

# Haney Neptunes Return to Aquatic Sport Plan 2020

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## Overview

Swimming is the second most popular sport/activity (after bicycling) amongst children age 5-12. More than 1.1 million Canadian children are part of a swimming program and it's fairly easy to see the reasons why. Not only is the price about a quarter that of ice hockey, swimming offers a valuable life skill, so it is supported by parents across geographic, cultural, and economic boundaries.

BC Summer Swimming offers a balance of recreational and competition swimming in 4 disciplines: speed swimming, diving, water polo, and artistic swimming. We have more than 60 clubs across BC, with over 5,000 athletes annually. We traditionally host competitions between May and August, culminating in the Provincial Championships at the end of the summer. Winter training takes place in limited amounts between September and April.

The purpose of this document is to assist the Haney Club members to understand the return to play plans which minimize the risk of Covid-19 (& other contagious viruses) transmission to our membership, as well as our employees. It will be used to consider the 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.

BCSSA advises all club members, directors, operators, lifeguards, coaches or other people associated with the association to follow the existing recommendations outlined on the World Health Organization Website (WHO). Refer to the Public Health Agency of Canada, the Centers for Disease Control and Prevention (CDC) recommendations and current guidelines and orders provided by the Provincial Health Officer.

Other resources and sources of information can be found in the **Appendix A**.

## Our Responsibilities

- As leaders in sport in BC, it is up to us to implement these orders and recommendations in our specific environments. It is important that as a club we do not rush into starting activities again, and it is essential to get all the protocols in place before activity resumes and ensure that everyone in our club understands the protocols. Not only are our athletes depending on us to keep them safe, but the public as a whole is still at risk, and should any major outbreaks occur we will revert to more stringent restrictions, if we are found to be a focus of an outbreak, we may see our sport singled out provincially to prevent any recurrence.

## Provincial Phased Reopening

- On May 6, 2020, the BC government announced a phased re-opening of the Province, including re-opening sport. But there are restrictions and limitations. The government has published its plan, and its requirements: [BC Restart Plan](#)
- **Stay at home** if you have any symptoms: Coughing, Sneezing, Runny nose, Sore throat, or Fatigue
- **Good Personal Hygiene:** Regular hand washing, before and after practice, avoid touching your face, and cough or sneeze into your elbow
- If you are at a greater risk (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk and take precautions.
- **Limits to Numbers:** currently no more than 50. Gathering restrictions apply to each separate space, outdoor compared to indoor. Care must be taken to avoid interacting at communal points such as entries and exits, and car parks.
- **Physical Distancing:** 2 metres
- **Enhanced Cleaning:** Clean high touch areas frequently and provide hand sanitizer at entrance.
- **Provisions for Contact Tracing:** Contact tracing for all participants and spectators must be in place and be able to access quickly.

## Operations & Administration

### *Liability Insurance*

Ministerial order from the Province of British Columbia: [BC Minister of Public Safety Order](#).

As well as the order from the Province, BCSSA has made available waiver forms for adults as well as minors that the Parent or Guardian must sign prior to the swimmer partaking in any club event, swim practice or dryland training.

## Participant Waiver and Indemnity Agreement

BCSSA has, with the assistance of legal representation, developed a waiver for adults and an indemnity agreement which parents must sign on behalf of minors which specifically acknowledges that they understand that Covid-19 transmission is a risk. (**Appendix B**)

## 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. Feel unwell?
2. Have a cough or cold?
3. Have a fever?
4. Been in contact with someone who is known to have COVID-19 in the last 14 days?
5. 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.

## **ACCESS TO MAPLE RIDGE LEISURE CENTRE**

- Signs posted at the entrance notifying them that they must not enter if they have any COVID-19 symptoms;
- **It is expected that all people in line at the entrance will be wearing masks, athletes and parents.**
- **Hand hygiene must be practiced upon entry of the building**
- **All participants must wear masks (face coverings) when they enter the building until they enter the water and put masks on when they exit the pool and leave the building.**
- Facility will remain locked - with participants waiting outside to come in until approx. 5-10 mins before your practice time. Access to the facility will be with staff escort only;
- PPE will be supplied by the club for all coaches and volunteers who needs it; including surgical masks for any first aid emergency.
- One coach with their NL must be on deck at all times, must submit a copy of the NL certified coach for all practice sessions;
- Coaches will attend a session on updated best practice procedures put on by the city;
- Coaches will use their own stop watches and writing utensils as required;
- There will be a check in at the entrance and every swimmer must be signed in by a parent volunteer, a club safety official, or a coach. This info will be filed and held for a year.
- A list of all staff/coaches/volunteers present for each session will be kept and made available for contact tracing if requested;
- Parents and Guardians must drop off the swimmers and will not have access to the deck;
- Swimmers to arrive and leave the pool in their swim gear. No change rooms will be available on site, on deck showers will be available;
- All personal equipment and clothing must be brought with the swimmer and taken away by the swimmer and stored away from other swimmer's gear;
- Only swimmers for the current session and the coaches of that session will be allowed on deck;
- Before the next session starts the deck and common areas and any common equipment will be cleaned and sanitized according to standards set by the pool staff;
- No one will enter the deck area until their practice time has started;
- Swimmers will bring their own gear and water bottles, there will be no sharing of gear, or storing at the facility, snorkels or like equipment will not be allowed;
- If someone starts to feel ill during practice one change room shall be identified as an isolation area until they can be picked up;

- There will be markings on the deck to indicate proper distancing and to guide participants; cones will used for this purpose
- 3 swimmers per lane will continue to be the max. Evaluation will continue;
- Swimmers will not be allowed to do dry land training inside the facility

## Water Polo Training

- Practices will have a maximum of 12 athletes per session in the Teach Pool, 18 in the Comp pool
- Athletes will maintain 2m of physical distance at all times during the training session. No full-contact water polo will be allowed at this time.
  - Focus will be on individual skills - swimming, passing, shooting, etc.
  - Each Athlete will be assigned a ball that they will be responsible to bring to practice.
  - Caps will not be used
  - Extra balls or equipment will be brought to the pool and taken home by the coach
- Equipment will be sanitized after every session
- Coaches will be wearing masks on the pool deck, and will maintain physical distancing from the players and each other
- No dryland training on deck
- See appendix "A" [Water Polo Canada](#)

## Artistic Swimming Training

- Proper distancing will be maintained during practice, 2 – 5 metre radius must be maintained at all times including in the pool, the distancing is dependent on the level of exertion of the activity.
- Max capacity in the Teach pool is 12, in the Comp pool will be 18
- No sharing of equipment
- Any individual equipment needed will be brought in by the athletes and taken home by the athletes.
- No physical contact during practice
- No dryland training on deck
- See Appendix "A" [B.C. Artistic Swimming](#)

## All Disciplines

- Arrive at the Leisure Centre 15 minutes prior to your sessions start time for warm up. Participants must be on time.
- A member of the Pool staff will let the session participants in and take them to a coach who will walk them to the pool deck
- Exiting the pool will be through the change room area.

## **Appendix A: Resources**

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)

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

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

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

Water Polo Canada, [Return to Water Polo – Training Guidelines](#)

BC Artistic Swimming, [https://www.bcartisticswimming.ca/docs/bcas\\_return\\_to\\_sport\\_guidelines\\_v1 -  
\\_final.pdf](https://www.bcartisticswimming.ca/docs/bcas_return_to_sport_guidelines_v1_-_final.pdf)

## **Appendix B: Agreements**

[BC Summer Swimming - Indemnity Agreement MINORS with logo .pdf](#)

[BC Summer Swimming - Waiver Agreement ADULTS with logo .pdf](#)