

## **NWRSC Return to Sport: Phase 2 “Time to get wet!”**

**Phase 2:** As pools slowly re-open across the province of British Columbia, NWRSC is preparing to have in-water fall and winter maintenance opportunities available for our membership.

### **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. Pool space will be sparse for the foreseeable future but the NWRSC Board is committed to working hard to establish a solid fall and winter maintenance program for our athletes despite these circumstances. The NWRSC Board is confident that with the guidance of our associated partners and the directions from our Public Health Officer (PHO), we can safely offer in-person swimming training to our membership.

### **Key Changes:**

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 screened upon arriving on site for their activity.
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. *Hand Hygiene:* Proper hand hygiene is our other important defence 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.

4. *Location:* Although Public Health has clearly communicated that outside activities are less risky than those in indoor spaces, there are currently no outdoor pools available at this time. The City of Nanaimo is planning a staggered opening of facilities and at this time, the Nanaimo Aquatic Centre is the only available aquatic facility.
5. *Limiting participation:* In order to ensure that we are able to maintain physical distancing during our practices, we will be limiting participation to no more than 4 swimmers per lane (or 8 in a double lane). The Aquatics staff at the facility will be managing the times that user groups and public users are in the pool in accordance with the capacity policies that were developed in consultation with Public Health.

**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 in the fall maintenance Program will be by invitation and the following criteria will be considered:
  1. Age
  2. Ability\*\*
  3. Previous involvement/participation in the club
- Due to physical distancing, in-water coaching support can not be provided and as such all swimmers must be capable of swimming independently for the duration of the practice. \*\*For this reason, participation is only available to swimmers who have previously completed a 50m event, at a sanctioned swim meet, in 2 different strokes.

- Swimmers must be capable of entering the facility independently and be able to prepare themselves for the swim session (i.e. put their own cap and goggles on or have them on prior to entering the building).
- If spaces remain, registration will open up to non-members who can demonstrate that they can swim independently for the duration of the practice.
- Swimmers may ONLY attend sessions which they are registered for. If a practice is missed they will not be able to join another practice.
- Swimmers who successfully register must attend an online orientation session 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).
- There will be NO LATE entries into the pool facility.

**Facility:**

- Our fall and winter maintenance program will take place at the Nanaimo Aquatic Centre located at 741 Third St. in Nanaimo, BC.
- The facility is only open for registered guests and user groups who have been allocated lane space. No spectators are permitted inside the building.
- NWRSC is permitted to have a designated person on deck to provide supervision to coaches and swimmers. This role may be shared by 2 to 3 people but only 1 on deck at any time.
- All changerooms, water fountains, hot tubs, saunas, waterslides and other equipment will remain unavailable at this time.
- Swimmers must follow the marked path and staff direction throughout the facility.
- Participants are asked to arrive no earlier than 5 minutes prior to their start time.
- Swimmers will be entering the facility through the equipment room door which is located at the south west corner of the building (see Appendix E)
- Swimmers will exit as directed through either door at the west end of the facility to either side of the diving board.
- All aquatic users are required to follow all facility policies, procedures and guidelines.
- For facility map, please see Appendix E

**Registration:**

- Registration will open once we have been allocated lane space and our rental agreement has been finalized.

- Registration, as described above, will be by invitation. This allows the coaches to form groups with similar skill levels to help maintain proper distancing in the pool.
- When registering, participants will be required to sign a Liability Waiver (Appendix D) as well as the Participation Agreement (Appendix B).
- Successful registrants will also be given several options to attend an online orientation session which will help participants understand the “new normal” of attending swim practice. This session is mandatory and must be attended prior to getting in the water.

**Online Orientation:**

- Each participant will be required to attend an online orientation prior to returning to in-water training.
- Coaches will offer several options for these orientations to ensure that all participants can attend.
- These orientations will be recorded for our own records and attendance will be taken to ensure that all participants have attended.
- In the orientation, coaches will provide an overview of what to expect during the fall and winter maintenance program including: wellness checks, expectations, what to bring, how to move through the facility, etc.
- Participants aged 12 and under should have a parent attend the online orientation with them.
- Attendees will also have the opportunity to ask questions.

**What to bring?:**

- Swimmers are asked to limit the amount of personal belongings they bring into the pool area.
- There will be a designated bag drop area and the coach will show swimmers where to place their bag upon entering the facility.
- Swimmers need to come dressed ready to swim and must bring their own goggles, cap (optional) and filled water bottle.
- Goggles MUST be worn.
- There will be no shared equipment available. All swimmers will be required to bring their own fins and junior swimmers (div. 1 & 2) will also need kickboards.  
\*\* If families are in need of these items but are not in a financial position to afford to purchase them, NWRSC will look into creating a rental program where families can rent fins and/or kickboards for the duration of the season.

**Drop off:**

- Swimmers should be dropped off at the pool no earlier than 5 minutes prior to their practice start time. Please wait in your vehicle until that time.
- Participants must arrive with their swimsuits on while also wearing appropriate activation gear.
- Each swim group will be given a specific drop off in communication from their coach prior to the start.
- Upon start time, coaches will take attendance, conduct a group wellness check and review the rules of participation.
- All attendance records will be uploaded to a shared google sheet form with NAC Aquatics management on a daily basis as per guidelines set out by the Public Health Office.
- Coaches will find an outdoor location that is conducive to social distancing and will lead swimmers through dryland activation (weather permitting).
- When swimmers enter the pool facility, they must remove their shoes, use hand sanitizer and follow their coach to their bag drop off area while also following the direction of marked paths and keeping 2m distance from others.
- Swimmer's 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 pool.

#### **Swim Practice:**

- Group sizes will be dependent upon how many lanes we are allocated at the given time.
- Each swim session will have limited participants in order to maintain social distancing protocols. We will start with 4 swimmers per lane and do have permission to add 1 to 2 more if proper social distancing protocols can be maintained.
- Swimmers will swim in a circular pattern using a double lane. Up one black line and down the black line in the next lane. See Appendix F
- Coaches will inform swimmers of their specific "stop/rest" spot.
- When practice ends, swimmers will wait in the pool until their coach directs them to move towards their bag area.
- Swimmers will put on their clothes and/or jacket over their swimsuits while putting all personal items in their backpacks (carrying shoes).
- There is no access to change rooms for any user groups.
- When swimmers are ready, a coach will lead groups through the facility to the exit doors on each side of the diving board located at the west end of the facility.
- Coaches are to remain with younger swimmers until all have been returned to their parent/caregiver.

**Pick up:**

- Parents are to arrive in a timely manner to pick up their swimmers and are to meet them outside of the west end of the pool facility (doors on either side of the diving board). See Appendix E.
- Parents are NOT permitted to enter the building and must wait outside for their child(ren).
- Participants are encouraged to sanitize any of their personal equipment after each use.

**First Aid:**

- In the event that 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 including individuals from user groups such as NWRSC.
- The owner/operator of the Nanaimo Aquatic Facility is considered the City of Nanaimo and more specifically, the Aquatics Department.
- We will be creating a shared google sheet with the Aquatics department of the City of Nanaimo that tracks each session including dates and time of practices; participants' name, telephone and email; coaches names and contact information; and attendance.
- The Aquatics Manager will be able to access this information when needed in the event of a Covid-19 exposure event.

**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 or volunteer who has symptoms of COVID-19 OR has travelled outside Canada in the last 14 days OR was identified as a close contact of a confirmed case or outbreak **MUST STAY HOME AND SELF ISOLATE.**

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 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 or anyone in my household has experienced any symptoms of Covid-19 in the past 14 days.
- 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 MUST be worn.
- I understand that if I arrive late, I will not be permitted to enter the facility.
- 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 expected to model appropriate social distancing protocols at all times.
- 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.

**3. 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.

**4. 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.

**5. 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.

**6. 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

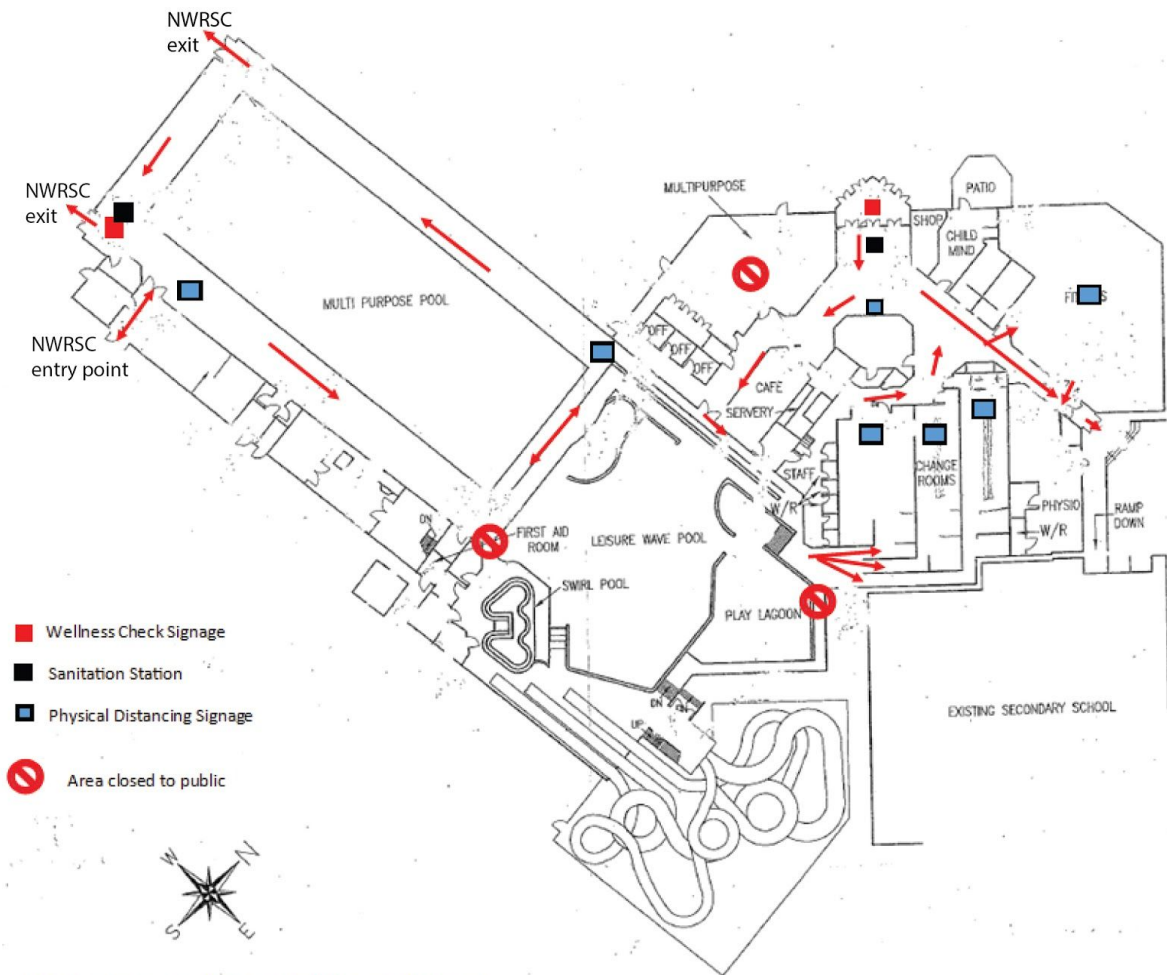
\_\_\_\_\_  
Name of Parent/Guardian (Please Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

### Appendix E: Site Map

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



Note: Emergencies negate the need to follow route directions

Appendix F: Pool Layout and Flow Chart

