

Return to Swimming & Aquatic Sports

Guideline workbook for clubs

(Approved by the BCSSA Board of Directors, June 5, 2020)



BC Summer Swimming Association
SWIMMING | DIVING | WATER POLO | ARTISTIC

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Overview

Swimming is the second most popular sport/activity (after bicycling) amongst kids age 5-12. More than 1.1 million Canadian kids are part of a swimming program and it's fairly easy to see the reasons why. Not only is the price about a quarter that of ice hockey, swimming offers a valuable life skill, so it is supported by parents across geographic, cultural, and economic boundaries.

BC Summer Swimming offers a balance of recreational and competition swimming in 4 disciplines: speed swimming, diving, water polo, and artistic swimming. We have more than 60 clubs across BC, with over 5,000 athletes annually. We traditionally host competitions between May and August, culminating in the provincial championships at the end of the summer. Winter training takes place in limited amounts between September and April.

The purpose of this document is to assist BCSSA clubs to develop return to play plans which minimize the risk of Covid-19 (& other contagious viruses) transmission to their membership, as well as their employees. It can be used to consider the Covid-19 protocols that may be needed to be implemented in order to ensure our participants, coaches and volunteers can practice in a safe environment. This applies if you are creating your plan, or if you are just refining your current plan.

BCSSA advises all club members, directors, operators, lifeguards, coaches or other people associated with the association to follow the existing recommendations outlined on the [World Health Organization Website \(WHO\)](#). Refer to the [Public Health Agency of Canada](#), the [Centers for Disease Control and Prevention \(CDC\)](#) recommendations and current guidelines and orders provided by the [Provincial Health Officer](#).

Other resources and sources of information can be found in the **Appendix A**.

Your Responsibilities

As leaders in sport in BC, it is up to us to implement these orders and recommendations in our specific environments. It is important that clubs do not rush into starting activities again, even though there may be pressure from the members to do so. It is essential to get all the protocols in place before activity resumes and ensure that everyone in your club or organization is on the same page. Not only are our athletes depending on us to keep them safe, but the public as a whole is still at risk, and should any major outbreaks occur we will revert to more stringent restrictions, if we are found to be a focus of an outbreak, we may see our sport singled out provincially to prevent any recurrence.

Provincial Phased Reopening

On May 6th 2020, the government announced a phased re-opening of the province, including re-opening sport. But there are restrictions and limitations. The government has published its plan, and its requirements (<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>)

- **Stay at home** if you have any symptoms: Coughing, Sneezing , Runny nose, Sore throat, Fatigue
- **Good Personal Hygiene** including:
 - Regular hand washing, including before and after practice
 - Avoiding touching your face
 - Covering coughs and sneezes
- If you are at **greater risk** (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk tolerance and take extra precautions.
- **Limits to numbers:** currently no more than 50.
 - Gathering restrictions apply to each separate space e.g. an outdoor range that can be managed separately with suitable physical distancing between these spaces.
 - Care must be taken to avoid interacting at communal points such as entries and car parks
 - In **personal** settings when you are seeing friends and family who don't live with you: Only get together in small groups of around 2 to 6 people and **keep a physical distance**
- **Physical Distancing:** 2 metres
- **Enhanced Cleaning**, including
 - Clean “high-touch” areas frequently and provide hand sanitizer at entrances
 - Disinfect frequently touched surfaces and shared equipment
 - For recreation activities where equipment is unable to be sanitised, for example ropes, a withholding period could be considered to allow any virus particles on these surfaces to die (e.g. 120 hours between uses).
- **Provisions for Contact Tracing** must be in place: Contact tracing register for all participants and spectators must be in place and able to be accessed quickly
- **Enhanced Controls:**
 - Engineering controls – physical barriers or increased ventilation
 - Administrative controls – clear rules and guidelines
 - Personal protective equipment – like the use of non-medical masks
 - Implement strategies that reduce the number and intensity of contacts – from greater use of non-medical masks to more checkouts and increased shopping hours

Additional measures specific to various organizational settings are being developed. More will be created as various sectors are engaged and industry or sector wide norms are adopted and required.

** Source: Archery BC Return to Play, May 12, 2020*

How to use this document

This document will cover the following areas:

- Operations & Administration
- Practice Planning
- Program Planning
- General issues

Collect the following materials to assist you as you plan for your return to swimming and aquatic sports:

- Insurance documentation
- Current waiver(s)
- Building & pool layout and dimensions, as available

Work from start to end, as the later material builds on the earlier material in many cases.

Following the completion of the questions on the pages that follow, you should be ready to put together your club specific **Return to Swimming Plan**.

Once this plan is completed and **approved by your Board of Directors**, you will need to receive approval from your municipality for any activity taking place on city own property. Before you start, check with your facility operators to determine what their procedures and requirements are though... all municipalities are slightly different!

Operations & Administration

Liability Insurance

BCSSA renewed the liability insurance on April 1, 2020. As such, this insurance excludes Covid-19 contagion specifically. There is NO liability coverage for Covid-19 related claims. Therefore, Covid-19 is viewed as a **risk management** issue, rather than an insurance issue.

Any reopening of the sport venue should be carefully tailored to the circumstances of each club, considering all aspects covered in this plan, and ensure that the plan is rigorously followed.

What are your insurance concerns and follow up needed?

Participant Waiver and Indemnity Agreement

BCSSA has, with the assistance of legal representation, developed a waiver for adults and indemnity agreement parents sign on behalf of minors which specifically acknowledges that Covid-19 transmission is a risk. (**Appendix B**)

Information from this legal counsel with regards to the implementation and limitation of the waiver and the indemnity agreement:

There is a significant difference between waivers for minors (under 19) and adults. Contracts are not enforceable against minors in British Columbia. As such, waivers provided directly from minors are not enforceable, so a different approach must be taken. The indemnity agreement we are providing for minor participants is between the minor's parent or legal guardian and your organization. The intent of the agreement is to have the minor's parent or legal guardian acknowledge the risk and provide an indemnity to your organization.

The enforceability of waiver and indemnity agreements is difficult to predict in the best of circumstances. Because transmission of COVID-19 is a novel area for liability, there is some uncertainty as to how the courts will treat a waiver or indemnity agreement in relation to liability for contraction and transmission of COVID-19. In principle, waiver and indemnity agreements dealing with COVID-19 should be enforceable if they meet the general requirements for such agreements. However, no court has ever interpreted or enforced any such agreement. There is risk that a court will decline to enforce the agreement in general, and there is even greater risk that a court will decline to enforce the agreement dealing with minors.

The participant agreements we are providing you are not intended to apply to independent contractor or employee relationships.

The enforceability of the agreement will depend significantly on the extent or circumstances on which it is provided to the participants and/or the participant's guardian. **Participants should indicate their agreement to a waiver before they agree, pay or otherwise contract to participate.** If your organization currently has practices in place around registration or waiver agreements, you should not assume those practices will be sufficient in the current circumstances. If necessary, you should develop new practices that ensure participants and/or their guardian indicate their agreement to a waiver before they agree, pay or otherwise contract to participate in sport activities sanctioned by or offered by your organization.

While we do not and cannot guarantee the enforceability of the liability exclusion agreement we are providing for the reasons set out above, we strongly recommend that you implement the following practices:

- The agreement should be **printed double sided** (so that it is one single piece of paper) and in colour.
- You should do your best to not **present the agreement as part of a large package** of other documents, like registration documents or handouts. It should be distinct and clearly recognizable.
- As noted above, **the agreement should be presented before, or at least at the same time as, the agreement to participate in the activity**, allowing sufficient time for the participant to carefully review and have the ability to ask questions.
- **If registration is completed online**, the agreement should be included in the registration process and agreeing to it should be a required step to complete registration.
- If the agreement is to be provided online, your web process should require **active participation** with the webpage in order to agree to it, such as scrolling down to click to agree.
- It may be prudent to take **extra precautions to supplement the waiver** and draw the participants' attention to the sport organization's exclusion of liability. This may involve displaying at the site of play clearly visible and easy-to-read signage, such as a sandwich board or poster, indicating the organization and its employees will not be liable for the contraction of COVID-19.
- It may also be prudent to give notices **or warnings before participating in the activity**, but these will likely not be sufficient evidence of reasonable steps taken to draw parties' attention to exclusion of liability.

How will you handle participant waivers?

Practice Planning

Employee / Coach Access

Most clubs are not owners & operators of the aquatic facilities that they train in. As such, this section may not apply to you but we encourage you to review it and familiarize yourself with it to determine if it is fully covered for your employees.

As employers of coaches clubs are responsible to understand the health & safety legislation that governs all activities within the workplace including the employees right to refuse work if they believe their workplace and duties may cause them harm. (For more information consult [WorkSafe BC](#) website.) You should have a detailed plan to manage the return to work for their employees to help ensure the workplace is not a source of Covid-19 transmission. The approach must be proactive and focus on the protection of the workers. **Employers have a responsibility to provide appropriate education and training to all facility employees.**

Considerations:

- Screen coaches daily by asking common questions to ensure they do not have Covid-19 symptoms.
- Establish employee sick and return to work policies & protocols (if in place already, ensure compliance with PHO guidelines and [WorkSafe BC](#) requirements.)
- Provide training and orientation to staff on Covid-19 safe practices and guidelines.
- Establish employee safe hygiene practices.
- Provide employees with appropriate Personal Protective Equipment, depending on their role and responsibilities.
- Establish location for employee personal belongings that follow safe distancing rules.
- Consider staggering employee time of arrival and departure in order to maintain physical distancing of 2-metres at all times. Where possible, have separate pathways for entry and departure.
- Consider using the same work teams (same workers at same time) in order to avoid increasing the number of interactions.

What are your plans for employee/coach access? Consider also staff rest areas, lunch rooms, parking

Swimmer Access

Swimmers will need to have access to the pools in a manner that maintains proper physical distancing and reduces the risk of contagion as much as possible. Clubs will likely have to work in cooperation with the operators of the pool facility to determine whose responsibility these areas are. This section discusses their **access to the facility only**. A later section will discuss the in-pool practices.

Considerations:

- No access to change rooms or areas outside of the pool deck.
- Signs must be placed at the entrance notifying them that they must not enter if they suspect Covid-19 or if they have any Covid-19 symptoms. (see section on “Signage”)
- Swimmers should arrive and leave in their swimming clothes. No changing or showers on site.
- Parents/guardians should drop off and not remain in the facility for the duration of the session.
- Screen swimmers as they enter for Covid-19 symptoms. Where local protocols allow and where appropriate, have all employees and patrons temperature screened before admittance.
- Avoid cash transactions in person at the facility.
- Consider separate entry and exit points to ensure physical distancing of 2 metres.
- Assign an individual to guide and supervise entry and exit points to ensure physical distancing.
- Consider bathroom facilities on deck in order to avoid change room access. Ensure access to clean water, touchless soap dispenser, and individual paper towels.
- Occupancy rate of change rooms, if unavoidable, should be reduced to allow a minimum of 5 square metres per person. Use of lockers should be avoided.
- Consider physical markers on the deck to guide participants and maintain distancing.
- Communicate plans to membership of their responsibility in maintaining physical distancing.

What are your plans for swimmer access?

Areas to consider: entry & exit points, parking area, waiting area for rides after practices.

Draw your plan out using the facility layouts & dimensions.



Practice layout

- To maintain physical distancing of 2-metres in the pool, swimmers should swim in the middle of the lane only and return by the adjacent lane. (**Appendix C**) Swimmers of the same household or family may swim together in one lane.
- There is currently no evidence that Covid-19 survives in treated pool water and therefore there are no special disinfection procedures to put in place for equipment that is used in contact with chlorinated water.
- Educate members that treated pool water is an effective disinfectant and that risk while in contact with treated pool water is considered minimal.
- Ensure that policies for the use of diving boards are adjusted to established physical distancing measures.
- Space allowed per swimmer:
 - Lap Swimming: 15 m² per swimmer
 - Diving: 25 m² per diver
 - Deck 5.5 m² per user
- Participants may not share personal items such as water bottles, towels, or goggles.
- Artistic swimming: individual skill training only. No group figures.
- Goggles: consider local pool regulations regarding goggles. These cannot be shared.
- Keep the same group of swimmers/divers in the same lane for each training session.
- Activities at the facility should be organized to ensure physical distancing is maintained, rather than free play.
- As part of the [Responsible Coaching Movement](#), ensure that the “Rule of 2” is maintained during all club activities.
- Host dry land training in an area away from the pool (not on the deck)
- All personal equipment & clothing must be brought with an athlete and taken away by the athlete. Have a plan for lost & found.

One sample layout is included in **Appendix C**.

Additional layouts can be found in the Lifesaving Society of BC’s Guidelines (**Appendix A**).

What areas will be accessible to swimmers? If you have more than one pool facility, a plan must be put in place for each facility.

Will you allow spectators / public? Will there be separate areas for waiting, sign in/out, etc.?

List all the areas you will use and how you will limit numbers in each location.



What are your plans for practices in Speed Swimming? Lane swimming? What about artistic swimming? What about diving? What about water polo?

You will need to map out each sport discipline your club participates in, and each separate facility that you may access, whether this is a dry land practice, or an in-pool practice.



Review your plans to ensure that:

- All required areas and functions are accounted for
- You included club equipment needed for practices
- Everyone can maintain minimum 2-metre physical distance
- While moving from place to place, 2-metre physical distancing in and out of water
- There is room for staff / coach / volunteer movement

**** Ensure all club equipment on site is necessary and easy to disinfect. ****

Program Planning

Participant Factors

The age and ability level of participants will affect their ability to comply with the rules and procedures. This will need to be taken into account when planning your practices. You may need to consider excluding participation by young athletes if they are not able to understand the rules, or if you have insufficient volunteers / coaches to supervise adherence to the rules.

How will you handle different ages & abilities of participants?

Will you request parents supervise (including them in your maximum capacity) or increase staff?

Scheduling

One of the first decisions that will need to be made is how to schedule practice times.

Ensure that you have adequate time in between practice groups so 2 groups aren't present at the same time, and there is time for the 1st group to depart before the 2nd group starts arriving.

In general, 15 minutes should be sufficient time for:

- Departure of the current group
- Required cleaning & disinfecting
- Arrival of the next group

| Pool | Time | Activity Type | Capacity |
|------|------|---------------|----------|
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Contact Tracing

In addition, **attendance records** must be kept allowing for **Contact Tracing**, should an outbreak occur. This is relatively easy if:

- attendance is taken at the practice, including arrival and departure times
- Spectators are registered either with the registration or at the practice
- A list of all staff/coaches/volunteers present is kept

Cleaning

Prevention of Covid-19 transmission requires additional precautions and cleaning. Cleaning will need to include general cleaning of common areas but also additional cleaning of high touch areas and club equipment. **You will need to determine whose responsibility it is for cleaning areas after your practices: the municipality (if city owned) or other. Specify how, who and when you will clean the areas.**

| Cleaning | | | | |
|-----------|----------------------------|--------------------------------|--------|--|
| Zone | High Touch Area | How | Who | When |
| All | Floors | Sweep | [Pool] | Daily or as needed |
| All | Flat Surfaces | Sanitized Wipe | [Pool] | Between each Practice |
| All | Doorknobs | Sanitized Wipe Every 10 min | [Pool] | Between each Practice During high Traffic |
| All | Commonly touched areas | Sanitized Wipe Every 10 min | [Club] | Between each Practice During high Traffic |
| Bathrooms | Counters and sinks cleaned | | | Between each Practice |
| Bathrooms | Floors | Sweep | | Daily or as needed |
| Bathrooms | Toilets | Sanitized | | Daily or as needed |
| All | Locks | Sanitized Wipe or spray | | At beginning and end of session |
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Signage

What signs do you need? Signs are needed to:

- Help people find you
- At the entrance to the facility
- At various zones you've identified (sign-in, waiting, spectator, etc.)

What signs do you need and where should they be placed? Who is responsible for signage?

Personal Protective Equipment (PPE)

What rules will you put in place for use of PPE by athletes? By parents/spectators? By coaches? By volunteers?

Does the municipality have rules for using PPE?

Where will you source PPE for coaches? **How will you train them in proper use of PPE?**

Shared Club Equipment

Clubs have equipment that is shared between members at practices. Short-term loan (day-use) of this equipment should be minimized, and only for items that can be easily sanitized. In all cases, longer-term (months) loan is preferred over single practice loans. Porous items and items that cannot be easily sanitized should not be loaned.

What is your plan for sharing and sanitizing your Club equipment?

List your items and determine what the loan period will be, the sanitization method, and what is the sanitization plan for each item?

| Item | Period | Sanitization Plan | When |
|------------------|----------|-------------------|-----------------------------------|
| Eg. Stop watches | Practice | | Before practice After practice |
| Eg. Kick Boards | Practice | | Before practice After practice |
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Communications

In order for your plan to be effective, all those involved need to understand the plan and their roles in executing it.

How will you inform and train your coaches?

How will you communicate various aspects of the plan to your participants and their families? This will likely involve multiple communications to them and various methods to ensure all are receiving the messages.

How will you communicate the re-opening and general rules?

Draft the communication plan:

How will you conduct registration? How will it differ from previous registrations?

How will you communicate the expectations of participants? For returning participants, what is different?

What equipment must they bring themselves? Who will supply hand sanitizer, clean water for washing, masks, gloves...?

Operations

Covid Screening

All Staff, including coaches, will be asked screening questions before interacting with each other or the participants.

Prior to any athlete participating, the group (including spectators) will be canvassed to ensure no one is symptomatic or at high risk. Should an athlete reveal that they are symptomatic or high risk, they will immediately be removed from the group, distanced from the group, and advised to wear a facemask until they can return home.

The screening questions are:

Does anyone in the group:

1. Feel unwell?
2. Have a cough or cold?
3. Have a fever?
4. Been in contact with someone who is known to have COVID-19 in the last 14 days?
5. Have you travelled outside of the country in the past 14 days?

These questions may also be included in any waiver or sign in process, but needs to include spectators, as well as athletes.

COVID precautions require changes to physical distancing, movement of swimmers, use of change rooms, use of shared equipment and areas or zone of use.

Will you begin practices with a briefing to review include new COVID precautions? How will participants move about the space to ensure 2-metre distancing both in and out of water?

What are your policies regarding PPE and hand sanitizer?

COVID Specific protocols will be explained, including

- Attendance: sign in and sign out
- No one with COVID symptoms or contact allowed (Screening Questions)
- 2-metre distancing
- Use of PPE and sanitizers
- Movement patterns during practice
- *Add your own...*

In-Practice Monitoring

These new practices don't come naturally to many of us who have developed our own "habits" at swimming pools.

What plans do you have for monitoring and correcting gaps in process?

Outbreak Response

Clubs will need to develop an action plan for if an individual shows any signs or symptoms of illness during a training practice. Ensure this action plan is communicated to membership.

What are your procedures for when an athlete (or spectator) develops any symptoms during a training practice? How will you communicate this to staff, athletes, parents, and pool operators?

Attendance

In order to track contacts, attendance must be taken at all club events. The sign in records should be kept for 4 weeks and should include the following additional information: date & time, event, location/venue, and any staff/parents/volunteers present?

How will you accomplish this?

Next Steps

BCSSA has developed this workbook as a resource and guide, as clubs develop their own “**Return to Swim**” plan. Your Club’s plan may or may not include the details listed in this workbook. As each club and municipality is different, the guidelines that you develop will be unique to your own situation.

Once the Club plan is developed, the club’s **Board of Directors** must approve your plan and present it to the municipality or owner/operator of the facilities you use. You may want to check in with the municipality prior to beginning the work on your plan, in order to ensure that you are following the procedures determined in your particular area.

BCSSA does not approve plans. It is up to the discretion of each municipality to determine entry of clubs to use the pools, and they may request adjustments to your plan in order to fit within their municipal regulations and guidelines.

Disclaimer

This Workbook is intended to be used for the purposes set in this document. While we aim to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change no guarantee can be given as to the accuracy or completeness of any information provided in the Workbook. It is important to note that the Workbook is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO.

In the event of an ambiguity or conflict between the Workbook and the Public Health Act, regulations or orders there under, the Act, regulations and orders prevail.

Each sport group/club should comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

This document contains links to third party web sites. Links are provided for convenience only and BCSSA does not endorse the information contained in linked web sites nor guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. You should check back regularly to ensure your Plan is up to date.

Anyone using the Workbook does so at his or her own risk. BCSSA shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the Workbook including, without limitation, reliance on the completeness or accuracy of the information provided.

Appendix A: Resources

Lifesaving Society of BC & Yukon, Guidelines for Reopening BC's Pools & Waterfronts

BC Recreation and Parks Association, Guideline for Restarting Operations

Government of BC, [Restart BC Plan](#)

Government of BC, [Covid-19 Go-Forward Management Strategy](#)

Government of BC, [Covid-19 Go-Forward Management Checklist](#)

Swimming Canada, [Covid-19 Resource Hub](#) (includes Return to Swimming document)

Aquatics Canada, [Return to Aquatics Training, Principles for a Safe Return to Sport Framework](#)

WorkSafe BC, [Covid-19 Information and Resources for Employees and Employers](#)

ViaSport, [Return to Sport Guidelines for B.C.](#)

Appendix B: Waivers

[Indemnity Agreement \(Minors\)](#)

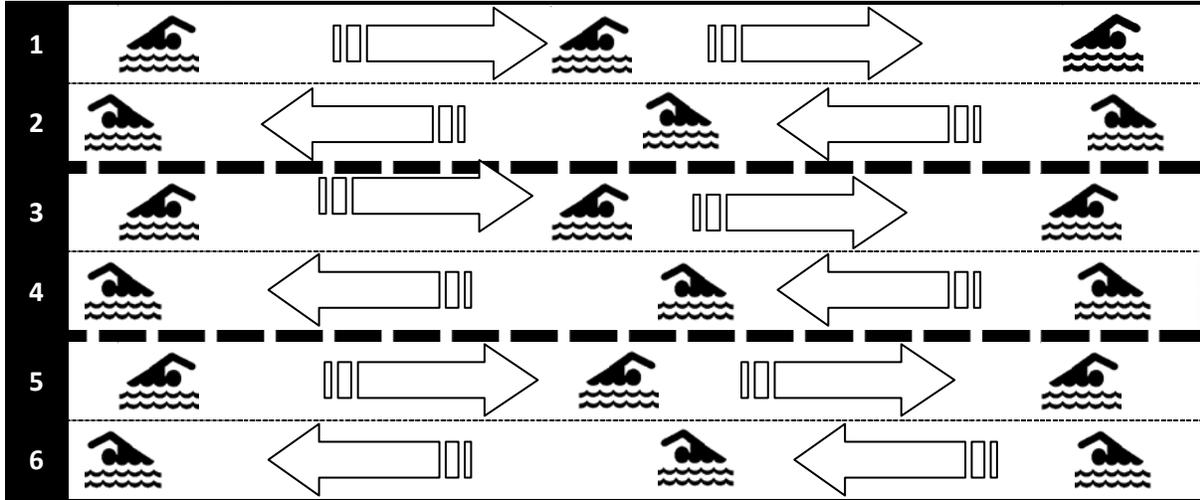
[Indemnity Agreement \(Adults\)](#)

Appendix C: Sample swim practice layouts

We encourage you to review guidelines for pool layouts that are in the Lifesaving Society and Swimming Canada Return to Play guidelines.

This one example is provided here only as an example to assist you in developing your own layouts for your specific situation.

25-metre, 6-lane pool (each lane is 2m wide), 18 swimmers



Note: minimum 2-metre distancing is maintained both in and out of the pool.

Appendix D: Sample Illness Policy

Sample Illness Policy (Adapted from Allied Golf Association of BC)

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

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. **Assessment**
 - a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
 - c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. **If a Team 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 work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
4. **No Team Member may participate in a practice/activity if they are symptomatic.**
5. **If a Team Member tests positive for COVID-19**
 - a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
6. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. **If a Team Member has come in to contact with someone who is confirmed to have COVID-19:**
 - a. The Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health

authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.

- c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

8. Quarantine or Self-Isolate if:

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine 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.

Appendix E: Sport Activity Chart

This sport activity chart was produced by viaSport, who is the government representative of sport in BC. This chart outlines the types of activities that can be considered as we transition through the various return phases.

| BC SPORT ACTIVITY CHART | | | | |
|---|---|--|---|--|
| <i>This chart outlines the types of activities that can be considered as we transition through the various return phases.</i> | | | | |
| | Strictest controls <i>(prior to May 19, 2020)</i> | Transition Measures <i>(May 19-September, approximately)</i> | Progressively Loosen <i>(Future date TBC)</i> | New Normal <i>(Future date TBC)</i> |
| Restrictions in place | Maintain physical distance (2m) No non-essential travel | Maintain physical distance (2m) No non-essential travel No group gatherings over 50 people | Refer to PHO and local health authorities | Refer to PHO and local health authorities |
| Enhanced Protocols | Increased hand hygiene | Increased hand hygiene Symptom Screening in place | Increased hand hygiene | Increased hand hygiene |
| Facility | Outdoor or within home Facilities and playgrounds closed | Outdoor is safest Indoor facilities slowly re-opening | Outdoor / indoor | Outdoor / indoor |
| Participants | Individual activities | Small Groups No or limited spectators | Group sizes may increase Limited spectators | Large groups allowed No restrictions on spectators |
| Non-contact Activities | Low risk outdoor activities can occur (biking, running, etc.) Virtual activities | Fundamental movement skills Modified training activities, drills | Expansion of training activities | No restrictions on activity type |
| Contact Activities | Should not occur | Should not occur Contact sports should look for non-contact alternatives to training | Introduction to pair or small group contact skills | No restrictions on activity type |
| Competition * | Should not occur | In club play or modified games may slowly be introduced | Interclub or regional game play may be considered | Provincial competitions and larger scale events may return |
| Equipment | No shared equipment | Minimal shared equipment Disinfect any shared equipment | Some shared equipment Enhanced cleaning protocols in place | Shared equipment |

* Introduction of competitive activities should be in alignment with **Sport Specific Guidelines**