



COVID-19 Return to Swimming Safety Plan

June 2020

Boundary Bay Bluebacks Swim Club COVID-19 Return to Swimming Plan and Procedures

Introduction

This Return to Sport Plan document was created in conjunction with Boundary Bay Bluebacks Board of Directors, BCSSA guidelines, Swim BC, Delta Parks and Recreation, viaSport British Columbia, The Royal Lifesaving Society, and WorkSafe BC.

The Boundary Bay Bluebacks Swim Club is a registered club in good standing with the BC Summer Swimming Association (BCSSA). It has been a user of the Ladner Outdoor Pool for many years.

Our club is committed to offering a healthy environment for kids to participate in a community-based sport program. We understand that there may be some restrictions for third party users of the recreational facilities in the City of Delta but would like our Club to be seen as a useful partner in applying these restart guidelines for the next phase of “reopening” our community.

The goal of this document is to outline policies and procedures that the Boundary Bay Bluebacks Swim Club has put in effect to ensure the health and safety of coaches, club members, and the public during the COVID-19 pandemic. The Boundary Bay Bluebacks Board members and its coaches are excited about returning to the pool deck and re-engaging with swimmers.

The information outlined in this guide is designed to assist the Boundary Bay Bluebacks Board, families, coaches, and athletes. These guidelines are designed for the Ladner Outdoor Pool. The guide will be updated as new information becomes available.

As this is a working document, it will be updated as new situations arise, issues are identified, or rules, and restrictions are changed. As new versions of this document are created, they will be posted on the club website.

1. We have appointed Linda Marshall as the required “Club Safety Officer” for all matters in relation to COVID-19. The Club Safety Officer will be to keep the club abreast of news related to COVID-19 with any new Swim BC bulletins, BCSSA 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 authority guidelines.
3. A copy of the Boundary Bay Bluebacks COVID-19 Return to Swimming Safety Plan will be formally adopted by the Boundary Bay Bluebacks 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.

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Section 1 : Facility Access & Use

1.1. Ladner Outdoor Pool (LOP)

- 1.1.1** At no time will the facility (including city staff) contain more than 50 individuals.
- 1.1.2** Ladner Outdoor Pool Safety Plan and Flow Diagram for swimmers received and is included in this plan. See Appendix A.
- 1.1.3** Lane density – Bluebacks will maintain 3 people per lane swimming starting from either end of the pool in order to ensure maximum safe distance. The only exception would be if a lane contains swimmers in the same family bubble. See Appendix B.
- 1.1.4** Total pool density capacity at any one time would be 12 swimmers (6 from each starting point).

- 1.1.5** Only one direction will be allowed to walk on the deck maintaining 2 meters in front and behind of any swimmers or coaches. Work with facilities to have clear markings on pool deck. Entry into pool will be ordered and respect physical distancing guidelines.
- 1.1.6** All swimmer and coach equipment bags and towel storage area will be marked on the deck in 2 meter intervals.
- 1.1.7** Health of coaches and swimmers will follow strict monitoring and enforcement guidelines as seen in:
 - Bluebacks Participation Agreement (Appendix D)
 - Bluebacks Illness Policy (Appendix E)
- 1.1.8** 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.
- 1.1.9** All parents will stay outside of facility (fenced area) and practice safe drop off and pick up procedures at designated safe drop off zones.
- 1.1.10** 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.
- 1.1.11** Only coaches will touch flags and lane lines or any club equipment.
- 1.1.12** Training groups will remain consistent in order to limit exposure.
- 1.1.13** Participants must arrive in training suits and not use the change room before practice.
- 1.1.14** Participants must leave immediately after practice and shower and change at home.
- 1.1.15** Throughout COVID-19 Phase 2, Bluebacks activities to be held only in the Municipality of Delta.

1.2. Cleaning and Disinfecting

- 1.2.1.** The club must ensure that all Coaches and Board members are fully aware of the policy for cleaning and disinfecting all public areas. All guidelines that are posted on the BC CDC website
http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf
- 1.2.2.** Ensure all proper disinfectants are available and used efficiently on all high touch surfaces between practice sessions.

- 1.2.3.** 15 minutes should be sufficient time for one practice group to exit, allow cleaning of high touch areas, and another group to enter.
- 1.2.4.** Have hand washing stations available for all swimmers and coaches - dependent on facility access. If hand washing stations are not feasible then use of hand sanitizer.
- 1.2.5.** Have coaches informed regarding what areas and items are their responsibility for cleaning and what is to be cleaned by the City of Delta staff.

Section 2 : Participant Support

2.1. Athlete health protocols

- 2.1.1** Bluebacks Illness Policy - See Appendix E
- 2.1.2** The Bluebacks will encourage and remind all to follow daily self-assessments prior to coming to practice.
- 2.1.3** If a club member, coach develops or family member/household occupant contracts COVID-19 symptoms, the Illness Policy must be adhered to including:
- 2.1.4** Self-isolation
- 2.1.5** Monitor symptoms daily, report respiratory illness and not return to activity for at least 14 days following the onset of COVID-19 symptoms.
- 2.1.6** Use the COVID-19 self-assessment tool (BC COVID-19 Self-Assessment Tool) to determine if further assessment or testing is needed.

- 2.1.7** Return to swimming / work if the individual or family member/household occupant is tested for COVID-19 and is negative.
- 2.1.8** Return to swimming / work if the individual or family member/household occupant is not tested, and 14 days have passed since they became ill and they are symptom free.
- 2.1.9** All Staff, including coaches, will be asked screening questions before interacting with each other or the participants.
- 2.1.10** Prior to any athlete participating, they will be canvassed to ensure no one is symptomatic or at high risk.
- 2.1.11** Should anyone 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 face mask until they can return home. They will then follow the Bluebacks Illness Policy (Appendix E) and be advised to use [the BC COVID-19 Self-Assessment Tool](#), call 8-1-1, and remain home.
- 2.1.12** The pre-screening questions are:
- Do you:
- Feel unwell?
 - Have a cough or cold?
 - Have a fever?
 - Been in contact with someone who is known positive COVID-19 in the last 14 days?
 - Have you travelled outside of the country in the past 14 days?
- These questions will be included in the sign-in process of swimmers and spectators. Each person must answer “NO” prior to attending sessions.
- 2.1.13** Boundary Bay Bluebacks 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, headache, muscle aches, fatigue and loss of appetite. This zero-tolerance is communicated in our illness policy.
- 2.1.14** 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.
- 2.1.15** In the event any swimmer or coach has had to leave a practice, the facility administration will be notified, as stated above.
- 2.1.16** Coach personal protective equipment - see Section D.

2.2. Communication

- 2.2.1** Bluebacks will share the return to sport policies with all families and each family will sign consent of awareness and readiness.
- 2.2.2** Coaches will also review policies and protocols with swimmers.
- 2.2.3** Any changes or updates will be communicated through email to club members and reviewed again by coaches to swimmers.
- 2.2.4** Create a team or designated point person to discuss all guidelines to ensure cooperation with the City of Delta.
- 2.2.5** Have a team or designated point person to inform the club and families of COVID-19 updates and changes.
- 2.2.6** Point person to ensure all families are aware of expectations of both the parents and children.
- 2.2.7** Communicate restart plan to parents via email and Club website.
- 2.2.8** Coaches will attend mandatory orientation training offered by City of Delta to review operation procedures of use of outdoor pools and their COVID-19 safety protocols. Board members (if possible) will also attend to ensure we maintain and support a healthy working environment - cooperation amongst many people will result in success and modeling of new safety protocols.

2.3. Participant Group Considerations

- 2.3.1.** Swimmer readiness will be assured by parents before return to sport through waivers.
- 2.3.2.** Coaches will confirm swimmer readiness and maturity through review and observation.
- 2.3.3.** Any swimmer unable to follow protocols will be sent home from practice.

Section 3 : Club Programming

3.1. Practice Groups

3.1.1. The number of practice groups in the pool will be based off:

- Maximum number of persons permitted on pool deck.
- Group sizes will be respective to social distancing protocols - 6 swimmers per coach for every 2 x 25m lanes. See practice layouts.
- Number of lanes assigned to the Club.
- Ability to stagger start ends so that groups run off opposite ends of the pool.
- Ability and ages of the swimmers registered for programming. There will be no guarantee that swimmers will swim in the same groups as their previous sessions.
- Coaches reserve the right to split groups in order to maintain adequate physical distancing.
- Groups, training times and spaces will be non-negotiable and dictated solely by the Head Coach, assistant Head Coach and Director of Coaching.

3.2. Mitigation

3.2.1. No handshaking.

3.2.2. Specific drop off/pick up pattern to be strictly followed by parents - dependent on City of Delta's newly implemented safety protocols.

3.2.3. Coach arrival times staggered to ensure social distancing.

3.2.4. A coach or board member to be present as each swimmer enters practice, if a swimmer feels ill in any way, specifically symptoms listed on the BCCDC website, send them home as per illness policy.

- 3.2.5.** A coach or board member to monitor and correct new safety protocols.
- 3.2.6.** Coaches or board members will take attendance of both parents and swimmers to keep on file for contact tracing. The sign in records will be kept for 4 weeks and include the following additional information: date & time, location, and any staff/parents/volunteers present.
- 3.2.7.** Temperature checks can be done upon the start of dryland training - dependent on City of Delta's newly implemented safety protocols.
- 3.2.8.** Athletes/Coaches who begin to cough/sneeze for any reason move away from others until it stops. Follow Workplace BC guidelines for COVID-19 Protocol.
- 3.2.9.** Swimmers should only change and shower at home.
- 3.2.10.** Coaches will be supplied with personal protective equipment visors to wear when in close proximity to swimmers. Visors ensure protection and also enable the swimmers to understand them while being instructed.
- 3.2.11.** Coaches will have their own masks on hand to be worn as they feel comfortable.
- 3.2.12.** Ensure the coaches have gloves, cleaning supplies, PPE available to them for cleaning purposes.
- 3.2.13.** All items such as kickboards are to be kept and maintained by that swimmer. No exchanging of items.
- 3.2.14.** Wash hands often with soap and water for at least 20 seconds - dependent on access to public sinks.
- 3.2.15.** If sinks are not available, frequent use of hand sanitizers - before and after practices, engaging with parents/members/coaches.
- 3.2.16.** It is an outdoor space and therefore ventilation is not a concern.
- 3.2.17.** Snorkels will not be permitted due to the potential spray of respiratory droplets.
- 3.2.18.** Make it clear that there is no penalty for missing a practice. If any member of their family or themselves feel ill, they should stay home.
- 3.2.19.** Be clear and consistent on expectations and enforce policies.
- 3.2.20.** Have indemnity agreements signed by the parent/participant in person to ensure they are clear of the terms.

3.3. Preparing to Swim

- 3.3.1.** Athletes will wear their swimsuit to and from practice.

- 3.3.2.** Athletes will wash their hands with soap and water or use hand sanitizer provided prior to entering the pool or directly following dryland.
- 3.3.3.** Equipment is not to be shared. Athletes must bring their own equipment (ie. kickboards, fins, etc.)
- 3.3.4.** Athletes must bring a full water bottle clearly labelled with their name to avoid touching a tap or water fountain.
- 3.3.5.** If one needs to sneeze, they are to sneeze into their elbow or tissue.
- 3.3.6.** Athletes are to arrive as close to the time the activity (dryland) is to begin, no sooner than 10 minutes prior to the start.
- 3.3.7.** When on the pool deck, athletes will follow all markings on deck and instructions of coaches.
- 3.3.8.** Athletes will be required to avoid touching gates, fences, benches etc.
- 3.3.9.** Both coaches and athletes will be required to adhere to the Bluebacks Illness Policy (See Appendix E).

3.4. Dryland Procedures

- 3.4.1.** Dryland training to be held at Memorial Park in Ladner.
- 3.4.2.** All dryland training will be led by coaches ensuring safe distances are maintained at all times.
- 3.4.3.** Members to be dropped off at the corner of Gary and 47th Ave no more than 10 mins prior to the start of the session.
- 3.4.4.** Coaches will have cones placed at no closer than 2 meter intervals to mark member stations.
- 3.4.5.** All necessary equipment, if required, will be brought by the individual member and used only by that member. There will be no shared equipment.
- 3.4.6.** If members are to be picked up following dryland training, they will remain at their station until their ride home has arrived and maintain 2 meters physical distance while leaving.

3.5. When Swimming

- 3.5.1.** Athletes must refrain from touching one's face.
- 3.5.2.** No sharing food, drinks, and towels.

- 3.5.3.** Athletes must follow directions for spacing and stay at least 2 metres apart from others.
- 3.5.4.** Athletes must avoid making physical contact with others, such as shaking hands, high fives, or hugs.
- 3.5.5.** Maintain appropriate social distancing while taking a break in between sets.
- 3.5.6.** Gathering at lane ends will not be permitted.

3.6. Ladner Outdoor Pool Procedures

- 3.6.1.** Swim club members will arrive no earlier than 10 minutes prior to the start of the practice. All non-swimmers will remain in their vehicle and depart the area once their athlete has entered the pool deck.
- 3.6.2.** All athletes will be dropped off in the south parking lot adjacent to the pool.
- 3.6.3.** All athletes will stand in the designated staging area and stand on the demarcated spots with 2 meters of distance between them.
- 3.6.4.** Athletes will enter pool deck as a group while maintaining safe distance and/or participate in activation as led by the coach while maintaining safe distance.
- 3.6.5.** All athletes will exit the pool deck immediately after practice using the north east gate. Athletes will not have access to the change room for showers or changing.
- 3.6.6.** As always, parents will not be allowed to accompany athletes on to the pool deck. Parents will not have any access to the pool deck in order to reduce numbers. If your child is unable to reach the pool deck safely, following your drop-off, this is a strong indication that the swimmer cannot participate in our modified summer program.
- 3.6.7.** Swimmers under the age of 7 will not be permitted in order to omit the need for volunteers/coaches to be in the water near them (as per the City of Delta regulations).
- 3.6.8.** Lifeguards within the Bluebacks coaching staff will assist with the enforcement and control of the flow of athletes both on deck and in the water.

3.7. After Swimming

- 3.7.1.** Athletes and coaches must wash their hands or use the provided hand sanitizer prior to leaving the pool deck.

- 3.7.2.** Use of showers and change rooms will not be permitted. Athletes will need to shower at home and wear their suit to and from practice.
- 3.7.3.** No extra-curricular or social activity should take place after practice.
- 3.7.4.** No congregation after swimming.
- 3.7.5.** Leave the facility as soon as possible after practice.

3.8. Open Water Procedures

- 3.8.1.** Open Water Swimming Checklist completed. See Appendix F.
- 3.8.2.** Safety and Emergency Plan see Appendix G.
- 3.8.3.** Open water training is held at the boat launch at the end of 1A Avenue in Tsawwassen.
- 3.8.4.** All athletes will meet at the boat launch and will store their bags and assemble at the demarcation lines on the wall of the boat launch.
- 3.8.5.** Athletes use online tools to determine whether or not they use their wetsuits and wear brightly coloured swim caps.
- 3.8.6.** All athletes will enter the water while maintaining 2 meters of distance.
- 3.8.7.** Upon completion of open water swimming, all athletes will pick up their bags and dry off at their individual assembly spots and vacate the area as it is safe to do so.

Section 4 : Emergency Response Strategy

4.1. First Aid

- 4.1.1.** City of Delta will provide each facility with a First Aid kit (including masks and gloves).

4.1.2. Coaches will be expected to know where these items are available at all practices, including dryland.

4.1.3. A first aid kit will be supplied to coaches during open water training.

4.2. Outbreak Plan

4.2.1. Supervising Coach will immediately cancel practices that are deemed to be possibly exposed to COVID-19.

4.2.2. Supervising coach will immediately inform the lifeguard and Delta Facilities Manager Pat Ansell 604.952.3076 (pansell@delta.ca) and Michelle Towstyka 604.952.3052 (mtowstyka@delta.ca).

4.2.3. Any suspected outbreak will initiate the immediate implementation of Bluebacks Illness Policy and will be reported to the Medical Health officer with the local health authority.

4.2.4. Coaches will have all emergency contact numbers as well as the phone number of the elected COVID-19 officer.

4.2.5. All Coaches will carry personal cell phone at all times.

Section 5: Liability

5.1.1. Boundary Bay Bluebacks Swim Club renewed its Commercial Liability Coverage .

5.1.2. BCSSA renewed the liability insurance on April 1, 2020. This insurance excludes COVID-19 contagion specifically. However, the Province has made the process for amateur sport organizations to get back to play easier by protecting organizations from Covid-19 liabilities, provided they are complying with public health orders and provincial sport guidelines.

5.1.3. The Government of BC has created a ministerial order that protects amateur sport organizations, their employees and volunteers from liability.
http://www.bclaws.ca/civix/document/id/mo/mo/2020_m183. (See [Appendix A](#))

5.1.4. Participant waivers and indemnity agreements have been created by legal advisors for BCSSA and the clubs registered with the association. The agreement to a waiver will be included in the registration process and agreeing to it will be a required step to complete registration. Agreements will be signed in front of a Board member to ensure parents have clearly read them. (See [Appendix B](#).)

Appendices

Appendix A:

Ladner Outdoor Pool Facility Plan & Pool Flowchart *(as supplied by City of Delta)*

1. Family and Length Swim

- All participants will be required to arrive and wait in a social distance line outside the pool area to check in.
- Participants will be required to arrive with their swim attire on – no access to change rooms.

- Participants will be provided a roped off area of the pool to swim in and a chair at the end of their lane or area for their personal belongings.
- Single occupant washrooms will be provided within the facility and staff will monitor washroom use.
- No lounging on the pool deck.
- Staff will disinfect stair railings if participant uses them.
- Participants will exit the facility through the gate into the parking lot once the swim time has ended.
- All touch points will be disinfected before next time period commences.

2. First Aid Treatment

- During low risk first aids, injured participant will be provided a surgical mask to put on during treatment.
- Swim Clubs will be required to obtain approved guidelines from their Provincial Sport Organization.
- Staff will be trained in use of PPE. Interaction with the participants will happen for Public relations and staff will be trained to keep physical distancing of 2.0 metres.

3. Lifeguards

- Use of a Lifeguard chair on deck will assist with distancing between participants and staff.
- Where face to face communication could occur staff will have face masks and access to face shields to don.
- During minor first aids staff will be equipped with a low risk kit that includes face shield, face mask and disposable gloves.
- Where a rescue or major first aid occurs of high risk (airway, breathing, circulation problems), a high risk kit will be obtain that includes face shield, face mask, disposable gloves, isolation gown, bag-valve mask with hepa filter and pocket mask with hepa filter

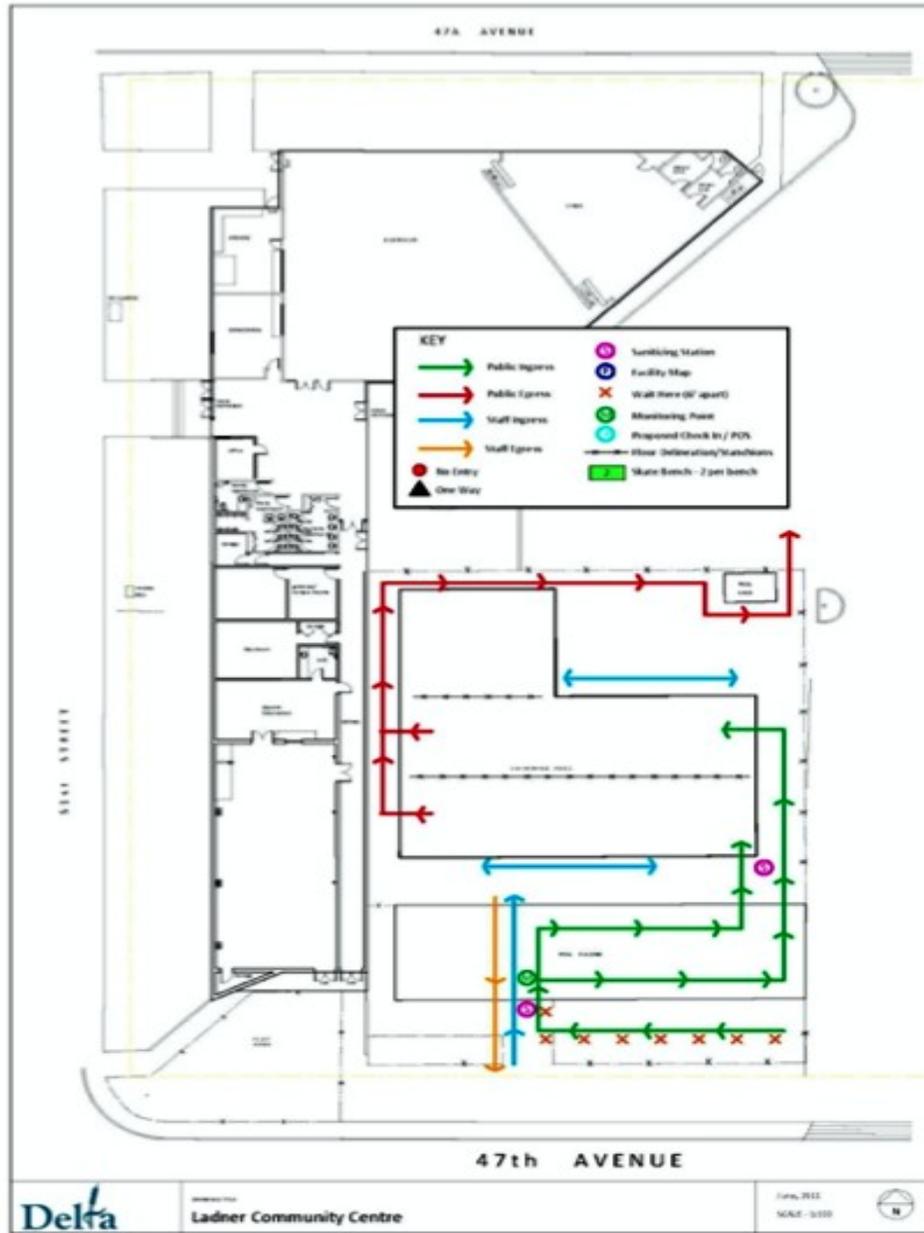
4. Building Service Worker

- Disposable gloves will be provided while using cleaning products
- Will be trained to provide 2 m of physical distancing if in communication with public

5. Swim Clubs

- Swim clubs will rent the facility using the current fees for outdoor pool as identified in the Parks and Recreation Fees and Charges Bylaw No. 7594, 2016.
- Potential Rental revenue = \$20,000 for both pools over the summer
- Swim clubs provide their own lifeguards

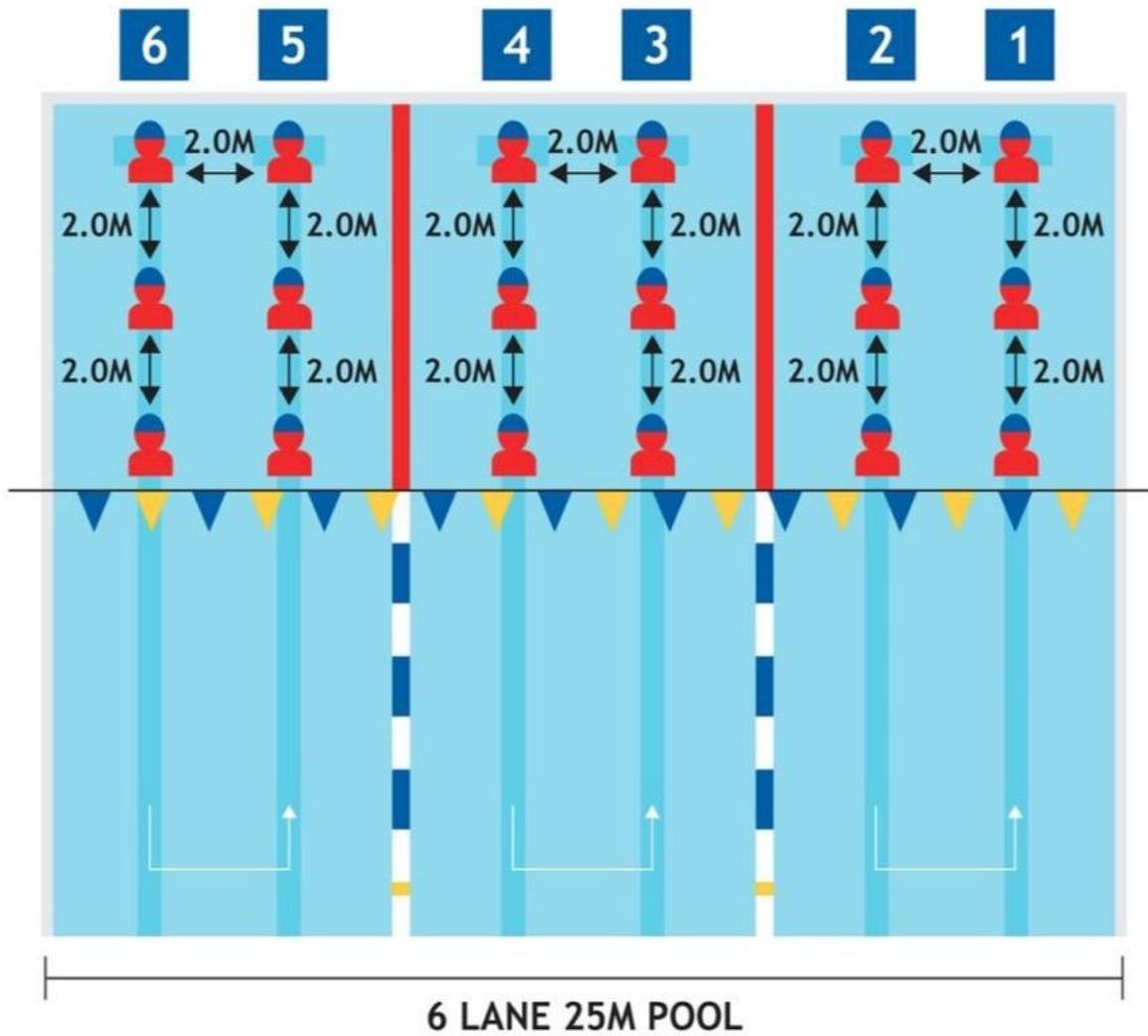
Ladner Outdoor Pool Flowchart



**Appendix B:
Swimmers Per Lane and Flow within the Pool**

Visual 1

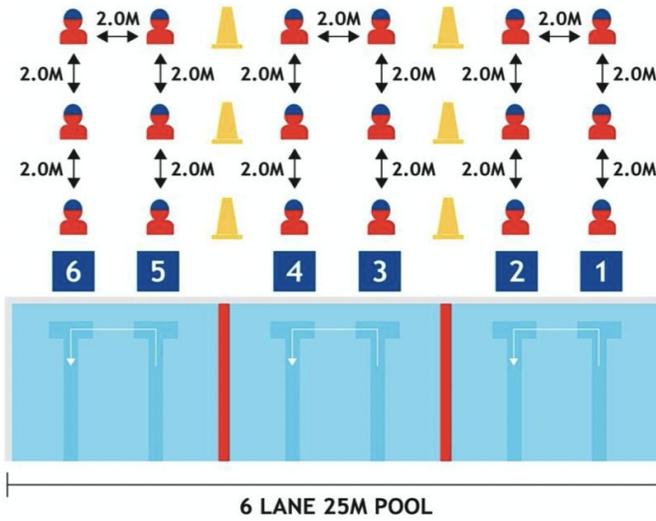
**START/END OF INTERVAL OR SET - STAY IN THE WATER
(SHALLOW END OPTION)**



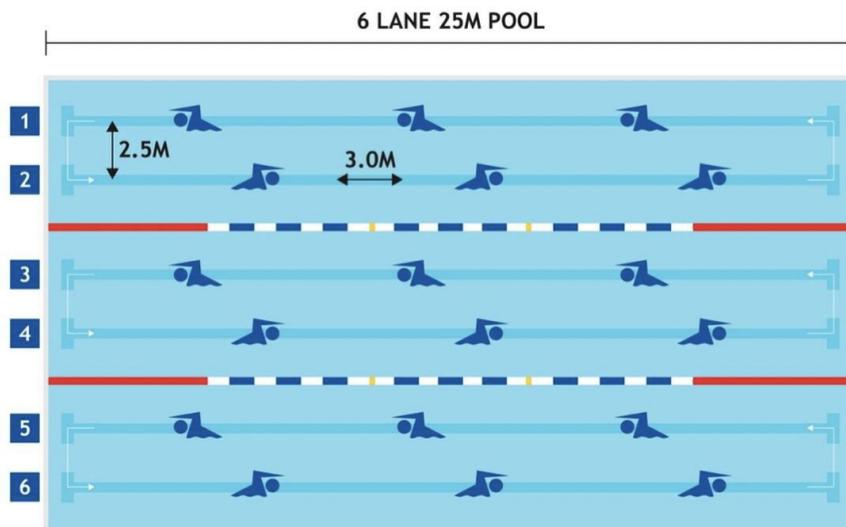
Visual 2

**START /END OF SET - GET OUT OF THE WATER
(DEEP END OPTION - IF DECK SPACE WILL ALLOW)**

Swimmers maintain 2 meters apart. Mark deck with 2-inch wide colored duct tape. Sit down/slide in to enter water.
End of set climb out and go to assigned spot. The more "eyes" on deck the better.
Use cones or other barriers to help with separation - deck needs to be wide enough to accommodate 2 meters of social distance.



Visual 3



Appendix C: Bluebacks Coaches COVID-19 Return to Work Safety Plan

As a coach for Boundary Bay Bluebacks 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 officer, , 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 2 metres with any other coach or swimmer.
2. Coaches must address all situations at the pool from the standpoint of these 5 principles:
 - i. Personal hygiene – frequent hand washing and sanitization.
 - ii. Staying home when sick – routine screening of your symptoms.
 - iii. Environmental hygiene – frequent cleaning of common areas.
 - iv. Safe Social interactions – Keep socially distant during training, consistent groups.
 - v. Physical modifications – Obey directional signage, movement on deck spaces.

As health protocols are routinely being reviewed and updated, as a member of Bluebacks’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:

Bluebacks Coach (printed name)

Bluebacks Coach (signature)

Date (mm/dd/yy)

Appendix D:

Boundary Bay Bluebacks Swim Club Participation Agreement

All participants of the Boundary Bay Bluebacks Swim Club (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 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.

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 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.

Athlete Name (printed)	Athlete Signature	Date (mm/dd/yy)
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Parent/ Guardian Name (printed)	Parent/ Guardian Signature	Date (mm/dd/yy)
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Appendix E: Boundary Bay Bluebacks Swim Club Illness Policy

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

Boundary Bay Bluebacks 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 painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. Assessment:
 - 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.
 - Coaches 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.
 - If members are unsure, they will 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:
 - They should remain at home and contact Health Link BC at 8-1-1.
 - 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.
 - NO member may participate in a practice/activity if they are symptomatic.
3. If a member tests positive for COVID-19:
 - The member will not be permitted to return to practice until they are free of the COVID-19 virus.
 - Any member who worked / practiced closely with the infected member will also be removed from club activity for at least 14 days.
 - 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:
 - As with the confirmed case, the member must be removed from the work / practice area.
 - The BCCDC advises that any person who has even mild symptoms to stay home and call 8-1-1 and/or use the [BC COVID-19 Self-Assessment Tool](#) .
 - Other members who may have been exposed will be informed and removed from the work / practice for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - 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:
 - Members must advise their employer/ coach if they reasonably believe they have been exposed to COVID-19.

- Once the contact is confirmed, the member will be removed from the workplace/ practice for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the member will also be removed from the workplace for at least 14 days.
 - 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:
- 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 for 14 days.
 - Any member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate for 14 following onset of symptoms.
 - Any 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 for 14 days.
 - 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.

Appendix F:

Open Water Swimming Policies and Checklist

Open Water Training Criteria

1. Attending coach must have prior Open Water experience >2 years at sanctioned open water events.
2. All attending swimmers must have some experience swimming in Boundary Bay, complete safety orientation with Bluebacks, family reviewed and signed waiver and meet the required swim level ability. Swimmers will only attend sessions that remain in the shallow water of the Bay if they have no prior experience swimming out to the Kilometre (KM) marker.
3. One attending safety person with current NLS or First Aid with CPR certification. This person cannot be the coach or one of the minimum required kayakers.
4. Kayakers will accompany the coach and swimmers with a minimum ratio of 1:5 (not including the coach or safety person).
5. Body of water review: Boundary Bay. Wetsuits recommended, though dependent on temperature, not required. Swims will be scheduled near hightide to accommodate swimmers. Safety plan to be reviewed by all attendees. Current conditions of the bay

can be tracked online. Practices will be limited to shallow Bay area when water is too rough to swim to the KM marker and cancelled when weather conditions make it unsafe for even the shallow swim.

1. Route Visibility. The KM marker is the loop swimmers in Boundary Bay make. This marker is visible from shore and during swims. Swimmers will spot off kayakers for ease in swimming but can always see the shore and the marker.
6. Emergency Plan is part of the safety plan. It will be reviewed and signed by all participants, reviewed before practices and is included in the return to swim document, Appendix F.
7. Families must review and sign off on the Orientation, Safety Plan, and Acknowledgement and Assumption of Risks Waiver before their swimmer may participate in open water training.
8. The Bluebacks board must review and approve all aspects of this plan before it can be a sanctioned activity.

With the above criteria being met, the checklist below is to be completed by the coach prior to the start of sanctioned Open Water Training.

	Question	Yes?	Notes
1	Coach experience – i.e. attendance at OW Provincial and/ or Canadian Juniors or above		
2	Swimmer experience – experienced in Boundary Bay swim, and/ or min. ability to swim 800 m @ 14:00.00		
3	Safety Person(s) – NLS/ First Aid/ CPR certification?		
4	Support Persons – Experienced? Ratio minimum 1:5		
5	Site Review – completed with all specifics documented		
6	Route – viewable with safety person		

7	Emergency Action Plan – completed and documented		
8	Acknowledgement and Assumption of Risks Form – for all participants completed and on file		
9	Board Review – completed, documented, and on file, provincial requirements met		

Signed by:

Director of Coaching (Signature)

Date (mm/dd/yy)

Bluebacks Head Coach (printed name)

Date (mm/dd/yy)

Appendix G: Open Water Safety and Emergency Plan

1. Swimmer Orientation

- Review COVID-19 Protocols including Swimmer Health, Social Distancing, etc.
- Review Open Water club procedures:
 - I. All athletes will meet at the boat launch and will store their bags and assemble at the demarcation lines on the wall of the boat launch.
 - II. All athletes will enter the water while maintaining 2 meters of distance.
 - III. Upon completion of open water swimming, all athletes will pick up their bags and dry off at their individual assembly spots and vacate the area as it is safe to do so.
- Review Safety Plan
- Review Emergency Plan
- Confirm Swimmer readiness with one-on-one check-in

2. Safety Plan

- Swimmers observe and understand the course:

- i. Coach or Safety person explain how to sight, review and understand the course;
 - ii. interact with swimmers to ensure they clearly understand the course layout and swimming area
 - iii. demonstrate what is 'on-course' and what is 'off-course'
- Swimmers understand obstacles:
 - i. potential obstacles within course.
 - Swimmers learn and understand signals:
 - i. Learn and successfully demonstrate pre-determined "**HELP**" and "**OKAY**" hand signals.
 - Swimmers learn and demonstrate a Panic Plan:
 - i. Coach or Safety person explain an easy to remember panic plan for swimmers and have swimmers rehearse prior to water entry (e.g. stop, head back, tread water, deep breaths, lay on back, signal coach or safety person with appropriate pre-rehearsed signal).
 - ii. Swimmers successfully demonstrate and recite Panic Plan.
 - Water Support persons review safety plan with coach and swimmers.
 - Water Support persons are equipped with whistles.
 - Water Support persons, coach and safety person spread as lead, caboose and middle of swimmer pack.
 - Swimmers go out to Kilometre Marker only in reasonable weather. In challenging weather, swimmers remain in shallow area of Bay and swim parallel to shore. In dangerous weather, there is no swimming allowed.

3. Emergency Plan

- Should an emergency occur, the designated safety person will organize the action needed to be taken.
- The safety person will have a whistle, first aid kit and cell phone.
- They will call 9-1-1 if necessary and follow the instructions of the operator.
- All healthy swimmers, kayakers, and coach will return to shore and gather at the demarcation spots and await further instruction.

Appendix H:

Return to Sport Family Letter

Dear Bluebacks Parents, Coaches, and Athletes,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Bluebacks has been working with Swim BC 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;
- Modifications to activities are in place in order to reduce the risks to each of our athletes;
- 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 Bluebacks activities at this time, you must demonstrate a clear understanding of the rules. You and your athlete(s) must adhere to and follow these rules after all waivers are signed and returned to the Bluebacks Board:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home , Bluebacks 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/parent before practice must complete the pre-practice health check. If you do not update your health status before practice, you will not be able to participate. (You will be emailed this checklist);
- Parents are requested not to congregate when picking up or dropping off. Designated spots and times will be posted;

All Parents must stay outside the fence at our facilities and practice a safe drop procedure;

- No parents are permitted to watch practices;
- Only registered, insured swimmers with signed waivers will be invited to train at each designated time slot. There will be no changing times or pods once groups are assigned.

The Bluebacks 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 .

Sincerely,

Bluebacks Head Coach

Bluebacks Club President

Appendix I:

Acknowledgement and Assumption of Risk

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

WARNING: READ CAREFULLY!

THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS

BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING YOUR RIGHT TO SUE. YOU WILL AGREE TO ASSUME RESPONSIBILITY FOR CERTAIN RISKS AND AGREE TO FULLY INDEMNIFY B.C. SUMMER SWIMMING ASSOCIATION AGAINST LEGAL LIABILITY FOR INJURY, PROPERTY DAMAGE, ILLNESS AND DISEASE (INCLUDING COVID-19).

BY SIGNING THIS DOCUMENT YOU WILL ACKNOWLEDGE AND AGREE THAT TRANSMISSION OF COMMUNICABLE DISEASE (INCLUDING COVID-19) IS AN INHERENT RISK ASSOCIATED WITH YOUR CHILD'S PARTICIPATION IN SWIMMING ACTIVITIES.

I, the undersigned Parent/Guardian, understand that this Agreement is a binding legal agreement. Any clarification

or questions or concerns must be raised before signing.

I understand that this Agreement is made for the benefit of B.C. Summer Swimming Association (the “**Organization**”) and its directors, officers, agents, representatives, employees, volunteers, members, participants, spectators, independent contractors, subcontractors, sponsors, successors and assigns, and other districts, leagues, clubs or associations (collectively, the “**Releasees**”).

I understand that the Organization will not permit my minor child (the “**Participant**”) to participate in any swimming activities organized, offered, or sanctioned by the Organization (the “**Activities**”) unless and until this Agreement is signed by the Participant’s Parent/Guardian. In consideration of permitting the Participant to participate in the Activities, I acknowledge and agree to the following terms:

1. **ACKNOWLEDGMENT AND ASSUMPTION OF RISKS:** I understand that there are many risks associated with the minor Participant’s participation in the Activities (the “**Risks**”). **I UNDERSTAND THAT COVID-19 IS A SIGNIFICANT HEALTH RISK AND CARRIES A HIGH RISK OF TRANSMISSION THROUGH PHYSICAL OR SHARED CONTACT.** I acknowledge that the Risks include, but are not limited to, serious personal injury, death, property damage, illness and disease (e.g. communicable diseases including COVID-19 and influenza). I further acknowledge that I am in the best position to assess the impact that a communicable disease may have on the Participant or on others with whom the Participant may transmit such disease. Examples of the Risks include, but are not limited to personal injury, death, property damage, or illness resulting from:
 - **HEALTH:** food and beverages, drowning, overexertion, dehydration, fatigue, traumatic injury, infections, rashes, and transmission of communicable diseases (including COVID-19 and influenza), bacteria, parasites or other organisms or mutations thereof.
 - **CONDUCT:** the Participant’s conduct and conduct of other persons, including any physical altercation between persons.
 - **PREMISES:** defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions in pools or other bodies of water or on surfaces; extreme weather conditions; and travel to and from premises.
 - **EQUIPMENT:** mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within the Participant’s ability.

I FREELY ACCEPT AND FULLY ASSUME RESPONSIBILITY FOR THE RISKS.
The Participant is being registered and participating in the Activities voluntarily and willingly.

Signature of Parent/ Guardian

2. **WAIVER OF CLAIMS AND RELEASE OF LIABILITY:** I, the undersigned Parent/Guardian, hereby agree as follows:
 - I hereby waive any and all claims that I have or may have in the future against the Releasees in connection with the Participant’s participation in the Activities; and

3. **INDEMNITY:** I hereby agree to indemnify and hold harmless the Releasees from any and all damages, loss or

