

Winskill Dolphins Swim Club (WDSC)

COVID-19 Return to Swimming Plan and Procedures

Sept 3, 2020; Latest update March 6, 2021

Introduction: Return to Swimming Plan

The Winskill Dolphins objective is to provide safe and organized fitness sessions for all its participants by following guidelines set out by the provincial health authority and recommendations from Swim BC, Delta Parks and Recreation, viaSport, The Royal Lifesaving Society and WorkSafe BC.

1. The WDSC President and Vice President will act as the required “Club Safety Officer” for all matters in relation to COVID-19. They will keep the club abreast of news related to COVID-19 with any new Swim BC bulletins, government announcements, and assisting in the club’s Return To Swimming Plan composition, amendments, club education and implementation.
2. All staff and members will be trained and educated on our Return to Swimming Plan and it will be consistent with WorkSafe BC, Delta Parks and Recreation, Government and health authorities’ guidelines.
3. A copy of the Return to Swimming Plan will be formally adopted by the WDSC board and submitted, as required to Swim BC in our “Return to Swimming Plan Declaration”.
4. All participants must sign a club “Participant Agreement” acknowledging acceptance of COVID-19 risks and protocols.

The following document contains the WDSC Return to Swimming Plan with:

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Section A: Facility Access and Use – Winskill Aquatic Centre

1. At no time will the facility (including city staff) contain more than 32 individuals.
2. Winskill Aquatic Center Safety Plan and Flow Diagram for swimmers received and included in this plan. See Appendix A.
3. Lane density – WDSC will maintain a maximum of 4 swimmers per single lane and maintain a distance of 3 meters. See Appendix B for Single Lane Safety Protocols.
4. All coaches must wear a mask while in the facility.
5. Only one direction will be allowed to walk on the deck maintaining 3 meters in front and behind of any swimmers or coaches, following the clear markings on the pool deck. Entry into the pool will follow these steps:
 - a. Line up outside physical distanced with masks on
 - b. Once granted entry, can use the family, women's, or men's change rooms. Coaches will need to space out swimmers and possibly send them into change rooms in waves to ensure physical distance happens
 - c. Swimmers will change out of clothes and into bathing suits
 - d. Masks can then be removed and put into their bags
 - e. Swimmers take a cleansing shower
 - f. Swimmers leave bags on designated markers
 - g. Swimmers transition into pool
6. All swimmer and coach equipment bags and towel storage areas will be marked on the deck in 3 meter intervals. Swimmers MUST take all personal swim equipment home at the end of each practice and cannot store the bags at the aquatic center.
7. Health of coaches and swimmers will follow strict monitoring and enforcement guidelines as seen in:
 - a. WDSC Participation Agreement (Appendix E)
 - b. WDSC Illness Policy (Appendix F)

Every swimmer and coach must record a health check before practice and coaches will maintain health records and attendance for all participants. These records will be saved for use if any COVID-19-related issues arise.

8. Parents must remain outside of the facility and practice safe drop off and pick up procedures at designated safe drop off zones. Stopping at the front of the aquatic center, outside of designated parking spots is prohibited. Parents must park in marked parking locations to pick-up and drop-off.

9. All personal equipment for participants and coaches cannot be shared and are for individual use only. All participants and coaches will be advised to bring their own personal, non-shared water bottle and avoid water fountains.
10. Swimmers must put their masks back on once they return to their bags after practice and must exit the facility immediately and may not use the washrooms to change.
11. WDSC activities are to be held only in the Municipality of Delta.

Section B: Participant Support

1. Health of Swimmer's Protocols

Winskill Dolphins has a zero tolerance policy for attendance of any individual who is exhibiting any COVID related symptoms. These symptoms include fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell or taste, headache, muscle aches, fatigue, diarrhea, vomiting, abdominal pain or discomfort, pink eye, confusion, rashes or discoloration of fingers or toes, or loss of appetite.

- a) WDSC Illness Policy - See Appendix F
- b) If a club member, coach or family member/household occupant contracts COVID-19 symptoms, the Illness Policy must be adhered to including:
 - Following the [BC CDC Guideline for Self-isolation](#)
 - Use the [BC COVID-19 self-assessment tool](#) to determine if further assessment or testing is needed
- c) In the event any swimmer has had to leave a practice due to COVID symptoms or exposure, they will be taken to the aquatic centre's multipurpose room to await pick-up. The facility administration will be immediately notified.
- d) Self Assessment and Pre-training Oral Questionnaire to be answered prior to each practice by all participants (athletes and coaches).
 1. Do you have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and/or painful swallowing, stuffy or runny nose, loss of sense of smell or taste, headache, muscle aches, fatigue, diarrhea, vomiting, abdominal pain or discomfort, pink eye, confusion, rashes or discoloration of fingers or toes, or loss of appetite?
 2. Have you been in contact with someone diagnosed with COVID-19?
 3. Have you been outside of Canada in the last 14 days?

4. Do you know of anyone in your inner-circle that is awaiting results of a COVID test?

If any participant answers yes to any of the above, they must depart the training session and refer to the Illness Policy.

- e) Personal Hygiene/Sanitizer stations are available in the south side of the pool parking lot and the south east corner of the pool deck. See Appendix A.

2. Communication

WDSC will share the return to sport policies with all families and each family will sign consent of awareness and readiness. Coaches will also review policies and protocols with swimmers. Any changes or updates will be communicated through email to club members and reviewed again by coaches to swimmers.

3. Participant Group Considerations

Swimmer readiness will be assured by parents before return to sport through the required waivers (Appendix D and G). Coaches will confirm swimmer readiness and maturity through review and observation. Any swimmer unable to follow protocols will be sent home from practice.

Please note: the Municipality of Delta requires that swimmers be 7 years old and able to swim unassisted to participate in the club at this time.

Section C: Club Programming

1. Winskill Aquatic Center Pool Procedures

- a. Members will arrive no earlier than 10 minutes prior to the start of the practice.
- b. All non-swimmers will remain off of the pool deck at all times.
- c. All swimmers will be dropped off in the parking lot outside the Winskill Aquatic Centre.
- d. All swimmers will go directly to their assigned lane after following the rinse-off procedure.
- e. Swimmers will enter the pool deck while maintaining 3 meter distance at all times.
- f. All swimmers will exit the pool deck immediately after practice using the side door. Swimmers will not have access to the change room for showers or changing and will only be used for urgent toilet needs.
- g. All swimmers are required to wear a mask when lined up outside, while entering the facility and until they put their bags down and proceed to their assigned lane. All swimmers must put their masks back on after exiting the pool and keep them on until they have exited the facility.
- h. Absolutely no access to the West end of the pool by the hot tub. Lifeguard only safe zone.

- i. Swimmers will swim in a single lane usage with max 4 swimmers per lane. See Appendix B.

2. Dryland Procedures

- a. At this time, there are no dryland procedures at the aquatic facility. Dryland is supported remotely/virtually.

Section D: Emergency Response Strategy

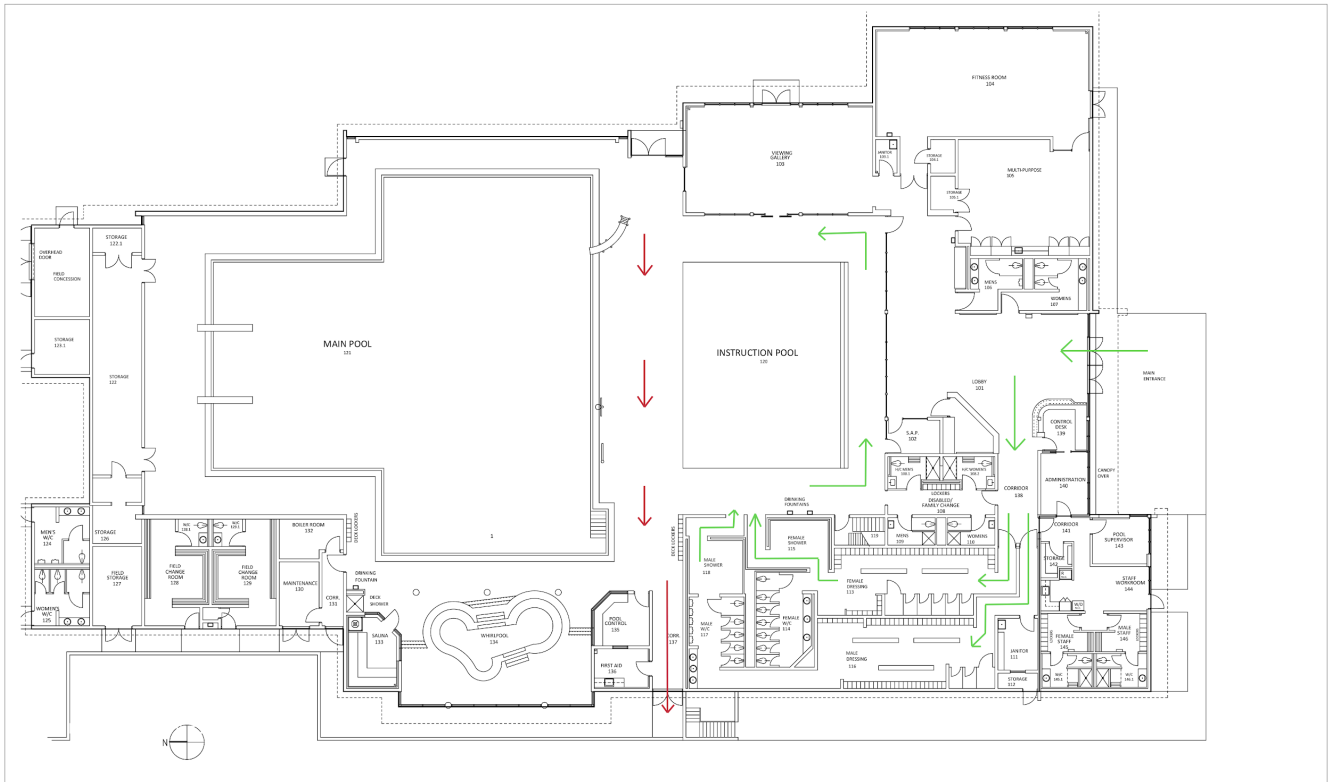
1. First Aid

WDSC will provide each coach with a First Aid kit (including masks and gloves) and a thermometer gun. Coaches will be expected to have these items available at all practices.

2. Possible or Positive COVID Situation

- a. Supervising Coach will immediately seek public health guidance and cancel practices that are deemed to be possibly exposed to COVID-19.
- b. Supervising coach will immediately inform the lifeguard and Delta Facilities Managers Pat Ansell 604-952-3076 (pansell@delta.ca) and Michelle Towstyka 604-952-3052 (mtowstyka@delta.ca)
- c. Any suspected COVID situation will initiate the immediate implementation of WDSC Illness Policy and will be reported to the Medical Health officer with the local health authority.
- d. Coaches will have all emergency contact numbers as well as the elected COVID-19 health officers'. All affected parties will be notified as quickly as possible via phone and/or email.
- e. All Coaches will carry personal cell phones at all times.

Appendix A: Winskill Aquatic Facility Flowchart



Appendix B: Single Lane 3m Distance Protocols

1. Maximum swimmers per lane: 4

2. Coaches prioritize swimmers of adjacent lanes not rest on the wall at the same time. This can be through starting from opposite ends and/or timing of sets. See Diagram 1.

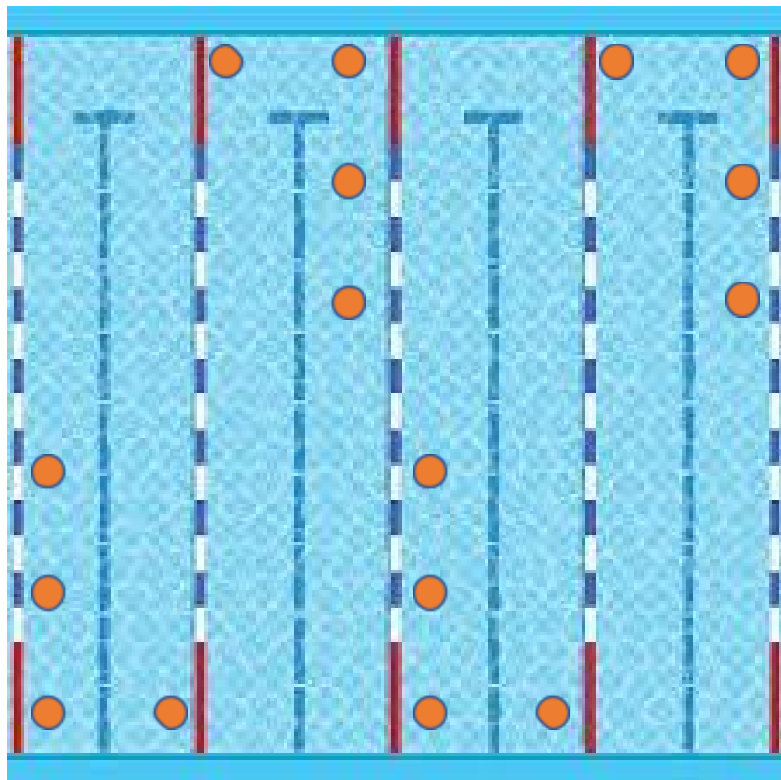


Diagram 1

3. Coaches are committed to helping swimmers be aware of and use strategies to remain at 3m, not only in front of and behind them, but also to swimmers in adjacent lanes.

* It should be noted in this model that the only time swimmers are within 3m of one another is when swimmers in adjacent lanes pass one another while swimming.

WDSC Covid-19 Return to Work Safety Plan for Employees

As a coach for Winskill Dolphins Swim Club, you agree to the following:

1. Read and acknowledge the club Participation Agreement.
2. Read and acknowledge the club Illness Policy.
3. Read and acknowledge the club member COVID-19 communication return to swimming details and stay in touch with our COVID-19 officers for any updates or questions.
4. Follow the COVID-19 Facility Safety Plan.

Coach specific additions:

1. Coaches must not share equipment such as stop watches, pens, swim charts and always maintain a space of at least 3 meters with any other coach or swimmer.
2. Coaches must address all situations at the pool from the standpoint of these 5 principles:
 - a. Personal hygiene – frequent hand washing and sanitizing.
 - b. Staying home when sick – routine screening of your symptoms.
 - c. Environmental hygiene – frequent cleaning of common areas.
 - d. Safe Social interactions – Keep socially distant during training, consistent groups.
 - e. Physical modifications – Obey directional signage, movement on deck spaces.

As health protocols are routinely being reviewed and updated, as a member of WDSC’s coaching team, you agree to make any necessary changes in coaching to comply with Province of BC, City of Delta and/or Health Authority regulations and recommendations or guidelines.

Acknowledged and agreed to by:

WDSC Coach (printed name)

WDSC Coach (signature)

Date

Winskill Dolphins Swim Club (WDSC) Participation Agreement

All Participants of WDSC (athletes, coaches, members, volunteers, participants and family members of participants while in attendance at Club activities) agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and protocols.

- I agree to symptom screening checks and will let my club know if I have experienced any of the symptoms in the last 10 days.
- I agree to stay home if feeling sick and remain home for 10 days from start of experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility.
- I agree to continue to follow social distancing protocols of staying at least 3 meters away from others.
- I agree to not share any equipment during practice times
- I agree to review the WDSC Return to Sport Plan and abide by all of my clubs 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 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.

Print Swimmer Name: _____ Signature: _____

Print Parent/Guardian Name: _____ Signature: _____

Date: _____

WINSKILL DOLPHINS SWIM CLUB (WDSC) ILLNESS POLICY

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

Winskill Dolphins has a zero tolerance attendance policy for any member exhibiting or suspected of having COVID symptoms or cohabitating with anyone exhibiting or suspected of having COVID symptoms.

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/or painful swallowing, stuffy or runny nose, loss of sense of smell or taste, headache, muscle aches, fatigue, diarrhea, vomiting, abdominal pain or discomfort, pink eye, confusion, rashes or discoloration of fingers or toes, or loss of appetite.
2. **Assessment:**
 - a. Members must respond to a pre-training oral questionnaire before their practice/ activity to attest that they are not feeling any of the COVID-19 symptoms.
 - b. Coaches, to the best of their ability, will visually monitor team members to assess any early warning signs as to the status of their health and to verbally 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](#) 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 and have been cleared by the public health authority.
 - b. Any member who worked / practiced closely with the infected member will also be removed from club activity for at least 10 days. As this climate is changing frequently, the WDSC will follow the most recent instructions of the City of Delta and the BCCDC in determining who must remain home.
 - c. Ensure work / practice area is closed off, cleaned and disinfected immediately and any surfaces that could have potentially been 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.
- c. Other members who may have been exposed will be informed and removed from the work / practice for at least 10 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The works / practice space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have been potentially infected/ touched.

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 10 days or as otherwise directed by public health authorities.
- 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 who has travelled outside of Canada 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 call 8-1-1 for instructions and follow the guidelines of the BCDC.
- c. 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. This policy is in alignment with the City of Delta.

Return to Sport Family Letter

Dear WDSC Parents, Coaches and Swimmers,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, WDSC has been working with Swim BC and the City of Delta to create a return to sport plan.

The **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, this **Return to Swimming Plan** will be the new normal until we are advised otherwise by public health authorities.

If you choose to participate in WDSC activities at this time, you must demonstrate a clear understanding of the rules. You must adhere to and follow these rules after all waivers are signed and returned to the WDSC board:

- If you don't feel well or are displaying symptoms of COVID-19, **you must stay home**, WDSC has a ZERO TOLERANCE policy;
- 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/sanitize your hands before participating;
- Bring your own equipment, water bottle and hand sanitizer;
- 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 your activity;
- Every swimmer must complete the pre-practice health check;
- Parents are requested not to congregate when picking up or dropping off.

In addition, the City of Delta requires the following consent to utilize the Winskill Aquatic Centre:

- no person who feels sick in any way visits any of Delta's facilities or parks and/or utilizes any of Delta's services or programs.
- no person brings a child who feels unwell or is showing any symptoms of illness to any of Delta's facilities or parks or utilize any of Delta's services or programs.
- any person who believes that they or their child may have become ill within 14 days of visiting or utilizing one of Delta's facilities, parks or programs 1) seeks appropriate medical attention by calling 8-1-1, and 2) reports this immediately to the City of Delta by contacting Delta's Parks, Recreation and Culture Department at 604-946-3293.

The City of Delta will share personal information for the purposes of contact tracing if the need arises. To attend any Delta facilities or parks or utilize any of Delta's services or programs, all persons taking part in activities must consent to the same. For more information regarding the risks associated with COVID-19, please review the BC CDC guidelines for recreation facilities:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities>.

The WDSC **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, as long as the virus circulates in our communities it is impossible to 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 take into account 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**. Please review it carefully - it is attached separately. Your swimmer will also participate in orientation/training at their first practice sessions. All forms in this attachment including registration and fees must be completed before attending a practice.

Sincerely,

Judy Baker Head Coach
Dave Cole Club President
Jenny Slinn Vice President

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: _____