

Return to Swimming Plan—Revelstoke Aquaducks

Access to Facility

Coaches, swimmers and parents will not be permitted to enter the Revelstoke Aquatic Center if they are exhibiting symptoms of Covid-19, have travelled outside of Canada in the last 14 days or have been identified by public health as a close contact of a person with a confirmed case of Covid-19. Signage will be posted at the entrance reminding people to not enter if they have symptoms of Covid-19.

All Aquaducks staff, parents and swimmers will be given this information before registration and they will be reminded regularly.

Home When Sick

- Parents and caregivers must assess their children daily for symptoms of common cold, influenza, Covid-19 and other infectious respiratory disease before sending them to swim practice. If children have symptoms, they shall not attend practice.

If a participant reports that they are exhibiting symptoms at practice, they will be asked to put on a mask and then moved to an area away from the rest of the participants while they are waiting for their parent or guardian to pick them up. The volunteer or coach that is assisting them will also wear a mask and gloves. Any area the participant has come into contact with must be disinfected immediately. This should be reported to the Head Guard on shift.

Staff will assess themselves daily for symptoms of common cold, influenza, Covid-19 and other infections respiratory disease before attending practice. They shall not come to work with symptoms. They should call 811 and seek medical advice.

Restricted Access

- Only people necessary for swim practice will enter the facility. This includes coaches, swim participants and volunteers. The number of people in the building will be limited according to Revelstoke Parks and Recreation guidelines . Parents will not be permitted to watch practices from inside the facility (until further notice).
- Pool Passes must be scanned before entry to the pool deck through the double doors, there will be no exceptions to this.
- Changerooms will not be available before practice. Swimmers need to come with their swim suit on. Swimmers will come into pool facility via the viewing area where they will remove shoes and then take gear to designated bins. Swimmers will use the shower on deck prior to entering the water. Changerooms will be available as they leave. Swimmers should rinse off in the change room showers but are encouraged to wash at home and only use the changerrooms for rinsing, changing and to exit the building. Time in the changerrooms should be kept to 5-10 minutes maximum.

Cleaning Protocols

- Aquaducks staff will be responsible for the cleaning and sanitizing of the Aquaducks pool equipment. This will follow the same guidelines as the pool facility and be done before, between and after sessions.

Hygiene Protocols

- Staff, swimmers and parents will follow proper handwashing protocols.
- Sanitizer will be provided at the entry and exit of the facility. Swimmers and coaches will be instructed to sanitize or wash their hands before entering the building, after using washroom or changeroom facilities, after touching equipment and before exiting the building.
- Staff, swimmers and volunteers shall avoid touching their face and will use proper cough and sneeze etiquette. (Sneezing and coughing into one's elbow)

Attendance

- Aquaducks staff will keep accurate records of swimmers, volunteers and coaches for each practice including date and time of attendance.

Physical Distancing

- Coaches and swimmers will be instructed to keep a physical distance of 2 m
- Swimmers will be spaced so that they are physically distanced; there will be no overtaking in lanes. Swimmers will be placed maximum 4 swimmers per single lane (swimming directly over the black line). Using double lanes will ensure that there will be one lane per direction.
- There will be physical markers on the deck reminding coaches and swimmers to keep a physical distance
- Coaches and volunteers will not share equipment, each coach will have their own stop watches, clipboards, whistles, etc.
- Coaches will coach on deck until further notice (no turtles or swimmers that cannot swim 25m unassisted at this time)

Equipment

- Swimmers will bring their own water bottles and fountains will not be used but a touchless water bottle fill station will be available.
- Each swimmer will either bring their own equipment or have equipment for their designated use during practice.

- Coaching staff will ensure that equipment has been cleaned and sanitized before and after practice. Cleaning and sanitizing will also take place between sessions.
- Changerooms will not be available before practice so swimmers should arrive in their swim suits.

Group Size

- Swimming groups will be at a maximum of 24 swimmers per session, using the entire lane pool until directed to change by the Aquatic Centre or the BCSSA
- There will be a maximum of 4 coaches and volunteers on deck at time
- Turtles, when they resume, will be limited to the number in a Red Cross Swim Lesson until further notice. Turtles will not resume for the Fall 2020 session of winter maintenance.

Group Composition

- Swimmers will be placed in groups of similar age and swimming ability, to allow for distancing
- Only swimmers who are able to swim continuous lengths of the pool without assistance will be registered. Swimmers must be able to swim 25 meters without stopping
- Coaches will coach from the deck and will not assist swimmers in the water
- Swimmers will practice with the same group of swimmers for every practice (to create a practice bubble)

Practice Times

- Each training group will have a 60 minute practice time slot.
- The first training group will depart the pool 5-8 minutes before the end of practice to allow time to rinse off, gather belongings and depart before the next group starts. It is encouraged to shower properly at home when possible to limit shower time as only two people can shower in the change rooms at a time.

Training

- All staff will be provided with training on following Covid-19 Health and Safety Protocols
- Parents and swimmers will receive Health and Safety protocols prior to their first practice and will receive regular reminders. Parents and Swimmers will need to monitor and go through the questionnaire prior to each practice (see summer dryland protocol).

First Aid

- In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

Illness Policy (taken from ViaSport Return to Sport for BC)

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

1. **Inform an individual in a position of authority (coach, team manager, program coordinator) 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, loss of appetite, nausea or diarrhea.

See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

2. **Assessment**

- a. **Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.**
- b. **If Team Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>.**
- c. **Managers/coaches may visually monitor team members 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 the workday/practice/activity.**

3. **If a Team Member is feeling sick with COVID-19 symptoms**

- a. **They should remain at home and contact Health Link BC at 8-1-1.**
- b. **If they feel sick and /or are showing symptoms while within the sport environment, they should be sent home immediately and contact 8-1-1 for further guidance.**
- c. **No Team Member may participate in a practice/activity if they are symptomatic.**

4. **If a Team Member tests positive for COVID-19**

- a. Follow the direction of health officials.

5. **Quarantine or Self-Isolate if:**

- a. You have travelled outside of Canada within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-19.
- c. You have been advised to do so by health officials.