



August 1, 2020

Dear PGBSC Members,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, **the Prince George Barracuda Swim Club (PGBSC)** has been working with Swim BC to understand the recommendations 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 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 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 (no changing at the pool);
- Wash your hands before participating;
- Bring your own equipment, water bottle and hand sanitizer;
- Comply with physical distancing measures at all time;
- 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,

Dr. Kerim Ozcan,
PGBSC President on behalf of the Executive

Prince George Barracuda Swim Club

PGBSC Multi Waiver and Policy Document

This document represents the waivers required for the [Developmental and Competitive Programs](#) and the waivers required for the [Master Program](#). These waivers are organized into sections. One section for each waiver. Some waivers are required for both groups, while others are only required by one group. The group you are registering for, will indicated the waiver required for that group.

All swimmers and parents are bound by the Acknowledgment and Assumption of Risks form and PGBSC Participant Agreement Form at the end of the waivers document.

If you have questions, please feel free to contact the [Registrar](#) at registrar@pgbsc.org

PGBSC Waiver for Developmental and Competitive Programs

The Prince George Barracuda Swim Club ("PGBSC" or the "Club") respects your privacy and personal information. Therefore, the Club's policies in regards to personal information will be outlined in Sections 1 & 2. Section 3 outlines the Club's policy in regards to volunteering. Section 4 outlines the Club's policy in regards to cancellation of your membership and NSF cheque policy. Section 5 outlines the Club's policy in regards to emails sent to PGBSC members from the Club.

By agreeing to the electronic waiver, you agree to sections 1, 2, 3, 4 and 5 of the PGBSC Privacy, Volunteer, Cancellation, and Email policy as outlined below.

Once registration is complete and you have agreed to the PGBSC Privacy, Volunteer, Cancellation, NSF Cheque, and Email policy, you will receive a link to the PGBSC Privacy, Volunteer, Cancellation, NSF Cheque, and Email policy text in your confirmation email. In addition, the PGBSC Privacy, Volunteer, Cancellation, and Email policy text is available on the PGBSC website at www.pgbsc.org. Furthermore, you can review Swim BC and Swimming Natation Canada (SNC) Privacy/Personal Information Policy, at www.swimbc.ca (Swim BC) and www.swimming.ca (SNC) respectively.

Should you have any concern with the PGBSC Privacy, Volunteer, Cancellation, and Email policy, please bring it to the Club's attention before agreeing to the policy. You may contact the Club's [Registrar](mailto:registrar@pgbsc.org) at registrar@pgbsc.org, should you have any concern with the PGBSC Privacy and Volunteer policy

I _____ agree to the following sections of the PGBSC Privacy, Volunteer, Cancellation, NSF Cheque, and Email policy

- 1. [PRIVACY/PERSONAL INFORMATION](#)
- 2. [SWIM BC PERSONAL INFORMATION PROTECTION & ELECTRONIC DOCUMENTS ACT](#)
- 3. [PGBSC VOLUNTEER CONSENT](#)
- 4. [PGBSC CANCELTION & NSF CHEQUE POLICY](#)
- 5. [DISTRIBUTION OF EMAIL](#)

By agreeing to the electronic waiver, you agree to sections 1, 2, 3, 4 and 5 of the PGBSC Privacy, Volunteer, Cancellation, NSF Cheque, and Email policy as stated.

Signature Date

PGBSC Masters Waiver

The Prince George Barracuda Swim Club ("PGBSC" or the "Club") wish to make you aware of several points of the Master waiver as listed below.

By agreeing to the electronic waiver, you agree to sections 4, 5, 6, and 7 of the PGBSC Master Waiver as outlined below.

Once registration is complete and you have agreed to the PGBSC Master Waiver, you will receive a link to the PGBSC Master Waiver text in your confirmation email. In addition, the PGBSC Master Waiver text is available on the PGBSC website at www.pgbsc.org. Furthermore, you can review The Masters Swimming Association of B.C, RELEASE AND INDEMNITY, at www.msabc.ca

Should you have any concern with the PGBSC Master Waiver as listed below, please bring it to the Club's attention before agreeing to the policy. You may contact the Club's [Registrar](mailto:registrar@pgbsc.org) at registrar@pgbsc.org, should you have any concern with the PGBSC Master Waiver.

I _____ agree to the following sections of the PGBSC Masters Waiver;

4. [PGBSC CANCELATION & NSF CHEQUE POLICY](#)
5. [DISTRIBUTION OF EMAIL](#)
6. [GENERAL INFORMATION](#)
7. [The Masters Swimming Association of B.C, WAIVER/RELEASE AGREEMENT](#)

By agreeing to the electronic waiver, you agree to sections 4, 5, 6, and 7 of the PGBSC Masters Waiver as stated.

Signature

Date

Waivers Sections

1. PRIVACY/PERSONAL INFORMATION

By agreeing to the electronic waiver, you allow your name, picture and relevant details or your child's name, picture and relevant details to be included in:

Media coverage related to swimming, PGBSC newsletters, emails, blogs, website and any other club-related correspondence, PGBSC bulletin boards, PGBSC club and group photos and PGBSC membership and phone lists (the phone lists are for in-club use only).

The Club follows the Swim BC and Swimming Natation Canada (SNC) Privacy/Personal Information Policies, complete texts of which can be found at www.swimbc.ca (Swim BC) and www.swimming.ca (SNC).

Consent:

By agreeing to the electronic waiver, you agree to the PRIVACY/PERSONAL INFORMATION policy as stated.

2. SWIM BC PERSONAL INFORMATION PROTECTION & ELECTRONIC DOCUMENTS ACT

A Parent or Legal Guardian must sign for those swimmers under the age of 18.

The federal Personal Information Protection & Electronic Documents Act (and equivalent provincial legislation) requires that consent be obtained prior to the collection and use of all personal information.

The personal information you provide to the Club from this registration will be used for the purposes associated with the swimming activities conducted by the Club. These purposes include national, provincial and event registration, insurance coverage, training and competition participation and competition result publication. Some of the information you provide will be passed on to Swimming/Natation Canada ("SNC") and Swim BC for purposes including association registration, insurance coverage and:

- a) Ensuring swimmers train and compete in an age appropriate environment;
- b) Establishing athlete eligibility for selection to swim teams;
- c) Establishing pertinent medical records;
- d) Reporting and non-identifying, demographic and participation statistics to funders, sponsors and other authorized 3rd parties;
- e) Publishing athletes' names, genders, ages, club affiliations on our web page or in results, news releases and ranking reports; and
- f) Making direct contact with swimmers as necessary for the operation of the Club, Swim BC and SNC.

Additional personal information may be collected from time to time. Consent for the use of this personal information may be inferred where its uses are obvious and it has been voluntarily provided. When not obvious, the purposes for collection will be provided prior to, or at the time of, collection, either orally or in writing.

- Complete texts of the Privacy/Personal Information Policies (variously the "Policy" or "Policies") may be found at: for SNC at: [SNC National Registration Policy & Procedures Manual](#) and for Swim BC on the following page.

Should swimmers wish to review their personal information held by the Club, Swim BC or SNC, they must make a request to the appropriate organization pursuant to that organization's policy. Further, swimmers may withdraw consent to use their personal information pursuant to that policy. Such a withdrawal however, may require the cancellation of your membership with and suspension of your activities with the Club, Swim BC and SNC.

All swimmers or their legal guardian must agree to the consent, as described above.

Consent:

By agreeing to the electronic waiver, you agree to the collection and use of personal information as described above.



Personal Information Protection & Electronic Documents Act

SWIMMER REGISTRATION CONSENT FORM

Club Name _____

Registrant Name _____

Please Read Carefully; complete and sign this form.

A Parent or Legal Guardian must sign for those registrants under the age of 18.

The Canadian Personal Information Protection & Electronic Documents Act (and equivalent provincial legislation) requires that consent be obtained prior to the collection and use of all personal information.

The personal information you provide to the Club from this registration will be used for the purposes reasonably associated with the swimming activities conducted by the Club, the Province and/or Swimming Canada. These purposes include national, provincial and event registration, insurance coverage, training and competition participation and competition result publication. The information you provide is for purposes including association registration, insurance coverage and:

- a) Ensuring swimmers train and compete in an age appropriate environment;
- b) Establishing athlete eligibility for selection to swim teams;
- c) Establishing pertinent medical records and baseline performance data to assist coaching decisions in a national team competitive or training setting;
- d) Reporting non-identifying, demographic and participation statistics to funders, sponsors and other authorized third parties;
- e) Reporting and publishing athletes' name, gender, age, club affiliation on Swimming Canada web pages or in results, news releases and ranking reports and;
- f) Making direct contact with registrants, volunteers and staff as necessary for the operations of the Club, Provincial Section and Swimming Canada.

Swimming Canada complies with the obligation and responsibility to the World Anti-Doping Agency - WADA (or its agents) to provide information upon request.

Additional personal information may be collected from time to time. Consent for the use of this personal information may be inferred where its uses are obvious and it has been voluntarily provided. When not obvious, the purposes for collection will be provided prior to, or at the time of collection; either orally or in writing.

Complete texts of the Privacy/Personal Information Policies (variously the "Policy" or the "Policies") may be found for Swimming Canada at: <https://www.swimming.ca/Privacy> and for the [Provincial Section](#).

Should a registrant wish to review their personal information held by the Club, Provincial Section, or Swimming Canada they must make a request to the appropriate organization pursuant to that organization's Policy. Further, registrants may withdraw consent to use their personal information pursuant to the Policies. Such a withdrawal however, may require the cancellation of registration with and suspension of activities with the Club, Provincial Section and Swimming Canada. All registrants or their legal guardian must sign a copy of this form each season.

I hereby consent to the collection and use of personal information as described above.

Signature of Registrant (age 18 or older) or Parent/Guardian

Date

3. PGBSC VOLUNTEER CONSENT

Background:

In order for the Club to have sufficient staff to host time trials or swim meets, the PGBSC requires parents or guardians to volunteer at these events.

In September 2009, the executive implemented a policy regarding parent volunteers. Unfortunately, this policy was required due to a continuous lack of participation of parents at Club events. It states that in order for a swimmer to compete at a local time trial or swim meet, they must have someone volunteer as an official at that event.

Requirement:

The parents or guardians of the swimmer with the Club must volunteer at the time trials or swim meets hosted by the PGBSC. Those events include the PGBSC Northern Medical Sprint Fall Invitational held in November, the PGBSC Dental Moose Meet Invitational held in April, and several time trials held throughout the season.

If your swimmer is registered in any local swim meet or time trials, you must volunteer or supply an alternate in case you are unable to volunteer. If you are providing an alternate to volunteering at a time trial or swim meets, you must clear your alternate volunteer with the Director of Officials. It is the responsibility of the parents or guardians to find and inform the PGBSC of your alternate volunteer. Your child or children will be withdrawn from those time trials and swim meets where you are either unable to volunteer or cannot find a suitable alternate.

Consent:

By agreeing to the electronic waiver, you agree to volunteer or provide an alternate volunteer at Club time trials and swim meets. You have read this policy and understand your responsibilities as a parent of a PGBSC swimmer.

4. PGBSC CANCELTATION & NSF CHEQUE POLICY

Notice of Withdrawal from Swimming: It is the responsibility of the account holder to notify the Club Registrar immediately if a swimmer plans to leave the Club. **One full calendar months' notice** must be given. Failure to provide a full month's notice of a swimmer leaving for any reason, other than medical (physician's signature), will result in forfeiture of one month's fee.

PGBSC Cancellation Policy: Should the swimmer choose to withdraw from the Club before the swim season ends (October 1 to July 31) the club may charge your account twenty (\$20.00) dollars cancellation fee to cover administration fees incurred by the club. The account holder are responsible for paying the club the cancellation fee in the event you cancel your membership with the club. If there is a fee balance owed to you as a result of the cancellation, the cancellation fee may be deducted from that balance. Should there be no fee balance owed to you as a result of the cancellation, the account holder credit card on file, may be charged to cover the cancellation fee. Finally if there is no credit card on file, the account holder may be asked to pay the club the cancellation fee owed.

NSF Cheque Policy: First NSF Cheque, the family will be notified and the swimmer will be suspended from swimming until NSF charges and fees have been paid. Repayments can be made by either credit card, or new cheque. **Second and subsequent NSF Cheques,** the family will be notified and the swimmer will be suspended from swimming until NSF charges and fees have been paid. Repayments must be paid by credit card, or certified cheque(s).

Consent:

By agreeing to the electronic waiver, you agree to the Cancellation policy and NSF Cheque policy as stated.

5. DISTRIBUTION OF EMAIL

The Club uses Team Unify to distribute information that PGBSC members and swimmers might find useful. This information, from the PGBSC, is in the form of an email sent to your email address. As part of the registration process you have agreed to receive these emails.

Consent:

By agreeing to the electronic waiver, you agree to the distribution of email policy as stated.

6. MASTERS GENERAL INFORMATION

MSABC Fee is a non-refundable fee covering association costs and a liability premium for each swimmer.

Payment for the season is due at the time of registration. Payment in full may be made or members may wish to take advantage of the Club's Equal Payment Plan for which a series of post-dated cheques will be collected. Please note: MSABC fees are not subject to equal payment plan and must be made with first month dues.

Consent:

By agreeing to the electronic waiver, you agree to the Masters General information as stated.

7. The Masters Swimming Association of B.C, WAIVER/RELEASE AGREEMENT

I understand that there are risks and dangers inherent in participating and/or receiving instruction in **Masters Swimming**, hereinafter "Activity". I also understand that in order to be allowed to participate and/or receive instruction in Activity, I must give up my rights to hold The Masters Swimming Association of British Columbia liable for any injury or damage which I may suffer while participating and/or receiving instruction in Activity.

Knowing this, and in consideration of being permitted to participate and/or receive instruction in Activity, I hereby voluntarily release The Masters Swimming Association of British Columbia from any and all liability resulting from or arising out of my participation and/or receipt of instruction in Activity.

I understand and agree that I am releasing not only the entities set forth in the paragraph above, but also the officers, agents, and employees of those entities.

I understand and agree that this Waiver/Release will have the effect of releasing, discharging, waiving and forever relinquishing any and all actions or causes of action that I may have or have had, whether past, present or future, whether known or unknown, and whether anticipated or unanticipated by me, arising out of my participation and/or receipt of instruction in Activity, except for the acts or omissions of The Masters Swimming Association of British Columbia, its officers, agents or employees which are found to be negligent by a court of competent jurisdiction.

I understand and agree that this Waiver/Release applies to personal injury, property damage, or wrongful death which I may suffer, even if caused by the acts or omissions of others.

I understand and agree that by signing this Waiver/Release, I am assuming full responsibility for any and all risk of death or personal injury or property damage suffered by me while participating and/or receiving instruction in Activity.

I understand and agree that this Waiver/Release will be binding on me, my spouse, my heirs, my personal representatives, my assignees, my children and any guardian ad litem for said children.

I understand and agree that by signing this Waiver/Release, I am agreeing to release, indemnify and hold The Masters Swimming Association of British Columbia, its officers, agents or employees harmless from any and all liability or costs, including attorneys fees, associated with or arising from my participation and/or receipt of instruction in Activity.

I understand and agree that if I am signing this Waiver/Release on behalf of my minor child, that I will be giving up the same rights for said minor as I would be giving up if I signed this document of my own behalf.

I acknowledge that I have read this Waiver/Release Agreement and that I understand the words and language in it. I have been advised of the potential dangers incidental to participating and/or receiving instruction in Activity.

Consent:

By agreeing to the electronic waiver, you agree to the Masters Swimming Association of B.C, WAIVER/RELEASE AGREEMENT as stated.



COVID-19 Assessment Form

Do you have a risk factor for COVID-19 exposure?

<i>In the last 14 days have you:</i>	YES	NO	WHEN DATE
Been tested for COVID-19?			
Live with someone who has been tested for COVID-19?			
Returned from travel outside of Canada?			
Been in close contact with anyone diagnosed with lab confirmed COVID-19?			
Lived in a setting that is part of a COVID-19 outbreak?			
Been told to self-isolate or quarantine at home?			

In the last 14 days, have you had any ***new onset*** of COVID-19 like symptoms?

<i>In the last 14 days, have you had any new onset of COVID-19 like symptoms?</i>	YES	NO
Fever		
Cough		
Shortness of breath		
Diarrhea		
Nausea and/or vomiting		
Headache		
Runny nose/nasal congestion		
Sore throat or painful swallowing		
Loss of sense of smell		
Loss of appetite		
Chills		
Unexplained muscles aches		
Unexplained fatigue		



ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS FORM (FOR ADULT PARTICIPANT AND MINOR PARTICIPANT)

Please read this document carefully

This acknowledgment and assumption of risks form must be signed before participating in any Activity sanctioned or organized by Swimming Natation Canada, Swim BC, or Swim BC Member Clubs

As a participant, or on behalf of a minor participant, in the Activities organized, recognized or sanctioned by Swimming Natation Canada (“**SNC**”), Swim BC or a Swim BC Member Club (“**Club**”) I hereby acknowledge and agree to the following terms and conditions respecting my/their participation in any Activity.

Introduction

As a participant, or on behalf of a minor participant, in the Activities organized, recognized or sanctioned by SNC, Swim BC or Swim BC Member Clubs, I, the undersigned

_____ (name of adult participant)

OR _____ (name of a parent or legal guardian of a minor participant),

acting as _____ (parent or legal guardian)

of _____ (name of minor participant),

hereby acknowledge and agree to the following terms and conditions respecting my/their participation in any Activity.

Definitions

1. “**Activity**” or “**Activities**” means any in-person or virtual activities such as events, training camps, programs, competitions, physical training performed or conducted in water or outside water, recognized, organized or sanctioned by SNC or Swim BC or Swim BC Member Clubs.
2. “**Agreement**” means this Acknowledgement and Assumption of Risk.
3. “**Injury or Health-related problem**” means any injury, health-related issue or illness including mental health issues diagnosed by a medical practitioner.
4. “**Members**” means the members listed in Section 3.01 of Swim BC bylaws dated October 10, 2019 or Section 2.1 of SNC’s bylaws dated July 29, 2019, as revised.
5. “**Minor**” means the minor participant named in the Introduction.
6. “**Organization**” means collectively, SNC, Swim BC, Swim BC Member club and their respective coaches, directors, officers, committee members, members, employees, volunteers, participants, agents and representatives.
7. “**Registrant**” means a participant and all individuals or entities of SNC including those individuals and associations, incorporated or unincorporated, as described in SNC’s *national registration policy, procedures and rules manual* who have met the requirements of registration and the registration has been completely processed and registrants or registered participants of Swim BC or a Member Club.
8. “**Club**” means a Member club that is registered with Swim BC.
9. “**Water**” means any outdoor or indoor pools, artificial or natural water basins used for swimming.

Description of Risks

10. As a participant, or parent or legal guardian of a Minor participant in the sport of swimming and the Activities of the Organization, the undersigned agrees to the following terms and conditions.
11. I am, or the Minor is participating voluntarily in the sport of swimming and the Activities of the Organization. In consideration of my participation or the Minor’s participation in the sport of swimming and the Activities of the Organization, I hereby acknowledge that I am aware of and hereby accept the risks, dangers and hazards inherent and associated with or related to the sport of swimming and any Activities of the Organization, including any Injury or Health-related Problem, which can be severe and even fatal. These risks, dangers and hazards may include, but are not limited to, an Injury or Health-related Problem resulting from:
 - a. Exertion and stretching of various muscle groups or strenuous cardiovascular activity in or out of water;



- b. Vigorous physical exertion or physical contact in or out of water;
 - c. Slips or falls due to uneven, slippery or irregular surfaces, including on the pool deck, in dressing rooms or other facilities or rooms at an aquatic venue and at any physical facilities in and around open water venues;
 - d. Failure to properly use any piece of swimming related equipment or the mechanical failure of any piece of equipment;
 - e. Concussions or aggravated related symptoms;
 - f. Spinal cord injuries which may result in permanent paralysis;
 - g. Travel to and from training or competitive events and associated non-competitive events which are an integral part of the Organization's Activities;
 - h. Infectious sources such as COVID-19, as defined by the relevant municipal, provincial or federal health authorities;
 - i. Extreme weather conditions which may result in heatstroke, sunstroke or lightning strikes;
 - j. Unforeseen events.
12. Furthermore, I am aware:
- a. That an Injury or Health-related Problem sustained can be severe and even fatal;
 - b. That I or the Minor may experience anxiety during an Activity of the Organization;
 - c. That the risk of Injury or Health-related Problem is reduced if the rules established for participation are followed; and
 - d. That the risk of Injury or Health-related Problem increases with fatigue.
13. In consideration of the Organization allowing me, or the Minor to participate in Activities, I confirm that I have not been advised by a medical doctor that my or my child's physical condition prevents me or my child from participating in the Organization's Activities.

Medical Assistance

In case of an Injury or Health-related Problem, I authorize the Organization, for myself or the Minor, to obtain all necessary on-site medical assistance for the medical situation, including transportation by ambulance or by other means to a hospital.

Acknowledgement and signature

I have read this Agreement, and by signing it, I understand that it is binding upon myself, my heirs, executors, administrators and representatives. If this Agreement is signed electronically, I, acknowledge and recognize that the electronic signature constitutes my official signature and that I am the person who completed this Agreement.

For a Minor participant or registrant

Name of the Minor: _____ Date of birth: _____

Name of parent or legal guardian (Print): _____

Signature of parent or legal guardian: _____

Signed in (City): _____ Date: _____

For Adult participant or registrant

Name: _____

Signature: _____

Signed in (City): _____ Date: _____



Prince George Barracuda Swim Club Participation Agreement

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

All Participants of _____ the PGBSC _____ agree to abide by the following points when entering club facilities and/or participating in club activities.

- 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 sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- 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 of my club's COVID-19 Policies and Guidelines
- I understand that if I do not abide by the aforementioned 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 temporary suspension of my club membership.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken be the club and participants, including those set out above.

Name: _____

Parent or Guardian Name: _____

Date: _____

Signature of Participant (if over 18 years of age): _____

Signature of Parent / Guardian (if participant is a minor): _____