

AHA Swim Club Policies

In this policy, "team member" includes an employee, volunteer, coach, participant, or parent/ spectator.

- 1. AHA will only accept swimmers who are able to follow direction, swim 25 meters unassisted, and adhere to all safety rules and regulations.**
- 2. No team members who are sick or have been in contact with anyone who might be sick with COVID-19 or related illnesses should participate.**
 - a. If a team member is feeling sick with COVID-19 symptoms they are to remain at home and contact Health Link BC at 8-1-1.
 - b. If a team member feels sick and/or begin showing symptoms while on site, they are to be sent home immediately and instructed to contact 8-1-1 or a doctor for further guidance.
- 3. All persons entering the pool deck will be screened for COVID-19 using the PHO screening questions.**
 - a. Assessment for COVID- 19 includes monitoring for symptoms of fever, chills, cough, shortness of breath, sore throat, painful swallowing, stuffy/ runny nose, loss of sense of smell, headache, muscle aches, fatigue, and/ or loss of appetite.
 - b. Team members must assess for the above prior to each shift/ practice/ activity.
 - c. Managers/ coaches/ executive members will visually monitor team members to assess for any early warning signs and to ensure safe distancing measures are being followed.
 - d. Anyone diagnosed with COVID- 19 must self- report to a designated AHA officer and self- quarantine for 14 days, as should everyone else in the household. *Designated AHA officer for self- reporting will be Catherine Schwichtenberg.*
- 4. All team members are required to observe physical distancing of 2m before, during, and after practice.**
 - a. Team members are to enter the pool through the clubhouse and exit through the gates by the bleachers.
 - b. Team members are to arrive 10 minutes early for practice and wait inside their car or outside the facility enclosure entrance 2m apart, until the team members in the practice time slot prior have left the pool deck. The designated CCO on deck will signal when the next team members are safe to enter.
 - c. Parents (with the exception of the MRP and CCO) are not permitted on deck. If parents wish to wait for their child they must stay in their car or outside the facility enclosure maintaining 2m distance at all times from others.
 - d. Team members must exit the pool immediately at the end of practice and before the next group arrives. Swimmers must exit 2m apart. Swim suits are to be worn home from practice.

- e. Parents must be ready to pick swimmers up as soon as their practice ends. Swimmers are not permitted to loiter outside of the pool or in the parking lot.
- 5. Washrooms will be closed to non- swimmers. Swimmers can use the washrooms one at a time and must wash their hands thoroughly before returning to practice.**
- 6. Change rooms will remain closed, and changing on site will not be permitted. Swimmers are expected to arrive at the pool showered and wearing their swim suits.**
- a. Swimmers are asked to bring only their equipment bags (mesh bags are recommended) and a towel when entering the pool. Belongings are to be placed in designated spots on deck.
 - b. The water fountain will be closed. Please send swimmers with a full water bottle that is clearly labeled with their name.
- 7. The coach will assign swimmers to lanes.**
- a. Two swimmers are permitted per lane (unless all swimmers are from the same household), one starting at each end of the pool.
 - b. Swimmers must circle swim in the lane and remain 2m apart, unless passing.
 - c. Swimmers who are not able to independently follow safe distancing guidelines and AHA policies will be removed from the pool. They will be placed under the view of the CCO until the parent/ guardian picks them up.
- 8. 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. Potentially infected/ touched work/ practice/ facility areas are to immediately be closed off, cleaned, and disinfected.
- 9. 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 BC.
 - c. Other team members who may have been exposed will be informed and removed from the workplace/ practice/ facility/ 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.

10. If a team member has come in to contact with someone who is confirmed to have COVID- 19:

- a. The team member must advise their designated AHA officer 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.

11. 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 will not be 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.