19. The regulation is retroactive to January 1, 2020 and will remain in force unless and until the CRMA is repealed.

Participation:

- Participation will be open to all existing members and any new members who meet the basic criteria of being able to swim a minimum of 15 meters unassisted in a recognizable stroke. This criterion will be strictly adhered to given the limited in-water support that can be provided.
- If a swimmer is accepted in the club but demonstrates consistent safety issues such as lack of swimming ability or inability/unwillingness to follow safety protocols, they will be asked to withdraw and a pro-rated refund will be provided (not including BCSSA fee).
- Swimmers who successfully register must review a video orientation, that will be provided via a YouTube link, prior to attending any in-water training or they will not be allowed to participate.
- In order to participate, swimmers must also sign and agree to the NWRSC Participation Agreement (Appendix B) and the liability waiver (Appendix D) as well as agree to the NWRSC Expectations (Appendix C).

Facility:

- Our Season 2021 will take place at the Kin Pool located at 500 Bowen Rd. in Nanaimo's Bowen Park.
- The Kin Pool has a separate COVID-19 safety plan to address sanitization, building capacity, staffing requirements, first aid changes, lifeguarding protocols and safety matters related to pool operations.
- During the NWRSC pool use times, the facility is only open to registered swimmers, coaches, Kin Pool staff and NWRSC Board of Directors. At this time, spectators are asked not to stay and watch their children or gather in the park. Parents can remain in their vehicles if they feel the need to stay near the pool.
- An on-deck shower has been installed so that swimmers can rinse before entering the pool without entering the changerooms.
- Changerooms will only be available for washroom use and no more than 3 swimmers will be allowed in each of the two washrooms at any time.

- Water fountains will be closed but water bottles may be filled via the underneath tap, if absolutely needed.
- Swimmers will be asked to bring and use their own equipment, if possible. Arrangements to use the Kin Pool equipment can be made.
- Any used equipment will be dropped into specific bins and sanitized prior to next use.
- Swimmers must follow the marked directional path and follow staff direction throughout the facility.
- Participants are asked to arrive no earlier than 10 minutes prior to their start time.
- Swimmers will be entering the pool area through the “Entrance” gate.
- Swimmers will exit through the designated “Exit” gate.
- Hand sanitizer will be provided at the “Entrance” gate for swimmers to use.
- All aquatic users are required to follow all facility policies, procedures and guidelines.
- For facility map, please see Appendix E

Registration:

- Registration will open for our regular Summer Swim Club and Alumni Swimmers on March 22, 2021 for existing members and April 6, 2021 for new members. O’Cat swimmers can begin to register May 17, 2021.
- When registering, participants will be required to sign a Liability Waiver (Appendix D) as well as the Participation Agreement (Appendix B).
- Please only register swimmers who are capable of understanding and following the safety protocols outlined in this document.

Orientation:

- Each participant will be required to view an online orientation video prior to returning to in-water training.
- Families will receive a link for a YouTube video.
- In the orientation video, coaches will provide an overview of what to expect during the season, including: wellness checks, expectations, what to bring, how to move through the facility, etc.
- All coaches will be required to participate in a comprehensive safety orientation with Kin Pool manager, Amanda Watkins.

What to bring:

- Swimmers are asked to limit the number of personal belongings they bring into the pool area.
- Swimmers will be provided with an area to store their bags and other belongings.
- Swimmers need to come dressed ready to swim and must bring their own goggles, cap (optional) and filled water bottle.
- Goggles should be worn.
- Swimmers are highly encouraged to acquire and use their own equipment including fins, kickboards and pull buoys. Arrangements will be made for those who are not in a position to be able to purchase.

Drop off:

- Swimmers should be dropped off at the pool no earlier than 10 minutes prior to their practice start time. Please wait in your vehicle until that time.
- Participants must arrive with their swimsuits on and ready to swim.

- As swimmers arrive, a coach or volunteer will take attendance and will show participants a poster of COVID-19 symptoms (Appendix H). Swimmers will be asked if they are experiencing any of the symptoms. Swimmers with no symptoms, may stay and participate in practice. If a swimmer acknowledges that they are experiencing any of the symptoms, they will be asked to return home and monitor their symptoms and encouraged to contact 811 for guidance.
- All attendance records will be recorded daily and this information will be shared with Public Health if asked to do so.
- When swimmers enter the pool deck area, they will be required to use hand sanitizer and make their way to the bag drop off area while also following the direction of marked paths and keeping 2m distance from others.
- Swimmers will get ready to get in the pool and will wait with their bag until they are instructed by their coach to proceed to the water.

Swim Practice:

- Group sizes will be dependent upon how many swimmers we have register for the summer season and will be organized into cohesive groups of similar age and ability.
- Each lane will have limited participants in order to maintain social distancing protocols.
 - Developmental and Junior groups will max at 4 per lane.
 - Intermediate and Senior groups will max at 5 per lane.
- Swimmers will circle swimming within each lane. Up on the left of the black line and back on the right side of black line within the same lane. See Appendix F
- Coaches will inform swimmers of their specific “stop/rest” spot. See Appendix G
- When practice ends, swimmers will wait in the pool until their coach directs them to move towards their bag area.
- Swimmers will quickly dry off and then put their masks back on. They can then put on their clothes and/or jacket over their swimsuits while putting all personal items in their backpacks.
- Changerooms will not be available for changing and can only be accessed for washrooms.
- When swimmers are ready, they may leave the pool deck via the designated “Exit” gate.

Pick up:

- Parents are to arrive in a timely manner to pick up their swimmers and are to arrange a meeting spot with their swimmer(s).
- Parents are NOT permitted to enter the pool deck area and are not permitted to use the bleachers, until Public Health Orders allow for spectators.
- Participants are encouraged to sanitize any of their personal equipment after each use.

Special Events:

- This safety plan covers our typical daily operations; however, NWRSC often offers special events and activities.
- A specific COVID-19 safety plan will be developed for any special event or activity that falls outside of regular practices (I.e. miles swims, blue & white days, blue & white meets, “Hell week”, group activities)
- These plans will be developed closer to their actual date to ensure that plans are finalized with the most current Public Health Orders and guidelines in mind.

First Aid:

- If first aid is required, an on-duty lifeguard will be notified and asked to attend to the affected swimmer.
- Coaches will provide any necessary support necessary and as directed by the lifeguard.

Contact Tracing:

- The Public Health Office has instructed that all pool owner/operators must have complete contact information from all users.
- Attendance will be taken for each group and each practice.
- All swimmers will be registered in our Team Unify database and will be assigned to a roster of their group name so that contact information can easily be provided to Island Health.

Illness and Positive COVID-19 Tests:

- Please see Appendix A for our Illness and Positive Test Policy.

Appendix A: NWRSC ILLNESS POLICY

Any swimmer, coach, parent or volunteer who has symptoms of COVID-19, has travelled outside Canada in the last 14 days OR has been asked to self-isolate from Island Health **MUST STAY HOME AND SELF-ISOLATE for the full 14 days.**

Any swimmer, coach or volunteer who has a cold, influenza, or COVID-19-like symptoms should seek assessment by a health-care provider.

A swimmer, coach or volunteer may still participate if a member of their household has a cold, influenza, or COVID-19-like symptoms, provided the swimmer/ coach/volunteer is asymptomatic. It is expected the symptomatic household member is seeking assessment by a health-care provider.

Swimmers, coach or volunteer who experiences seasonal allergies or other COVID-19-like symptoms, which are related to an existing condition can continue to attend swimming when they are experiencing these symptoms as normal. If they experience any change in symptoms, they should seek assessment by a health-care provider.

Parents and caregivers must assess their child(ern)'s daily for symptoms of the common cold, influenza, COVID-19, or other infectious respiratory disease before sending them to swimming. Coaches and other volunteers must assess themselves daily for symptoms of the common cold, influenza, or COVID-19 prior to entering the pool. If a child has any symptoms, they must not enter the pool to swim. If a coach or volunteer has any symptoms, they must not enter the pool.

If a swimmer, coach or volunteer is feeling sick with COVID-19 symptoms they should remain at home and contact Health Link BC at 8-1-1. If any swimmer, coach or volunteer tests positive for COVID-19 they must follow the direction of health officials.

If a coach, volunteer or swimmer experiences symptoms of COVID-19 while at the pool, the symptomatic individual will immediately be separated and arrangements will be made for that individual to be picked up. Pool Management will be notified and will arrange the cleaning/disinfecting of any areas used by the symptomatic individual.

Appendix B: NWRSC Participation Agreement

This agreement applies to all swimmers, coaches, board members, volunteers and family members while in attendance at any club activities. All participants agree to abide by the following points when entering any facility used by the club for club-based activities. Failure to comply with this agreement means that an athlete may be asked to discontinue attending with no financial compensation.

- I agree to symptom checks and will let my coach know if I am experiencing any symptoms of COVID-19.
- I agree to stay home if I am not feeling well with any covid symptoms.
- I agree to wash my hands upon entering and exiting the facility using hot water and soap or hand sanitizer.
- I agree to maintain social distancing protocols and remain 6ft apart from others who are not a part of my bubble.
- I agree to not share any equipment with others.
- I agree to come to the pool ready to swim with all necessary personal equipment. Goggles SHOULD be worn.
- I agree to leave the facility in a timely manner and acknowledge that I am not permitted to use the facility change rooms or change on deck.
- I agree to abide by all of NWRSC, facility and Public Health Covid-19 policies and guidelines
- I understand that if I am unable to follow the points in this agreement, I may be asked to leave the program for a specific time or indefinitely.
- I understand that despite everyone's best efforts to keep participants safe, it is not possible to entirely mitigate all risk.

Swimmer's Name: _____

Swimmer's DOB/age _____

Parent Name: _____

Parent Signature (for minors): _____

Appendix C: NWRSC Expectations

- Parents, swimmers and coaches must stay at home and away from others if they or anyone in the family is showing any symptoms of illness.
- Parents, swimmers and coaches must stay at home if they become aware of having had contact with a suspected or confirmed case of COVID-19.
- Parents and coaches are asked to review social distancing and hand hygiene routines with the participants.
- Parents must pick up and drop off their child(ren) at the assigned location(s) in a timely manner and will NOT be permitted inside the Nanaimo Aquatic Centre facility.
- Swimmers are expected to maintain the social distancing protocols and practice good hand hygiene to the best of their ability.
- Parents and coaches are always expected to model appropriate social distancing protocols.
- Swimmers will be asked to bring their own full water bottle and come dressed ready to swim.
- Coaches and swimmers are expected not to share any of their personal items or any equipment they were provided for the session.
- Swimmers must tell their coach if they begin feeling unwell at any point during the session.
- Participants must sanitize hands at check-in and when leaving the facility.
- Swimmers are asked to leave in a timely manner and are not permitted to use the change rooms or change on deck.
- Coaches are to notify either the head coach or a board member if they start to feel unwell during a session.
- Coaches are asked to self-monitor for any symptoms on a daily basis and contact the head coach at any sign of illness so that a replacement coach can be notified or the session can be cancelled.
- Coaches are expected to create a plan for their group activities that is conducive to maintaining social distancing.
- Coaches are asked to perform a group wellness check and review the rules of participation with the swimmers when they arrive and before starting any activities.

**Appendix D: BC Summer Swimming - Indemnity Agreement
(MINORS)(112368591.2)**

**WARNING: READ CAREFULLY!
THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS**

BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING YOUR RIGHT TO SUE. YOU WILL AGREE TO ASSUME RESPONSIBILITY FOR CERTAIN RISKS AND AGREE TO FULLY INDEMNIFY B.C. SUMMER SWIMMING ASSOCIATION AGAINST LEGAL LIABILITY FOR INJURY, PROPERTY DAMAGE, ILLNESS AND DISEASE (INCLUDING COVID-19)

BY SIGNING THIS DOCUMENT YOU WILL ACKNOWLEDGE AND AGREE THAT TRANSMISSION OF COMMUNICABLE DISEASE (INCLUDING COVID-19) IS AN INHERENT RISK ASSOCIATED WITH YOUR CHILD'S PARTICIPATION IN SWIMMING ACTIVITIES

I, the undersigned Parent/Guardian, understand that this Agreement is a binding legal agreement. Any clarification or questions or concerns must be raised before signing.

I understand that this Agreement is made for the benefit of B.C. Summer Swimming Association (the "Organization") and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, independent contractors, subcontractors, sponsors, successors and assigns, and other districts, leagues, clubs or associations (collectively, the "Releasees").

I understand that the Organization will not permit my minor child (the "Participant") to participate in any swimming activities organized, offered, or sanctioned by the Organization (the "Activities") unless and until this Agreement is signed by the Participant's Parent/Guardian. In consideration of permitting the Participant to participate in the Activities, I acknowledge and agree to the following terms:

1. ACKNOWLEDGMENT AND ASSUMPTION OF RISKS: I understand that there are many risks associated with the minor Participant's participation in the Activities (the "Risks"). I UNDERSTAND THAT COVID-19 IS A SIGNIFICANT HEALTH RISK AND CARRIES A HIGH RISK OF TRANSMISSION THROUGH PHYSICAL OR SHARED CONTACT. I acknowledge that the Risks include, but are not limited to, serious personal injury, death, property damage, illness and disease (e.g. communicable diseases including COVID-19 and influenza). I further acknowledge that I am in the best position to assess the impact that a communicable disease may have on the Participant or on others with whom the Participant may transmit such disease. Examples of the Risks include, but are not limited to personal injury, death, property damage, or illness resulting from:

- **HEALTH:** food and beverages, drowning, overexertion, dehydration, fatigue, traumatic injury, infections, rashes, and transmission of communicable diseases (including COVID-19 and influenza), bacteria, parasites or other organisms or mutations thereof.
- **CONDUCT:** the Participant’s conduct and conduct of other persons, including any physical altercation between persons.
- **PREMISES:** defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions in pools or other bodies of water or on surfaces; extreme weather conditions; and travel to and from premises.
- **EQUIPMENT:** mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within the Participant’s ability.

I FREELY ACCEPT AND FULLY ASSUME RESPONSIBILITY FOR THE RISKS.

The Participant is being registered and participating in the activities voluntarily and willingly.

Signature of Parent/Guardian

2. WAIVER OF CLAIMS AND RELEASE OF LIABILITY: I, the undersigned Parent/Guardian, hereby agree as follows:

- I hereby waive any and all claims that I have or may have in the future against the Releasees in connection with the Participant’s participation in the Activities; and
- I hereby release and forever discharge the Releasees from any and all liability for all loss, damage, expense, injury, death, property damage, illness or disease (e.g. communicable diseases including COVID-19 and influenza) that the Participant, I, my executors or administrators, or any other third party may suffer as a result of the Participant’s participation in the Activities due to any cause whatsoever, whether arising from the NEGLIGENCE of the Releasees, breach of any statutory or other duty (including but not limited to the *Occupiers Liability Act*, R.S.B.C. 1996, c. 303), breach of contract, mistake or error of judgment of the Releasees, or otherwise.

2. INDEMNITY: I hereby agree to indemnify and hold harmless the Releasees from any and all damages, loss or expense (including legal costs) of any kind resulting from any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the Releasees arising out of or connected with the Participant's preparation for or participation in, or both, or travel to or from any of the activities, events and programs of the Releasees.

3. REPRESENTATIONS: I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of the Activities other than what is set forth in this Agreement.

4. JURISDICTION: I agree that this Agreement and all terms contained within are governed by the laws of the Province of British Columbia. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of British Columbia. Any litigation in any way relating to the Activities or to the matters addressed in this Agreement must be instituted in the Province of British Columbia.

5. SEVERABILITY: If any provision (or part of any provision) in this Agreement is unenforceable, such provision (or part of such provision) shall be severed and shall be inoperative, and the remainder of this Agreement shall remain in full force and effect.

I CONFIRM THAT I HAVE HAD SUFFICIENT TIME TO READ THIS AGREEMENT IN ITS ENTIRETY, INCLUDING ALL OF ITS TERMS, THAT I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING IT AND HAVE AGREED TO THE TERMS FREELY AND VOLUNTARILY. I UNDERSTAND THAT THIS AGREEMENT IS BINDING ON ME, MY EXECUTORS AND ADMINISTRATORS.

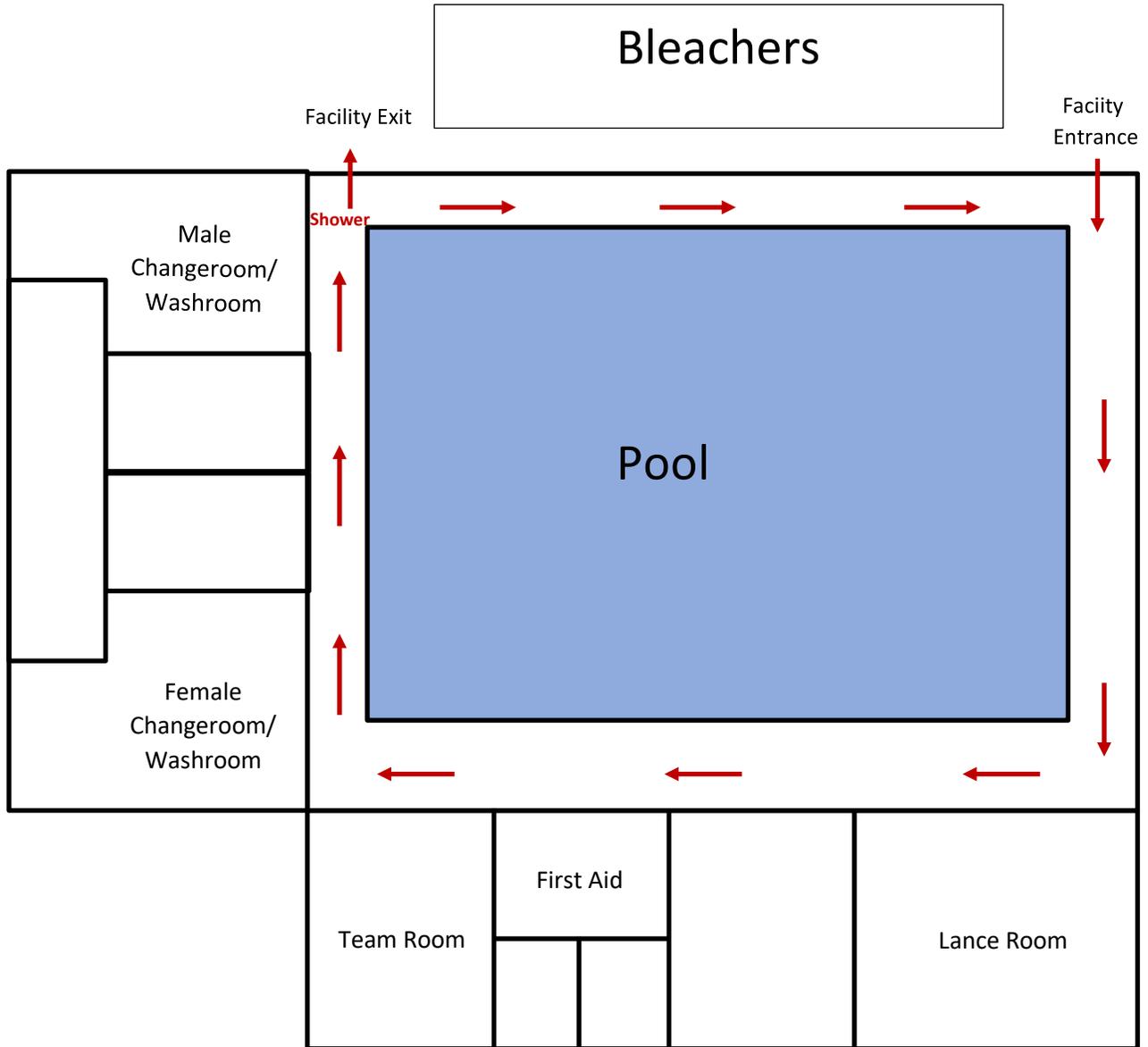
Name of Participant (Please Print) **Date of Birth**

Name of Parent/Guardian (Please Print) **Date**

Signature of Parent/Guardian

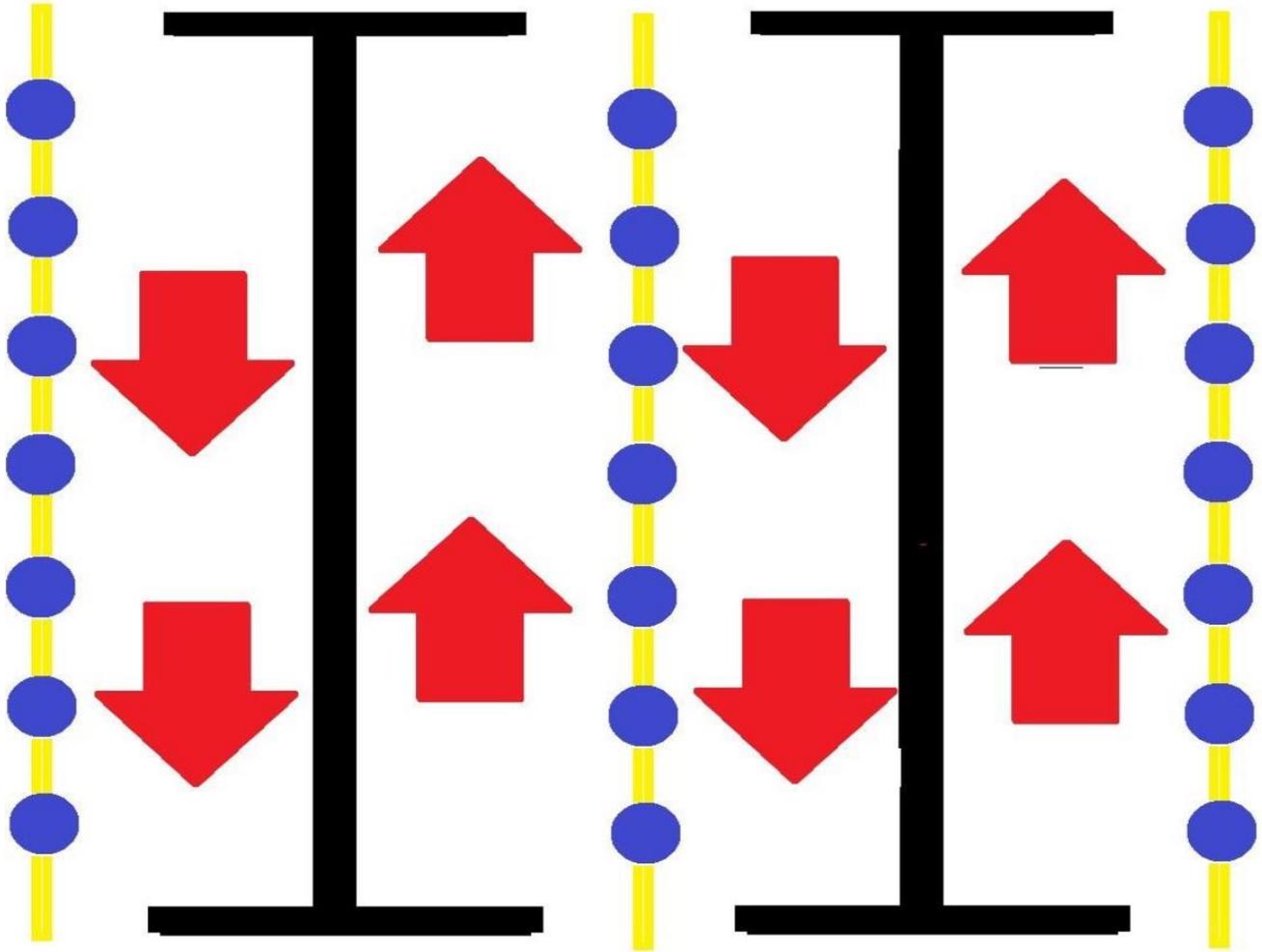
Appendix E: Site Map

Parents and coaches are expected to model appropriate social distancing protocols at all times.



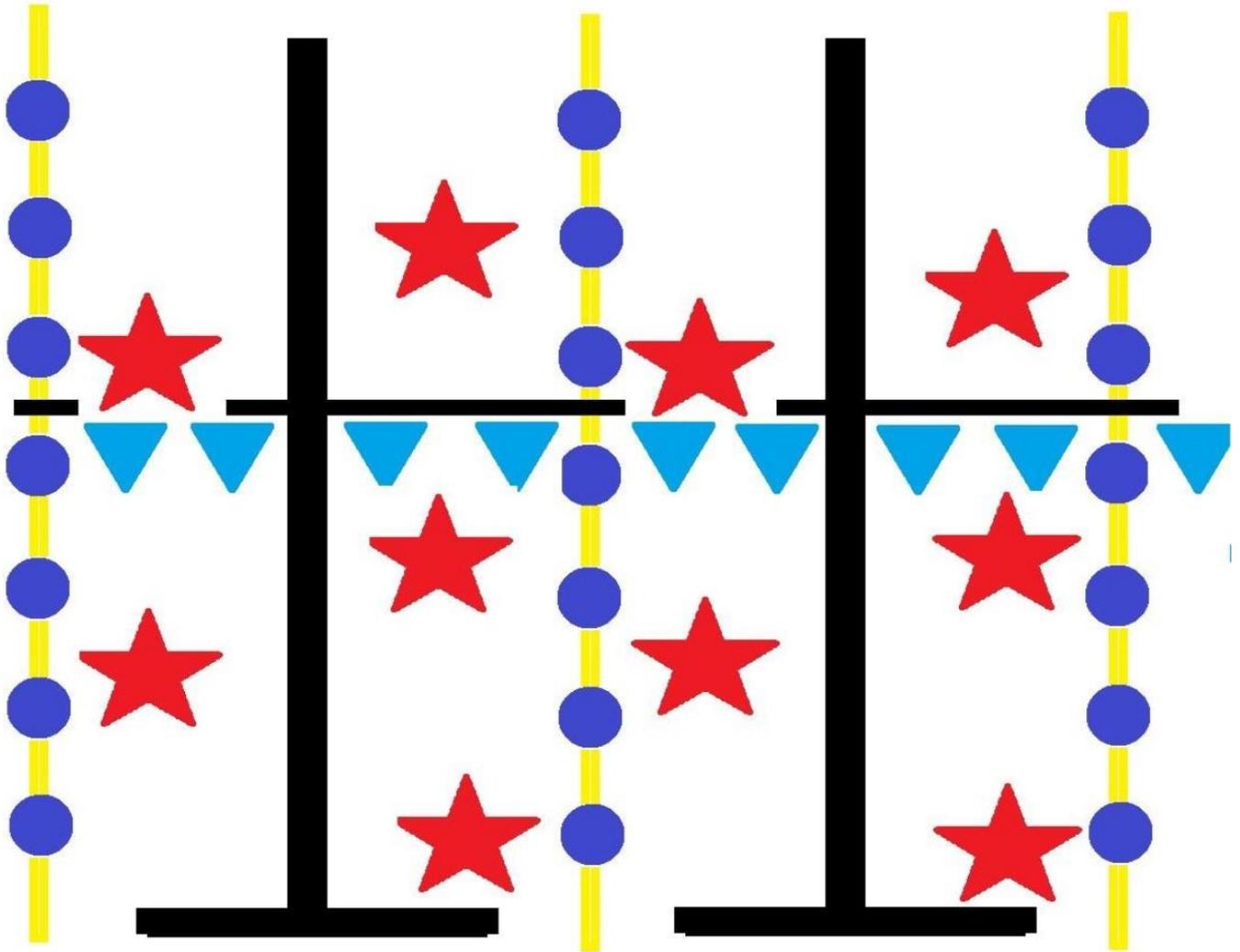
Appendix F: Pool Layout and Flow Chart

Swimming Pattern



Appendix G: Swimmer Social Distancing Stop Points

On the wall (In Between Sets)



At the end of sets, when swimmers are shown the white board and given verbal instructions on the next set, and are often taking off/putting on fins, etc. we try to have swimmers spread out to the flags or further in order to keep appropriate spacing.

Appendix H: COVID Check-in Poster

Do you feel unwell? Do you have any of these symptoms?



Remember to stay 3m apart!

Hint: That is about 2 pool noodles