



Orca Return to Swimming Plan

Updated Aug 31st, 2020

Purpose of Document

The Orca Return to Swimming Plan is a specific document for the safe and gradual reopening of Orca swim events at the Summerland Pool. It is a living document to be reviewed with any change by the Provincial Health Authority, District of Summerland, and/or Swim BC / SNC.

In the developing the document, we used the Five Principles from B.C.'s restart plan:

- a) Stay Home if you are sick
- b) Safe Social Interactions: Physical distancing controls
- c) Physical Modifications
- d) Personal Hygiene: Hand hygiene provisions
- e) Environmental Hygiene: Touch point sanitation

As well as recommendations and guidelines from the following not-for-profit groups:

- a) District of Summerland
- b) Swim BC
- c) Swim Natation Canada
- d) BC Recreation and Parks Association

Pool Opening Timeline

Summerland Orca Swim Club in conjunction with the District of Summerland plan to re-open the week of September 7th, 2020 in staggered introductions.

- Sept 8th: Age Group: 5:15-6:30 groups
- Sept 14th Regional and Development 4: 3:30-4:30 groups

- Sept 21st - Development 2&3 Groups: 4:30-5:15 groups
- All Groups ending Dec 18th.

Coaches Return to Work Plan

WorkSafe BC Covid-19 Safety Plan for Orca has been completed in conjunction with the District of Summerland who have submitted the safety plan for the facility.

Coaches will be trained via PowerPoint (or ZOOM Meeting) regarding the following expectations:

- Sanitize hands on entry and exit of facility
- Enhance personal hygiene protocols:
 - hand washing
 - avoid touching eyes, nose, mouth
 - Cough into elbow
- Maintain 2m Social Distance at all times (if not able, use personal protective mask).
- Detailed Attendance administered by Coach for every session (OnDeck Attendance).
- Enforce the safety and social distance of all participants in their group.
- Notify Safety Officer if swimmers are not social distancing.
- Sign Illness Policy Form (Appendix E): that outlines procedures for members who may be experiencing symptoms

Swimmer Return to Swimming Plan

Swimmers will be trained via PowerPoint/Google Slides regarding the following expectations:

- If you or someone in your household is feeling any symptoms, stay home.
- Sanitize hands on entry and exit of facility.
- Check in with Orca Safety Officer before proceeding on deck.
- Enhance personal hygiene protocols:
 - Hand washing
 - Avoid touching eyes, nose, mouth
 - Cough into elbow
- Maintain 2m distance on the pool deck.
- And no physical contact.
- Follow Summerland Pool flow-of-traffic arrows (in pool and in facility).

- We are asking swimmers to arrive in swim gear to avoid the changeroom.
- No dryland activities on deck.
- No swim equipment for the first phase (except suit, goggles, cap, and water bottle).
- After practice swimmers will be released 10 at a time into the changeroom.
- No loitering before or after practice in any part of the facility.
- Accept Illness Policy Form during registration: that outlines procedures for members who may be experiencing symptoms.
- Accept Participant Agreement during registration.
- Sign Swim Canada Swim BC Assumption of Risk Form (Link will be sent out by email after registration).

Parents Return to Club Plan

- Drop off and pick up locations will be the Summerland Pool Parking Lot
- Parents will not be able to watch swimmers from the lobby or deck area.
- If you have to enter the facility, sanitize hands on entry and exit and follow and follow flow-of-direction arrows.
- Orca will be needing 1-2 parents/workout to administer the Covid-19 Safety Check Questionnaire. The parents will ask swimmers entering the facility basic health questions before admitting them on deck. These volunteer parents can remain in the pool lobby for the remainder of the workout. Schedule to be sent out in future email.

Facility Access and Use

All members, Coaches, Parents, Swimmers, Volunteers will adhere to the following Summerland Pool Safety Guidelines:

- Sanitize hands on entry and exit of the facility (sanitizer located at door entry).
- Changerooms will have no more than 10 people at a time and maintain social distance (no parents in changerooms).
- Follow facilities flow of direction arrows in the lobby, change room and deck.
- No loitering in the lobby.

Club Programming and In-Pool Session Considerations

Swimming in September will look a lot different than our usual training sessions. Training times will be shorter and groups will be smaller.

- **Pre-Competitive Development Groups 2-4:**

- Mon/Wed or Tues/Thur 4:30-5:15 Development 2 & 3.
- Tues/Thur 3:30-4:30 Development 4.
- Arrive 5 minutes before start of practice changed and ready to swim.
- Place bags in the Orca designated area and wait at marked zones.
- Only 10 in the change room (advise to arrive at the pool already changed). No equipment (personal or pool) for the Sept-Dec phase.
- All swimmers will be assigned a 3 and/or 6 swimmer/lane cohort (same group, similar ability and speed). The 3/6 swimmer cohort will train/practice as a unit for the entire 4 month program.
- Swim 6 athletes using 2 lane circle swimming or 3 athletes using 1 lane circle swimming.
- Staggered exit to accommodate change room limit.

- **Regional Group:**

- Monday/Wednesday 3:30-4:30 Friday 4:15-5:15
- Place bags in the Orca designated area and wait at marked cones.
- Arrive no more than 10 min before practice.
- Light activation in designated zones on the east side of the pool deck.
- Only 10 people in the changeroom (advise to arrive at the pool already changed).
- No equipment (personal or pool) for the Sept-Dec phase.
- All swimmers will be assigned a 3 and/or 6 swimmer/lane cohort (same group, similar ability and speed). The 3/6 swimmer cohort will train/practice as a unit for the entire 4 month program.
- Swim 6 athletes using 2 lane circle swimming or 3 swimmers using one lane circle swimming.
- Staggered exit to accommodate change room limit.

- **Age Groups (3xweek 4xweek 5xweek)**

- All practices within following times Monday-Friday 5:15-6:30 (Sat 9:00-10:30am)
- Place bags in the Orca designated area and wait at marked cones.
- Arrive no more than 10 min before practice.
- Light activation in designated zones on the east side of the pool deck.
- Only 10 people in the changeroom (advise to arrive at the pool already changed).
- No equipment (personal or pool) for the Sept-Dec phase.
- All swimmers will be assigned a 3 and/or 6 swimmer/lane cohort (same group, similar ability and speed). The 3/6 swimmer cohort will train/practice as a unit for the entire 4 month program.
- Swim 6 athletes using 2 lane circle swimming or 3 swimmers using one lane circle swimming.
- Staggered exit to accommodate change room limit.

Swim Meets and Jamborees

- No swim meets or jamboree scheduled for Sept-Dec 2020.
- Staying within the swimmer's home club community and focus on safe return to sport training and practice.
- Avoiding cross-regional, inter-provincial or cross-country travel.

Outbreak Plan

Reminder to athletes:

- **You should not participate or come to the facility if:**
 - You don't feel well or are displaying symptoms of COVID-19.
 - Someone in your household has COVID-19 or is showing symptoms of COVID-19.
 - You have travelled outside of Canada within the last 14 days.

- Someone in your household has travelled outside of Canada in the last 14 days.

In the case of suspected or confirmed Covid 19 symptoms members shall:

- Swimmer/Parent to notify [Head Coach](#) or [Orca Safety Officer](#).
- Use the COVID-19 self-assessment tool ([BC COVID-19 Self-Assessment Tool](#)) to determine if further assessment or testing is needed.
- Implement the Illness Policy and;
 - Self-isolate;
 - Monitor symptoms daily,
 - report respiratory illness and not return to activity for at least 14 days following the onset of COVID-19 symptoms;

In the case of suspected or confirmed Covid 19 symptoms the Orca Safety Officer shall:

- Contact Facility Administrator [Lori Mullen](#)
- Contact Orca Head Coach and together discuss enhanced measures: modify, restrict, postpone, or cancel activities.
- Notify ALL members who are in the same training group.
- In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the [Medical Health Officer](#) (or delegate) at your local health authority.
- Should a medical health officer contact your club, cooperate in the contact tracing – ensure attendance sheets are available.

First Aid

All Orca sanctioned events will take place in the Summerland Pool during training hours.

Coaches are to notify Lifeguards for ALL First Aid Requirements and not approach individuals unless personally masked and gloved.

If you have questions or concerns or need assistance regarding this document please contact orcaswimvp@gmail.com.