

Cloverdale Tritons Summer Swim Club Return to Swim Plan

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1. INTRODUCTION

As we transition through this pandemic, we must create a new normal for our swim family. The Cloverdale Tritons executive have created enhanced health and safety protocols for our members and their families to follow when attending a training session at Greenaway pool. The executive is confident that our return to swim plan will meet and/or exceed Health official's expectations as well as those of our membership. We are pleased to be offering a swimming program this summer in a healthy and safe environment.

These policies and procedures are built from the resources from the following groups and the "5 principles"

- BCSSA
- Swim BC [Return to Swimming- Swim BC](#)
- Via Sport [Return to Sport](#)
- Worksafe BC [Return to Safe Operations](#)

The following five principles are from B.C.'s Restart Plan:

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

DISCLAIMER

- It is important to note that the Provincial Government has limited the liability risk to teams during the COVID-19 ([BC Liability protection announcement](#)). Safety for everyone is very important.
 - It is up to each and every person to reduce the spread of the Covid-19 infection.
 - It is the responsibility of each and every person to assess their risk and decide their own personal risk of participation.
- It is important for our membership to understand that this is a very fluid situation and we are currently in Phase 2 of the BC Restart Plan but things could change very quickly. The Tritons Executive will keep the communication open but ultimately it is your responsibility to stay informed on the progress of the Pandemic.

2. GENERAL INFORMATION FOR ALL TRITONS MEMBERS

Symptoms of Covid-19

- The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. 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
- People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe.

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to [spread mainly from person-to-person](#).
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.

- **Put distance between yourself and other people outside of your home**
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
 - Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a [cloth face cover](#) when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes

- **If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Monitor Your Health

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19.](#)
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet.](#)
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.

**Source CDC.GOV Website*

3. TRITONS SWIM CLUB PROTOCOLS

Coaches:

- All coaches will be screened daily to ensure they do not have Covid-19 symptoms.
- All coaches will be provided with training on Covid-19 safe practices and guidelines
- All coaches will be provided with appropriate PPE, masks and hand sanitizer.
- It will be the same coaches at the same lessons every day.
- Cloverdale Tritons will have an Employee sick and return to work policy
- Coaches will exhibit safe hygiene practices
- All coaches will be able to place their belongings into the Tritons equipment bin.

Contact tracing:

- Will be established through the signing in and signing out every lesson; It will include date & time, event, location/venue, and any staff/parents/volunteers present

Cleaning:

- Will be done by the facility - Tides Out. Please refer to Tides Out Safety plan for details.

Signage:

- A sign (sandwich board or poster) will be placed at the entrance stating: The Cloverdale Tritons and its employees will not be liable for the contraction of COVID-19.

Communication Plan:

- Our re-opening and general rules plan will be sent to all members and they will have to acknowledge reading them.
- Registration will be done online.
- Waivers will be signed well in advance of Registration.
- Email will be the primary method of communication
 - Please ensure that your email on Active is an email that you check on a regular basis
 - Please make sure that you verify your email and that you are receiving Tritons emails.

Screening Questions (asked by Coaches):

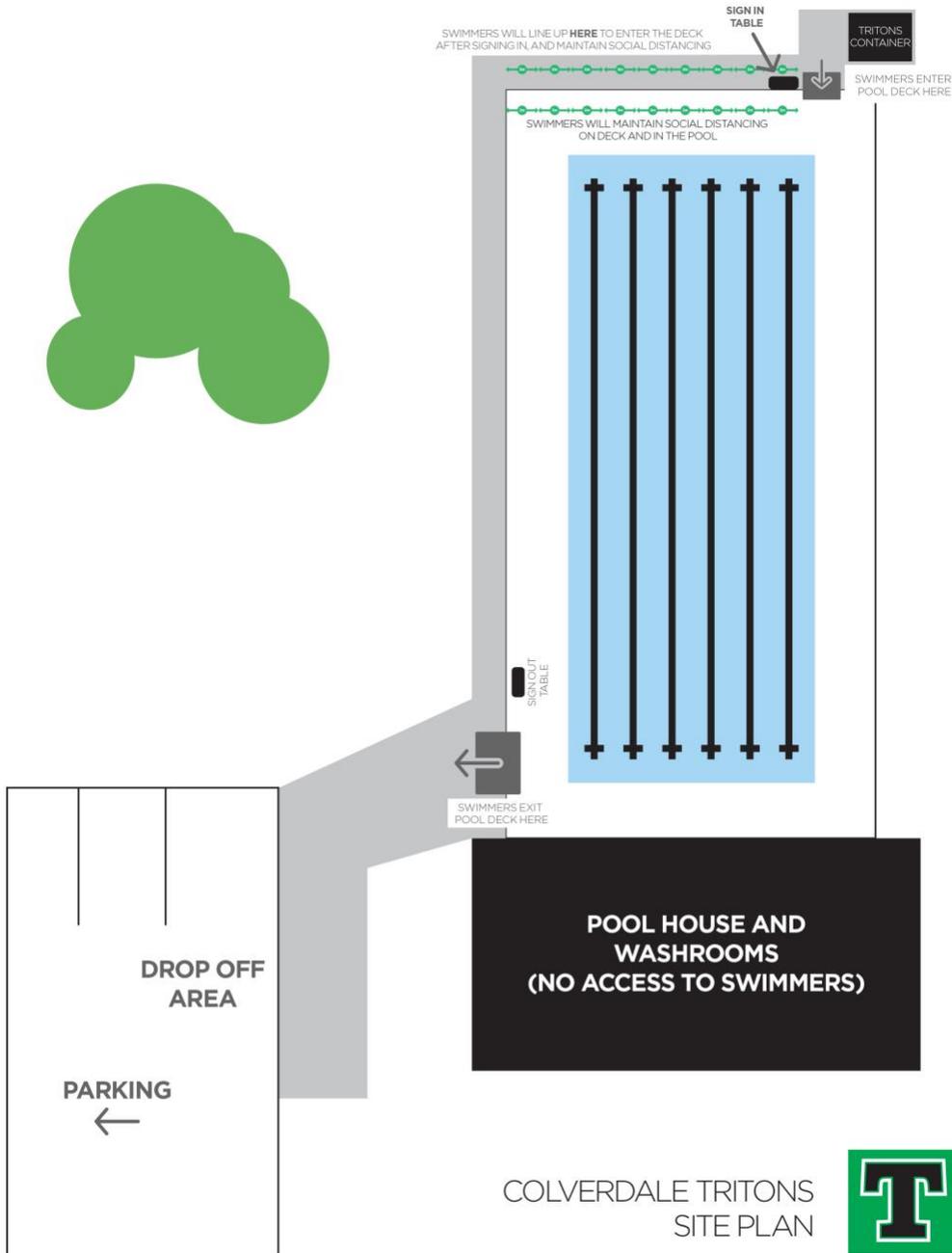
Does anyone in the group:

- Feel unwell 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.
- Have you been in contact with someone who is known to have Covid-19 in the past 14 days?

- Have you travelled outside the in the past 14 days?

4. SWIM CLUB RULES AND PROTOCOLS:

Swimmer Access:



Protocols for Swimmers

Swimmers will not be allowed to attend lessons if:

- If you feel any symptoms of COVID-19 in the last 10 day 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.
- Show any symptoms of or have a cold or flu. There will be zero tolerance for attending a practice when sick.
- Have been directed by Public Health to self-isolate.
- Have recently arrived from outside of Canada or have been in contact with a confirmed COVID-19 and have not isolated for 14 days.
- Have not signed the COVID-19 insurance waiver.

Prior to entering the pool deck swimmers must:

- Have had a parent signed COVID-19 Insurance Waiver received by the club.
- Participants must bring their own name-labelled, water-filled water bottle.
- Bring their own equipment. There will be no shared equipment.
- Wash their hands thoroughly before leaving home. Participants must bring their own hand sanitizer with them to the pool.
- There will be no access to changed rooms. Participants must arrive and leave in their swimming clothes. **No changing or showering on site.**
- There is no access to shared equipment.
- Participants will be reminded of their responsibility to adhere to the physical distancing guidelines.

Prior to the start of each swim session:

- Participants must complete the TRITONS COVID-19 SELF-ASSESSMENT before practice and will not be allowed to participate if not completed
- Participants must arrive no more than 10 minutes before their scheduled dryland and/or pool time
- Coaches will ask all participants health check questions at the start of each lesson.
- Physical distancing rules are always in affect.
- Participants must meet their coaches and enter the pool deck at the north east corner by the Tritons storage bin.
- Participants must wait until the swimmers from the previous session have left the pool deck.
- Participants must check-in at the table set up by the Tritons bin and answer the health check questions. Attendance records must be kept in order for contract tracing should an outbreak occur.
- Participants must clean their hands using hand sanitizer upon entering the pool deck.

- Participants must bring their own hand sanitizers.
- There will be no changing on deck. Participants must arrive and leave in their swimming clothes.
- If any swimmers show signs of illness during check-in, they will be asked to contact their parents immediately and self-isolate from the group until their parents can pick-up.

Equipment Required

Coaches will communicate equipment required by swimmers once practices start. It will include the following at minimum:

- Labelled Water bottle
- Goggles
- Flippers
- Pull Buoy
- Hand Sanitizer
- Kick Boards

During Lessons:

- Participants will put their back packs down spaced at 2 meters apart around the perimeter of the pool deck.
- There will be physical markers placed on the pool deck to guide participants to their group and to remind and maintain physical distancing.
- Participants must avoid close contact socializing.
- Participants must cover their mouths and nose when coughing or sneezing.
- Participants should avoid touching their face when possible.
- No sharing of equipment. There will be no access to the water fountain.
- Whenever possible participants must exercise physical distancing during swim practice.
- Availability of the washrooms will be determined by Tides Out. Availability or unavailability may change at any time. **Please use the washroom at home prior to practice.** Participants are encouraged not to use the washroom at the pool - only when absolutely necessary and **if** they are available to public use. If available, only 1 swimmer will be permitted to use the washroom at any given time. Cleaning protocols will follow the Tides Out Safety Plan.
- No food or drink allowed on pool deck (except water).
- If any participants show signs of illness during a practice session they will be self-isolated and asked to contact their parents immediately for pick-up.

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. (see attached sample layout of pool). Swimmers from the same household or family may swim together in one lane.
- Please refer to Appendix B for diagram
- 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.
- Treated pool water is an effective disinfectant and that risk while in contact with treated pool water is considered minimal.
- The number of swimmers in the pool has been determined by physical distancing guidelines, City policy and the regulatory guidelines.
- As we have a 32 meter 6 lane pool:
 - Tritons will operate 8 swimmers per double swimming lane.
 - Maximum swimmers per session not to exceed 24.
- We will be keeping the same group of swimmers in the same lane for each training session
- Swimmer lane assignment will be done by coaches and swimmers will be placed by ability.
- Swimmers are not allowed to pass each other during practice.

When leaving the pool deck:

- Participants must take all of their belongings with them.
- Participants must leave the pool deck immediately. **No changing or showering on site.**
- Participants should wash their hands with hand sanitizer.
- All Participants must exit through the south west corner of the pool deck by the men's change rooms/parking lot.
- All participants must be checked out by their coaches.
- All swim gear should be taken home and sanitized.

Protocols for Parent/Guardians

- Parents are to dropoff swimmers and NOT remain at the pool facility for the duration of the session
- If parent/guardians remain at the pool they are not allowed on the pool deck. They must sign in for the purposes of contact tracing.
- Parents must have their own PPE - masks and hand sanitizers.
- Parents are asked to drop off and pick up swimmers from the parking lot
- Keep the window of drop off and pick up to 10 minutes before and after workouts each day

- If parents and swimmers arrive early, please stay in the vehicle until the appropriate time
- Keep a minimum of 2 meters of anyone outside their household at all time
- There will be no in person meetings set until further notice
- Any required coach meetings will be conducted by telephone/email or zoom
- While we are taking every precaution to mitigate the risks of a COVID-19 outbreak, parents are big factor in monitoring, on a daily basis, the health of their swimmers. This will help keep the risk to a minimum.
- If we follow the “5 Principles”, the chance of a COVID-19 outbreak is low at this time, however if an outbreak should occur with any member of the Tritons team (Swimmers, Parents, Coaches) they are to follow the protocols for illness and/or a positive test (Appendix C)
- Before any in-person participation all Tritons Members will be required to sign the following documentation
 - *BCSSA Waiver* (Appendix A)
 - *SWIMMER PARTICIPATION AGREEMENT* (Appendix D)

Best Practices for Parents/Guardians:

1. Keep a minimum of 2 meters from anyone outside their household at all times
 - a. This includes coaches and facility staff members
 - b. Parents are not to assist other swimmers outside their household with equipment such as goggles, caps, suits, etc.
2. Do not greet others with handshakes, hugging, high fives, etc. that involve physical contact
3. Do not share food, drink or equipment with others
4. Avoid touching eyes, nose and mouth
5. Frequently wash hands with soap and water or if not accessible, use hand sanitizer
 - a. Hand sanitizer is part of the athlete’s necessary equipment
6. Cough or sneeze into sleeve
7. Follow the entry and exit policies for the Greenaway facility
8. Follow the directions of the Tritons coaches and Greenaway facility staff with regards to physical distancing
 - a. Failure to follow staff direction, facility procedures and Tritons procedures may result in the removal of their athlete from the group training environment
9. Parents are unable to watch workouts, both in and around facility, or remain in dryland and activation areas, in order to keep numbers down and mitigate risk
 - BC is in Phase 2 and gatherings of people are still restricted
 - This will allow Tritons to maximize the number of athletes participating

Protocols for Coaches:

1. 1. Keep a minimum of 2 meters from anyone outside your household at all times

- a. Coaches are to refrain from assisting other swimmers outside their household with equipment such as goggles, caps, suits, etc.
 - b. Coaches will not be performing physical manipulations/corrections on athletes
 - c. In a medical emergency, the coach will wear gloves and a mask.
 - d. Coaches will maintain appropriate distance from facility staff members throughout the entire duration of the time spent at the facility. This includes pool storage areas when accessing equipment.
2. Avoid greetings with handshakes, hugging, high fives, etc. that involve physical contact
 3. Avoid touching eyes, nose and mouth
 4. Frequently wash hands with soap and water or if not accessible, use hand sanitizer
 5. Cough or sneeze into sleeve
 6. Coaches must follow the entry and exit policies for the particular facility or location that they are training in
 7. Coaches must follow the directions of facility staff with regards to physical distancing procedures in place
 8. Coaches must complete the COVID-19 TRITONS SELF-ASSESSMENT on a day of a session, before they can participate
 9. Gloves and mask must be worn while attending any incident that involves a coach to be closer than 2 meters
 10. The **TRITONS ILLNESS AND POSITIVE TEST PROTOCOLS** applies to coaches as well

Coaches have the option of using PPE while coaching, however are required to use if:

- Their own safety is at risk
- Have to break physical distance of 2 meters
- Attending a first aid incident

Screening and Monitoring Attendance:

- Coaches are to ensure that all swimmers attending a workout have completed the COVID-19 TRITONS SELF-ASSESSMENT before participating in a workout, and verbal screening questions.
- Any unusual responses by either a coach or swimmer must be reported to the Head Coach immediately.
- Coaches are responsible ensuring swimmers check -in and check-out on the signup sheet for recording attendance.

APPENDIX A: BCSSA WAIVERS

Refer to BCSSA "[Return to Swimming & Aquatic Sports](#)" workbook for – Appendix B:

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

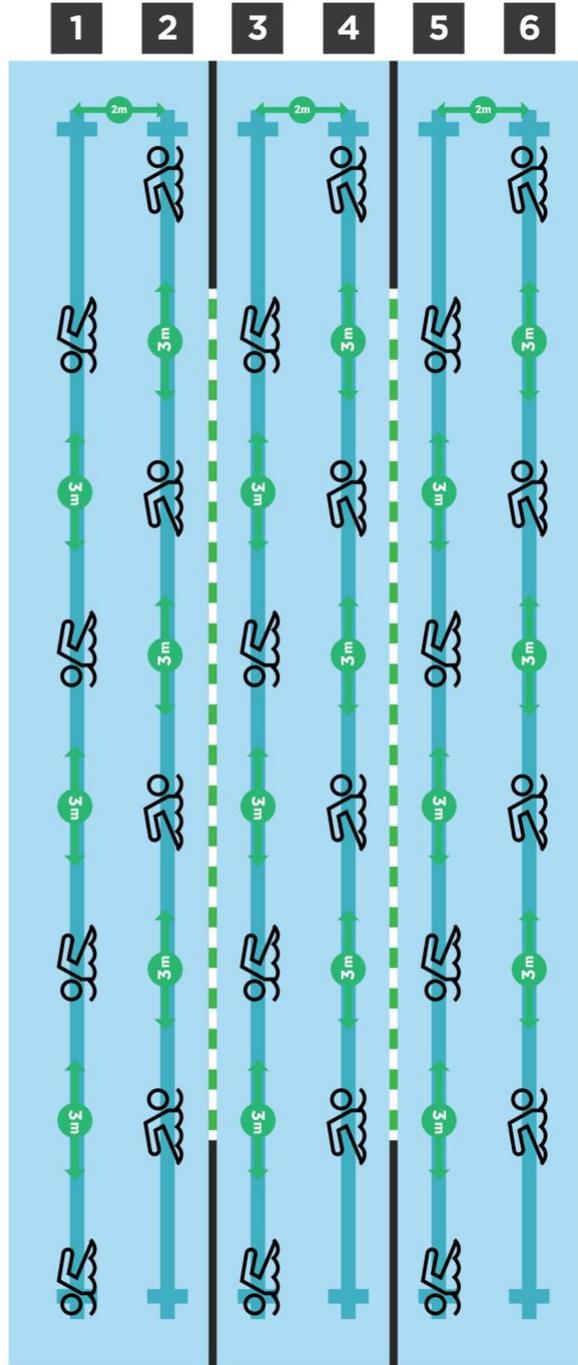
[Indemnity Agreement \(Adults\)](#)

APPENDIX B: SAMPLE SWIM PRACTICE LAYOUT



CLOVERDALE TRITONS
 SWIM PLAN

6 LANE 33M POOL



APPENDIX C: ILLNESS POLICY

Illness Policy (Adapted from Allied Golf Association of BC)

In this policy, "Team member" includes a swimmer, coach, or parent/family member.

1. Communicate symptoms

- **Before, during or after practice**, 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 - **Inform Head Coach AND email info@cloverdaletritons.ca immediately.**

2. Daily Assessment

- Coaches and Swimmers - **complete the Tritons online assessment form online every day before practice.** If you are unsure please use the BC self-assessment tools
 - <https://bc.thrive.health/covid19/en> or
 - the COVID-19 BC Support App self-assessment tool.
- Coaches will verbally screen swimmers at the pool before every practice. Team members must review the self-assessment signage located at Greenaway each morning before their shift/practice to attest that they are not feeling any of the COVID 19 symptoms.
- Coaches will visually monitor swimmers 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 practice.

3. If a Team Member feels sick with COVID-19 symptoms

- **Stay home and contact Health Link BC at 8-1-1.**
- **If you feel sick and /or are showing symptoms while at work/practice, you will be sent home immediately and instructed to 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:

- The Team Member will not be permitted to return to the practice until they are free of the COVID-19 virus, confirmed with a negative result of a COVID-10 test.
- Any Team Members who work/practice closely with the infected Team Member will also be removed from the work/practice for at least 14 days to ensure the infection does not spread further.
- Tritons will immediately inform staff for Tides Out to initiate their safety and disinfecting protocol.

6. If a Team Member has been tested and is waiting for the results of a COVID-19 Test:

- As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
- 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.

- Other Team Members who may have been exposed will be informed and removed from work/practice for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - Tritons will immediately inform staff for Tides Out to initiate their safety and disinfecting protocol.
- 7. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:**
- The Team Members must advise their coach and email info@cloverdaletritons.ca if they reasonably believe they have been exposed to COVID-19.
 - Once the contact is confirmed, the Team Member will be removed from work/practice 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.
 - Tritons will immediately inform staff for Tides Out to initiate their safety and disinfecting protocol.
- 8. Quarantine or Self-Isolate if:**
- 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.
 - 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.
 - 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.
 - 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 D: PARTICIPANT AGREEMENT

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants of The Cloverdale Tritons agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- 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, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m 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.

Date:

Signature: