

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