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#### Resources:

City of Trail Parks & Recreation: [Covid-19 Safety Plan – Trail Aquatic & Leisure Centre](#)

Lifesaving Society of BC & Yukon, Guidelines for Reopening BC’s Pools & Waterfronts BC

Recreation and Parks Association, Guideline for Restarting Operations Government of BC, [Restart BC Plan](#)

Government of BC, [Covid-19 Go-Forward Management Strategy](#)

Government of BC, [Covid-19 Go-Forward Management Checklist](#)

Swimming Canada, [Covid-19 Resource Hub](#) (includes Return to Swimming document)

Swimming Canada: Covid-19 Return to Swimming Resource Document

Aquatics Canada, [Return to Aquatics Training, Principles for a Safe Return to Sport Framework](#)

BCSSA: Return to Swimming & Aquatic Sports: Guideline Workbook for Clubs

WorkSafe BC, [Covid-19 Information and Resources for Employees and Employers](#)

ViaSport, [Return to Sport Guidelines for B.C.](#)



## Overview

Swimming is the second most popular sport/activity (after bicycling) amongst kids age 5-12. More than 1.1 million Canadian kids are part of a swimming program - swimming offers valuable life skills such as discipline, confidence building, active living, and peer camaraderie. Stingrays are affiliated with the provincial BC Summer Swim Association, which has more than 60 clubs across BC, with over 5,000 athletes annually.

The purpose of the document is to consider COVID-19 protocols that may be needed to be implemented in order to ensure our participants, coaches, and volunteers can practice in a safe environment. This document is in alignment with the facility guidelines and provincial guidelines as referenced within.

## Provincial Phased Reopening

On May 6th, 2020, the government announced a phased re-opening of the Province, including re-opening sport. However, there are restrictions and limitations. The government has published its plan, and its requirements:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>

## Operations & Administration

### **Liability Insurance**

BCSSA renewed liability insurance on April 1, 2020. As such, this insurance excludes COVID-19 contagion specifically. There is no liability coverage. However, the British Columbia Government made a Ministerial Order 183 on June 10, 2020, protecting sport organizations from liability provided the sport organization reasonably follows all emergency and public health guidance and was not grossly negligent.

This means that must plan carefully and conduct an ongoing assessment to mitigate risk while following all provincial guidelines in relation to COVID-19. The plan must be rigorously followed and all staff, volunteers, and participants must be made aware of and follow the plan.



### Participant Waiver and Indemnity Agreement

The BCSSA has, with the assistance of legal representation, developed a waiver for adults and indemnity agreement parents sign on behalf of minors which specifically acknowledges that COVID-19 transmission is a risk. Parents of children under the age of 18 must sign waivers.

The participant agreements we are providing you are not intended to apply to independent contractor or employee relationships.

If necessary, you should develop new practices that ensure participants and/or their guardian indicate their agreement to a waiver before they agree, pay or otherwise contract to participate in sport activities sanctioned by or offered by your organization.

The Trail Stingrays Club will provide the waiver as a required acceptance document during the online registration process. Then, prior to participating, swimmers and parents will be required to read and sign a hard copy waiver and indemnity agreement.

The Trail Stingrays club will implement the following practices:

- The agreement will be included as part of the online registration process.
- The agreement will later be printed double sided (so that it is one single piece of paper).

Note: the above ensures that the agreement should be presented before, or at least at the same time as, the agreement to participate in the activity and allows sufficient time for the participant to carefully review and have the ability to ask questions.

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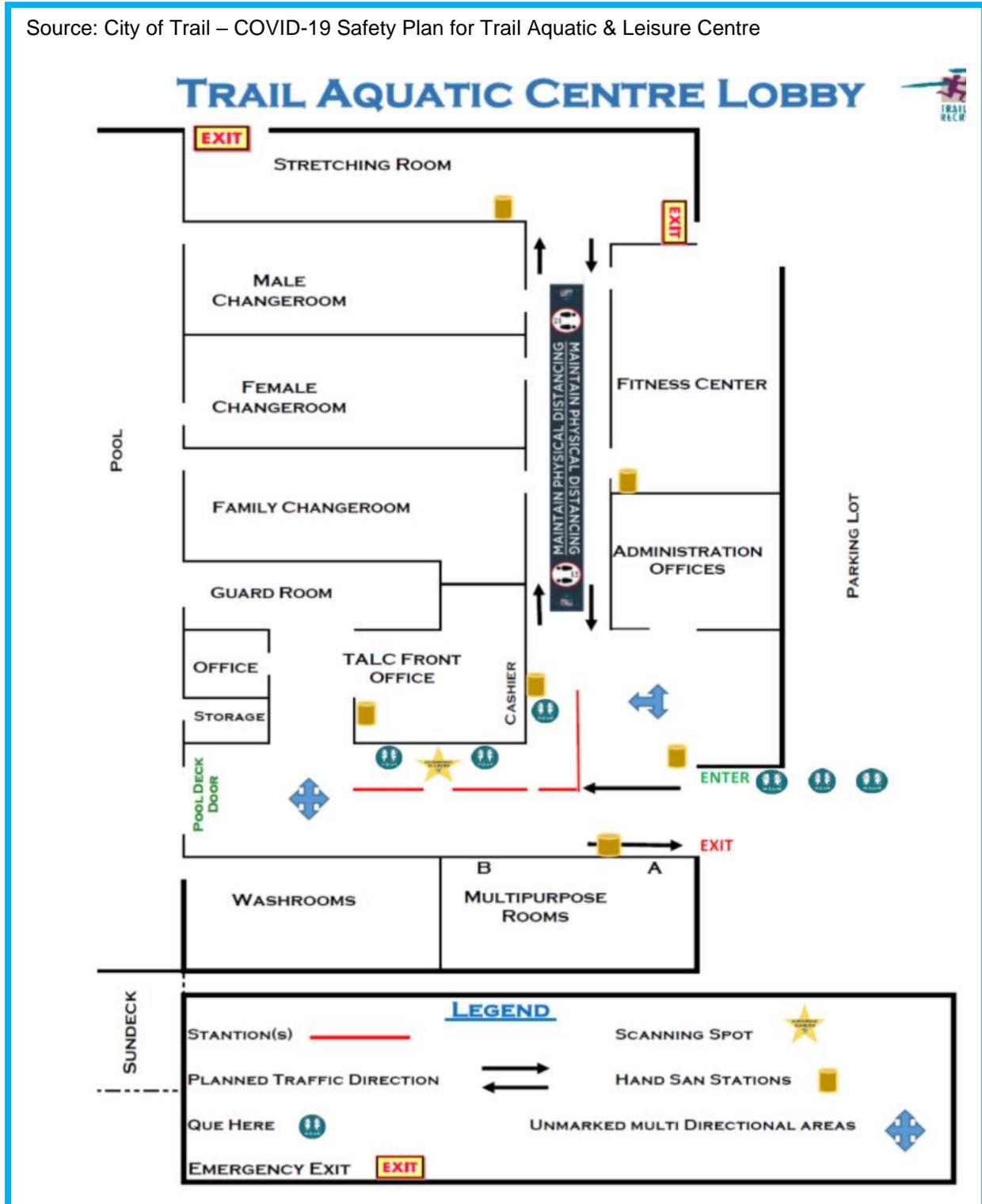
- **Stay at home** if symptomatic: Fever, Cough, Runny Nose, Sore Throat
- **Good Personal Hygiene including:**
  - Regular hand washing, before and after practice
  - Avoiding touching your face
  - Covering coughs and sneezes
- If you are at **increased risk** (over the age of 60 or with underlying medical conditions), be informed, consider your risk tolerance and take extra precautions.
- **Limits to numbers:** currently no more than 50.
  - Gathering restrictions apply to each separate space e.g. an outdoor area that can be managed separately with suitable physical distancing between spaces.
  - Avoid interacting at communal points such as entries and parking lots.
  - In **personal** settings, when with friends and family who don't live with you: Only gather in small groups of around 2 to 6 people and **keep a physical distance**
- **Physical Distancing:** 2 meters
- **Enhanced Cleaning including:**
  - Clean “high-touch” areas frequently and provide hand sanitizer at entrances
  - Disinfect frequently touched surfaces and shared equipment
    - For recreation activities where equipment is unable to be sanitised, for example ropes, a withholding period could be considered to allow any virus particles on these surfaces to die (e.g. 120 hours between uses).
- **Provisions for Contact Tracing** must be in place: Contact tracing register for all participants and spectators must be in place and able to be accessed quickly
- **Enhanced Controls:**
  - Engineering controls – physical barriers or increased ventilation
  - Administrative controls – clear rules and guidelines
  - Personal protective equipment – use of non-medical masks
  - Implement strategies that reduce the number and intensity of contacts – from greater use of non-medical masks to more checkouts and increased shopping hours

**Additional measures specific to various organizational settings are being developed. More will be created as various sectors are engaged and industry or sector wide norms are adopted and required.**

*\* Source: Archery BC Return to Play, May 12, 2020 (edited)*



Source: City of Trail – COVID-19 Safety Plan for Trail Aquatic & Leisure Centre





## Practice Planning

### Coaches

As employers of coaches, clubs are responsible to understand the health & safety legislation that governs all activities within the workplace including the employees right to refuse work if they believe their workplace and duties may cause them harm. (For more information consult WorkSafe BC website.)

The Trail Stingrays Board representative will review the Return to Sport Risk Management Plan with all coaches, employees, volunteers, and board members to ensure appropriate knowledge and awareness of the procedures and guidelines within, including the guidelines of the local facility: Trail Aquatic & Leisure Center.

**Employers have a responsibility to provide appropriate education and training to employees.**

### **The Trail Stingrays will:**

- Require coaches to report daily if they are experiencing any common COVID-19 symptoms and in such case are obligated to call in sick.
- Provide orientation to coaching staff on Covid-19 safe practices and guidelines.
- Establish employee safe hygiene practices.
- Provide employees with appropriate Personal Protective Equipment, depending on their role and responsibilities (i.e. face mask and access to hand sanitizer).
- Establish location for employee personal belongings that follow safe distancing rules.

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### Swimmer Access

Swimmers will need to have access to the pools in a manner that maintains proper physical distancing and reduces the risk of contagion as much as possible. These guidelines align with the facility plan. Communication of these plans to the club members will be completed in writing and verbally prior to the first practice.

### **The Trail Stingrays Club is committed to following procedures including:**

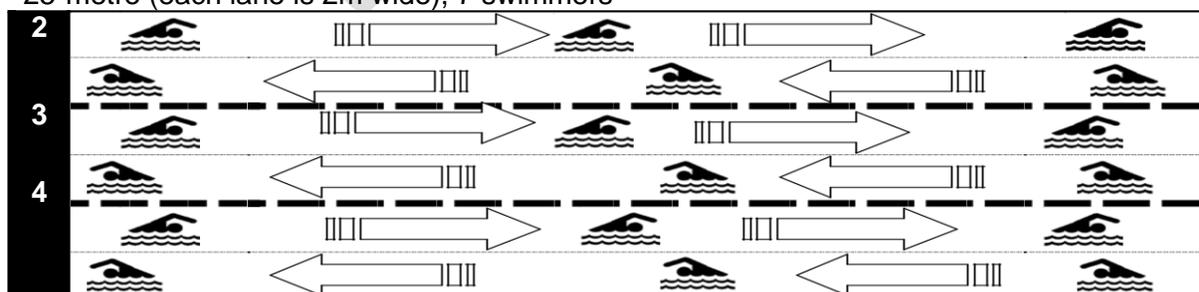
1. Before your swimmer comes to swim practice please ensure they are not sick. If they are sick, please keep them at home for that practice(s).
2. Swimmers are asked to **arrive no earlier than 10 minutes before** their allotted swim time. Seniors will start at **4 pm** and Juniors will start at **5:10 pm**.
3. Swimmers are asked to come ready to swim with their swimsuits on.
4. Swimmers will not be sharing personal equipment such as towels, goggles & water bottles.
5. Shared equipment will be used by only one swimmer per practice; this includes flutter boards, pull boys, and flippers.
6. Swimmers will be met outside by our Coach, Ian Markus, or one of our Junior Coaches at the front doors and brought into the pool, 3 at a time. They will need to show the front desk your swim card, which they will receive the first day from the coach.
7. Swimmers will enter the pool deck from the viewing area doors, proceed to the change room to store bags, and quickly shower. There can be no more than 6 people in the change room at one time.
8. The coach will take attendance.
9. Swimmers will be placed into lanes based on their swimming ability and the Coach (Ian Markus) will create practices with social distancing in mind.
10. At the end of practice Swimmers can use the change rooms to quickly change, no more than 6 in a change room and there is a 10-minute limit in the change room.
11. Swimmers will exit through the change room and you can meet them out front of the building.
12. We are asking parents to either drop off their swimmers or sign up for a slot and swim laps while your swimmer is in the pool.
13. Each practice the Pool will receive who has attended and a contact phone number for COVID purposes.



### Practice Layout

- Swimmers will pay attention to signage posted by Trail Aquatic & Leisure Center (TALC).
- Signs will be placed at the entrance notifying them that they must not enter if they suspect Covid-19 or if they have any Covid-19 symptoms.
- Markers will be placed on the deck to guide participants and maintain distancing.
- Swimmers are not permitted to attend practice if they have Covid-19 symptoms.
- Parents/guardians should drop off swimmers and not remain on the pool deck for the duration of the session (or within fence enclosed viewing area, as may be applicable).
- Any use of the bathroom facility will be as per facility guidelines.
- Access to water is by use of the bottle fill stations, as per facility guidelines.
- Change room access will be limited to 6 people, as per facility guidelines.
- To maintain physical distancing of 2 meters, the pool will be divided into “super lanes” (double lane) with swimming up one lane and back on the other, always maintaining at least 2 meters when following other swimmers.
- The pool facility allows 7 swimmers per double lane.
- There will be no congregating at the ends of the pool. Swimmers must exit the pool for resting if 2-meter spacing is not achievable or as directed by coach(es).
- Coaches will signal to end a set so the swimmers can stop where they are and maintain appropriate physical/social distancing.
- Swimmers of the same household/family are encouraged to also maintain 2 meters such that coaches may easily manage the group, as a whole (i.e. at-a-glance).
- 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.
- Participants may not share items such as water bottles, towels, or goggles.
- Dry land training will be in an area away from the pool, or otherwise in large open outdoor spaces in greater Trail area where distances of 2 meters can be maintained.
- Club equipment will be stored in the team bins or locker when not in use and will be disinfected with pool water or according to the facility guidelines before being put away.
- Any practice equipment (pull buoys and kick boards) will not be shared during practice.
- [Responsible Coaching Movement](#), “Rule of 2” will be adhered to at all club activities.

25-metre (each lane is 2m wide), 7 swimmers



*Note: minimum 2-metre distancing is maintained both in and out of the pool.*



### Program Planning

#### Participant Factors

The age and ability level of participants will affect their ability to comply with the rules and procedures. As such, all participants will be required to be capable of swimming 25 metres without stopping. The club may consider younger swimmers not able to meet this standard if there is sufficient room/capacity to permit parents to provide hands-on assistance.

- Swimmers will be ages 7 and up
- Must be able to swim unassisted
- Two sessions of swimmers with 14 each (based on pool rental of 2 double-lanes, 7 per)
- Groups divided on ability and lanes divided on speed to facilitate 2-meter distancing
- A parent volunteer will be designated if required to take attendance and be on deck during the season and to assist with enforcement of physical distancing and procedures

#### Scheduling

The Trail Stingrays will schedule practices with 10 minutes between the end of one session and the start of the next session to allow the first group to depart before the second session begins, which also allows time for the coaches, volunteers, and the facility to manage procedures. Parents will be reminded of this to ensure they are timely in drop-offs and pick-ups.

#### Fall/Winter Session Schedule

| Group   | Time               | # Lanes                       | Capacity        |
|---------|--------------------|-------------------------------|-----------------|
| Seniors | 4pm to 5pm Mon/Wed | 2 (double-wide configuration) | 14 (7 per lane) |
| Juniors | 5:10pm to 6pm      | 2 (double-wide configuration) | 14 (7 per lane) |

#### Contact Tracing

Attendance records must be kept, allowing for Contact Tracing should an outbreak occur, and submitted to the pool for their reference as soon as practicable.

- Attendance will be taken each practice, including names and email of participants, and include practice location, date, and time of start/end of practice.
- Coaches/parents/volunteers that are present will be included with attendance records.

Attendance will be taken by the coach or delegate either on a shared google doc, 'Active Attendance', or paper copy before each group session.



### Cleaning

Prevention of Covid-19 transmission requires additional precautions and cleaning, which will need to include general cleaning of common areas but also additional cleaning of high touch areas and club equipment. Responsibility or cleaning areas after will be as follows:

| ZONE      | High Touch Area                   | How                  | Who      | When                  |
|-----------|-----------------------------------|----------------------|----------|-----------------------|
| All       | Floors                            | Sweep/Hose           | Facility | Twice per day minimum |
| All       | Flat surfaces                     | Sanitized wipe       | Facility | Twice per day minimum |
| All       | Doorknobs including fence gate    | Sanitized wipe       | Facility | Twice per day minimum |
| All       | Club owned commonly touched areas | Sanitized wipe       | Club     | Twice per day minimum |
| Bathrooms | Counters, handles, sinks          | Disinfecting cleaner | Facility | Twice per day minimum |
| Bathrooms | Floors                            | Disinfecting cleaner | Facility | Twice per day minimum |
| Bathrooms | Toilets                           | Disinfecting cleaner | Facility | Twice per day minimum |
|           |                                   |                      |          |                       |

### Signage

The pool facility will be responsible for standard COVID-19 warnings posted at the entrance to the pool to ensure that any people experienced COVID-19 symptoms do not enter the facility.

### Personal Protective Equipment (PPE)

The Trail Stingrays will provide coaching staff and volunteers with PPE: including a mask, hand sanitizer, and gloves in the event they are needed. Hand sanitizer and disinfectant wipes will be provided for team use prior to, during, and after practice.

Participants may wear their own supplied PPE before, after, and during practice as they deem necessary.

- PPE is not mandatory in the Pool Area unless social distancing can not occur.
- The coach will be provided PPE, including a mask, and may wear the mask at their discretion, and must wear it in such instances that social/physical distancing is not achievable.
- Proper use of the mask will be demonstrated during orientation of each coach.



## Shared Club Equipment

The Stingrays Clubs have equipment for use during practices. Short-term loan (day-use) of this equipment should be minimized, and only for items that can be easily sanitized. In all cases, longer-term (months) loan is preferred. Porous items and items that cannot be easily sanitized should not be loaned.

| ITEM                                    | PERIOD                            | Sanitation Plan                           | Who   | When                       |
|---|-----------------------------------|---|---|----------------------------|
| Whiteboard Marker & Eraser              | Practice (used by coaches only)   | Disinfecting Wipes                        | Coach   | Before/After each practice |
| Attendance Clipboard                    | Practice (used by coaches only)   | Disinfecting Wipes                        | Coach   | Before/After each practice |
| Stop Watches                            | Not Shared (used by coaches only) | Disinfecting Wipes                        | Coach   | Before/After each practice |
| Kick Boards                             | Practice                          | Pool immersion or as required by facility | Each swimmer for immersion or by facility if other. | Before/After each practice |
| Pull Buoys                              | Practice                          | Pool immersion or as required by facility | Each swimmer for immersion or by facility if other. | Before/After each practice |
| Flippers/Paddles (club owned equipment) | Practice                          | Pool immersion or as required by facility | Each swimmer for immersion or by facility if other. | Before/After each practice |
|   |                                   |   |   |                            |

## Communication

Effective communication of this plan to swimmers, parents, and coaches will be necessary:

- The Trail Stingrays will provide a digital copy of the plan to parents, swimmer, coach.
- Regular updates on aspects of the plan will be provided by direct email to swim families as required.
- Coaches will be required to be familiar with the plan and communicate aspects of the plan as needed with swimmers and parents.
- If issues arise, the Coach will direct swimmers or parents to contact a board member or facility staff as may be appropriate for the situation.
- The facility will be provided a copy of this plan to ensure appropriate collaboration for success is achieved.



### Coaches

The Trail Stingrays board members or delegate will go through the return to swimming plan with the coaches prior to starting the Fall/ Winter program; asking for clarification and input on the running of the practices. This will be done through an in-person meeting.

Key points of discussion:

- Attendance & health screening requirements for each practice.
- Use of PPE
- What to do in case of a suspected COVID case on arriving at the pool or during practice
- Cleaning of personal and club equipment
- How to structure warmup and practice to maintain social distancing
- Movement on the pool deck during practice and in the lanes, and facility guidelines.
- How to communicate with the Stingrays Executive Board when problems arise.
- Coaches will self monitor their symptoms: if they are sick they will call a designated executive board member and they will stay at home.

### Parents

The Trail Stingrays board members or delegate will proactively communicate use various methods as follows:

- Website and Social Media – return to swimming plan posted.
- Emails – initial information and waiver sent out to returning parents before registration.
- Registration – documents to read and sign before their swimmer can enter the pool.
- Text messages – reminders to direct parents to the information on the website or to check their emails. Emails to use read receipts or read tracing for key information.
- Orientation Meeting before swimming starts – go over the expectations and rules during a practice. Note: This could be done on Zoom.

To provide key information:

- Health Screenings guidance and responsibility
- Attendance of swimmers and spectators
- Waivers signed for all swimmers and parents who may be on deck during the season
- Entering and Exiting the pool facility and general guidance for social distancing
- Coming to Practice ready to swim with swimsuits on
- Change room expectations
- Storage and use of club Swim Gear
- What the plan is if a Swimmer gets the virus and communication procedure



### Registration

Registration is available through the club website and linked online to the Active platform. Waivers will be sent out first for parents to look at before registration and posted on Website. Registration will be initially open only to returning swimmers ages 7 and up who can swim at least 50 meters independently. If space permits, we will open registration to new swimmers, ages 7 and up, who can swim independently. The waiver must be read and signed by the parents.

### Operations

#### COVID Screening

All Staff, including coaches, will be asked screening questions before interacting with each other or the participants. Prior to any athlete participating, the group (including spectators) will be canvassed to ensure no one is symptomatic or at high risk. Should an athlete 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 facemask until they can return home.

The screening questions are:

Does anyone in the group:

1. Do you have any Covid-19 symptoms including fever, cough, runny nose, or sore throat?
2. Have you been in contact with someone who have COVID-19 in the last 14 days?
3. Have you travelled outside of the country in the past 14 days?

These questions may also be included in any waiver or sign in process, but needs to include spectators, as well as athletes. COVID precautions require changes to physical distancing, movement of swimmers, use of change rooms, use of shared equipment and areas/zone.

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### **Orientation Meeting**

All Swimmers must attend a meeting discussing the new procedures. This will need to be done before they are allowed in the pool. This should be led by the coaches to review applicable procedure as included above.

Coaches will reinforce procedures at Practices and go over the requirements as required, especially with younger swimmers.

**COVID Specific protocols** will be explained, including

- Attendance and screening
- 2 meter distancing guidelines in and out of the pool
- There will be no congregating at the ends of the pool
- Use of PPE and sanitizers

### **In-Practice Monitoring**

These new practices do not come naturally to many of us who have developed our own “habits” at swimming pools. Coaches and swimmers must monitor their closeness to the person in front of them. This will need to be communicated to coaches, parents, and swimmers before the start of the sessions and reinforced routinely by the facility staff, coach(es), board members, or volunteers.

The Trail Stingrays will ensure that swimmers understand the protocols and coaches are vigilant and supported throughout the practice in ensuring compliance.

### **Outbreak Response**

If an individual shows any signs or symptoms of illness during a training practice, The Trail Stingrays’ action plan is as follows:

- If medical treatment is required, engage the lifeguard for an appropriate response.
- Immediately remove and distance the individual from anyone else.
- Don appropriate PPE and provide PPE for the individual if required.
- Contact the parent or guardian and instruct that the individual must leave the practice and not return until symptom free and/or following provincial health authority protocols. If waiting for a ride, the person will be requested to wait in a designated location, maintaining as much physical distance as practicable as possible.
- Assess the situation for potential contamination of other participants and staff. Follow provincial protocols which may include calling 8-1-1.
- Advise other participants/parents present during the session as soon as practicable.
- Pool Operator will be notified.