



# **COVID-19 Return to Swimming Safety Plan**

## **Phase 3**

**Updated: September 2020**

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

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### 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

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### 1.1 Winskill Aquatic Centre

- 1.1.1 Total pool density capacity at any one time would be 27 swimmers in lanes. There will be no more than 5 swimmers per lane, noting that the total number of swimmers in lanes cannot exceed 27 swimmers. This permits for 3 coaches and 2 lifeguards.
- 1.1.2 Winskill Aquatic Centre 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 a maximum of 8 swimmers per lane, within a sub-cohort.
- 1.1.4 Only one direction will be allowed to walk on the deck maintaining 2 meters in front and behind of any swimmers or coaches. Entry into pool will be orderly and respect physical distancing guidelines.
- 1.1.5 All swimmer and coach equipment bags and towel storage area will be marked on the deck in 2 meter intervals. Swimmers **MUST** take all personal swim equipment home at the end of each practice and cannot store the bags at the aquatic centre.
- 1.1.6 Health of coaches and swimmers will follow strict monitoring and enforcement guidelines as seen in:
  - Bluebacks Participation Agreement (See **Appendix D**)
  - Bluebacks Illness Policy (See **Appendix E**)
- 1.1.7 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.
- 1.1.8 All parents are encouraged to stay outside of facility and practice safe drop off and pick up procedures at designated safe drop off zones.
- 1.1.9 All personal equipment for participants and coaches cannot be shared and are for individual use only. All participants and coaches will be advised to bring their own personal non-shared water bottle and avoid water fountains.
- 1.1.10 Only coaches will touch flags and lane lines or any club equipment.
- 1.1.11 Training sub-cohorts will remain consistent in order to limit exposure.

1.1.12 Participants must arrive in training suits (and other layers as necessary) and not use the change room before practice.

1.1.13 Participants must leave immediately after practice and shower and change at home.

1.1.14 Throughout COVID-19 Phase 3, Bluebacks activities to be held only in the Municipality of Delta.

## **Section 2 : Participant Support**

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## 2.1. Athlete health protocols

**The 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.

- 2.1.1 Bluebacks Illness Policy - See **Appendix D**.
- 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:
  - Following the BC CDC Guideline for Self-isolation
  - Use the BC COVID-19 Self-assessment tool (<http://bc.thrive.health/covid19/en>) to determine if further assessment or testing is needed.
- 2.1.4 In the event any swimmer or coach has had to leave a practice due to COVID-related symptoms or exposure, the facility administration will be notified.
- 2.1.5 The following Self-assessment and Pre-training Oral Questionnaire is to be answered prior to each practice by all participants (athletes and coaches).
  - a. Do you have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and/ or painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite?
  - b. Have you been in contact with someone diagnosed with COVID-19?
  - c. Have you been outside of Canada in the last 14 days?

**If any participant answers 'yes' to any of the above questions, they must depart the training session immediately and refer to the Bluebacks Illness Policy.**
- 2.1.6 Personal Hygiene/ Sanitizer stations are available in the facility. See **Appendix A**.

## 2.2. Communication

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

### 2.3. Participant Group Considerations

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

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

### 3.1. Winskill Aquatic Centre Pool Procedures

- 3.1.1. Members will arrive no earlier than 20 minutes prior to the start of the practice.
- 3.1.2. All non-swimmers will remain off of the pool deck at all times.
- 3.1.3. All swimmers will be dropped off in the parking lot outside the Winskill Aquatic Centre.
- 3.1.4. All swimmers will stand behind the diving boards, prior to the start of their session, with 2 meters of distance between them.
- 3.1.5. All swimmers will enter the pool deck while maintaining safe distance and/ or participate in activation as led by the coach while maintaining safe distance.
- 3.1.6. All swimmers will exit the pool deck immediately after practice using the main entrance. Swimmers will not have access to the change room for showers or changing and will only be used for urgent toilet needs.

### 3.2. Dryland Procedures

- 3.2.1. Dryland training will be held on deck behind the dive tank or, weather permitting, on the Winskill athletic field adjacent to the Aquatic Centre.
- 3.2.2. All dryland training will be led by coaches ensuring safe distances are maintained at all times.
- 3.2.3. All necessary equipment, if required, will be brought by the individual member and used only by that member. There will be no shared equipment.
- 3.2.4. If members are to be picked up following dryland training, they will wait for their ride outside the facility and will maintain 2 metre space while leaving.

## Section 4 : Emergency Response Strategy

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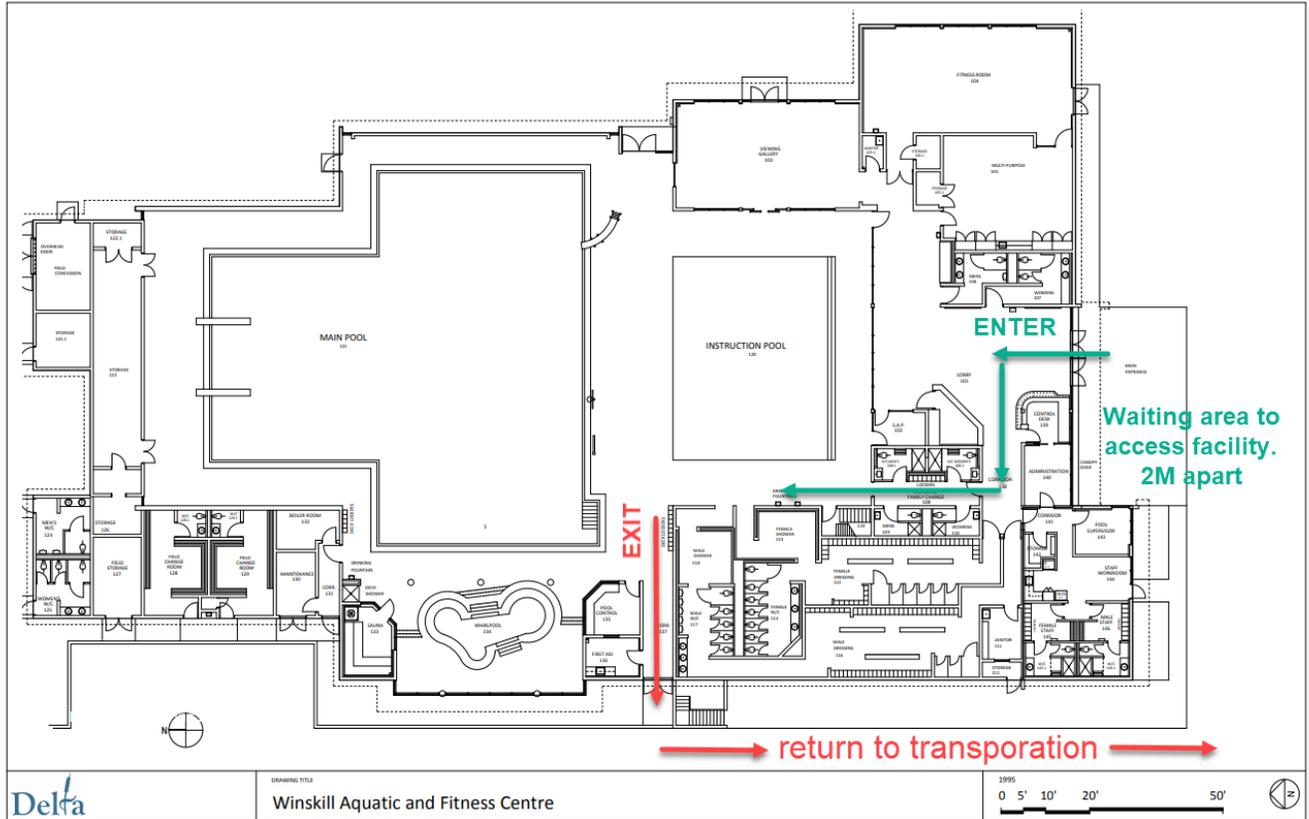
#### 4.1. First Aid

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

#### 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](mailto:pansell@delta.ca)) and Michelle Towstyka 604.952.3052 ([mtowstyka@delta.ca](mailto: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. All affected parties will be notified as quickly as possible via phone and/ or email.
- 4.2.5. All Coaches will carry personal cell phone at all times.

### Appendix A: Winkill Aquatic Centre Facility Flowchart *(as supplied by City of Delta)*



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

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### 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, Linda Marshall ([lindarosemarshall72@gmail.com](mailto:lindarosemarshall72@gmail.com); 604.505.9179) 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:

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Bluebacks Coach (printed name)

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Bluebacks Coach (signature)

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Date (mm/dd/yy)

## Appendix D: Boundary Bay Bluebacks Swim Club Participation Agreement

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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 physical distancing protocols of staying at least 2 metres away from others.
- I agree to not share any equipment during practice times.
- I agree to review the Boundary Bay Bluebacks Return to Swim Plan: Phase 3, and abide by all of my club's 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.

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Athlete Name (printed)

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Athlete Signature

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Date (mm/dd/yy)

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Parent/ Guardian Name (printed)

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Parent/ Guardian Signature

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Date (mm/dd/yy)

## Appendix E: Boundary Bay Bluebacks Swim Club Illness Policy

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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.
4. **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 H: Return to Sport Family Letter

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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,

Mike Robertson, Bluebacks Head Coach

Mark Marshall, Bluebacks Club President

Michelle Dodds, Bluebacks Club Vice-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:

- a. **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

b. **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
- hereby release and forever discharge the Releasees from any and all liability for all loss, damage, expense, injury, death, property damage, illness or disease (e.g. communicable

c. **INDEMNITY:** I hereby agree to indemnify and hold harmless the Releasees from any and all damages, loss or expense (including legal costs) of any kind resulting from any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the Releasees arising out of or connected with the Participant's preparation for or participation in, or both, or travel to or from any of the activities, events and programs of the Releasees.

diseases including COVID- 19 and influenza) that the Participant, I, my executors or administrators, or any other third party may suffer as a result of the Participant’s participation in the Activities due to any cause whatsoever, whether arising from the NEGLIGENCE of the Releasees, breach of any statutory or other duty (including but not limited to the *Occupiers Liability Act*, R.S.B.C. 1996, c. 303), breach of contract, mistake or error of judgment of the Releasees, or otherwise.

- d. **REPRESENTATIONS:** I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of the Activities other than what is set forth in this Agreement.
- e. **JURISDICTION:** I agree that this Agreement and all terms contained within are governed by the laws of the Province of British Columbia. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of British Columbia. Any litigation in any way relating to the Activities or to the matters addressed in this Agreement must be instituted in the Province of British Columbia.
- f. **SEVERABILITY:** If any provision (or part of any provision) in this Agreement is unenforceable, such provision (or part of such provision) shall be severed and shall be inoperative, and the remainder of this Agreement shall remain in full force and effect.

I CONFIRM THAT I HAVE HAD SUFFICIENT TIME TO READ THIS AGREEMENT IN ITS ENTIRETY, INCLUDING ALL OF ITS TERMS, THAT I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING IT AND HAVE AGREED TO THE TERMS FREELY AND VOLUNTARILY. I UNDERSTAND THAT THIS AGREEMENT IS BINDING ON ME, MY EXECUTORS AND ADMINISTRATORS.

\_\_\_\_\_  
Name of Participants (Please print)

\_\_\_\_\_  
Date of Birth (mm/dd/yy)

\_\_\_\_\_  
Name of Parent/ Guardian (Please print)

\_\_\_\_\_  
Signature of Parent/ Guardian

\_\_\_\_\_  
Date (mm/dd/yy)