



RICHMOND KIGOOS SWIM CLUB

Return to Swim Plan – Watermania

Updated January 16, 2021

The attached “Return to Swim Plan – Watermania” has been developed for our club in order to ensure that:

- Health and safety of all individuals is a priority;
- Activities are in alignment with provincial health recommendations;
- Modifications to activities are in place in order to reduce the risks to each of our swimmers;

While we are hopeful that things will return to normal in the near future, currently this “Return to Swim Plan” will be the new normal for our Tsunami (Winter Maintenance) season, until we are advised otherwise by public health authorities.

Any person who chooses to participate as a member of the Richmond Kigoos must follow these rules:

- Swimmers and families are responsible for completing the BC COVID-19 Self-Assessment tool before attending EACH practice:
<https://bc.thrive.health/covid19/en>
- If you don’t feel well or are displaying symptoms of COVID-19, you must stay home;
- If you have travelled outside of Canada, you are not permitted at practice until you have self-isolated for 14 days;
- If you live in a household with someone who has a confirmed case of COVID-19 or live in a household where someone is displaying key symptoms of COVID-19, you must stay home;
- Coaches will complete an “active daily health screening process” before reporting for work at each practice
- Please wear your suit to practice – no changing at the pool;
- Sanitize your hands upon entry to Watermania facility, and shower before entering the pool using showers located on the pool deck or changerooms;
- Bring your own equipment, water bottle, face mask, and hand sanitizer;
- Swimmers must wear a face mask while entering or exiting the building, and can only remove their face mask prior to entering pool. Swimmers must put their face mask back on before leaving the pool deck. Swimmers should bring a labelled plastic Ziploc bag to store their mask in during practice.
- Swimmers must comply with physical distancing measures at all times, including avoiding physical contact with others (shaking hands and high fives);
- Leave the facility as quickly as possible after practice

- Swimmers are allowed to travel from communities outside of Richmond to attend practices as long as the Richmond Kigoos are their “home club”. A home club is defined as the club in which a swimmer belongs to and competes for during the BCSSA Summer Swim Season. For our purposes, swimmers who intend to swim with the Richmond Kigoos during the 2021 Competitive Summer Swim Season are welcome to attend practices at this time.

Our “Return to Swim Plan” is based on current public health guidance and orders. It is a living document that may be changed or modified as the season goes on based on recommendations and public orders from the Provincial Health Officer. 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 completely 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.

Richard Buckley
President
president@kigoos.com

Lesley Rey
Vice President
vp@kigoos.com

Michael Jakac-Sinclair
Head Coach
headcoach@kigoos.com

Kigoos Return to Swim Plan – Watermania

General Considerations

- Safety – to adhere to Provincial and Municipal safety procedures and to follow guidelines enforced by WorkSafe BC.
- Staff – Review all safety procedures/cleaning protocols and instruct all coaches, Board members, and volunteer families
- Swimmers – to ensure swimmers understand the guidelines and procedures to follow prior to entering the pool area

Health and Safety

Any person who chooses to participate in our swim program (swimmers/coaches/volunteers) **MUST** adhere to the following rules:

- If you don't feel well or are displaying symptoms of COVID-19 you must stay home
- If you have travelled outside of Canada, you are not permitted at practice until you have self-isolated for 14 days
- If you have come in contact with someone who has tested positive for COVID-19, you should stay home and not return to practice until you have self-isolated for 14 days
- If you live in a household with someone who has COVID-19 or is showing key-symptoms of COVID-19, you must stay home
- You must agree to comply with physical distancing measures at all times

Members of our coaching staff will participate in an “active daily health check” via Google Forms to ensure that our staff is not coming to work when they are feeling unwell.

Coach PPE

- Coaches must wear a non-medical mask/face shield at all times while on the pool deck and when providing swimmer feedback in closer quarters
- Coaches will have a supply of hand sanitizer, gloves, masks as needed

Watermania Pool Planning and Rules in the Swimming Environment

To ensure that all swimmers, coaches and members of the Kigoos organization remain safe, the following rules will be introduced:

Arrival:

- Only swimmers and coaches will be allowed in the swimming environment – parents/guardians are encouraged to “drop and go” and/or wait in their vehicles
- Swimmers should arrive at the facility between 45 mins and 55 mins of the hour to ensure safe entry to the facility. Late arrival admission will be at the discretion of the coach. Arriving after the start of practice does not guarantee entrance into the practice area
- Swimmers/Guardians **MUST** complete the BC COVID-19 Health Screener before each practice. Any swimmer who feels ill in any way, or is specifically experiencing key symptoms of COVID-19 will not be permitted to attend practice. Attendance records will

be maintained for each practice, and will be kept for a minimum of 4 weeks.

- Swimmers will wait at the front entrance of Watermania, while maintaining a 3m distance from others, until a coach takes them into the pool area
- Swimmers MUST wear a face mask while awaiting entry to the pool, while entering and exiting the facility, and while on the pool deck prior to entering the pool
- Swimmers will sanitize hands upon entry to the facility
- Swimmers are to arrive at the pool already in their swimsuit
- Refer to Appendix “A” for the traffic flow around Watermania
- Once on the pool deck, swimmers will place bags in a designated area on the bleachers

Swimming:

- Before entering the pool, every swimmer must take a shower. Swimmers will maintain a 3m distance while showering
- Swimmers will train in assigned lanes for every practice session. Swimmers from the same family will be placed together when possible
- We will be using 8 lanes of the pool and a maximum of 24 swimmers will be allowed in the pool at one time to start (3 swimmers per lane). **Swimmers will be spread out to respect the guidelines of maintaining 3m apart for social distancing.** See sample lane configuration Appendix B. Other Possible socially distanced lane configurations here from USA Swimming: https://www.usaswimming.org/docs/default-source/coaching-resourcesdocuments/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2
- Once in the pool, coaches will assign swimmers a physically distanced “home base” for their start/stop/rest/coaches feedback. There will be markers (cones/flags) provided so swimmers in the middle know where to stop
- If a swimmer is unable to follow the proper social distancing procedures after reminders from a coach, the coach has the discretion to ask the swimmer to leave the practice and be picked up immediately by their parent/guardian
- Swimmers are to bring their own personal equipment to training sessions (kickboards, pull buoys, fins). Equipment will not be shared.
- Swimmers should come prepared with a pre-filled water bottle
- All swimmers must wear goggles, and swim caps are strongly encouraged

Departure:

- Upon completion of practice, swimmers will collect their belongings and exit the pool immediately according to facility traffic flow. Swimmers will be unable to access the showers/change rooms on departure and should plan accordingly
- Parents should be ready to pick up swimmers at the designated finish of the practice. **Parents must park in the designated spots instead of blocking traffic in the traffic circle.** Parents are also reminded to remain in their vehicles while waiting for swimmers. Gathering in large groups at the facility entrance will not be allowed.

Communication Plan

- The daily health screening and illness policy will be made clear to our membership before practices and training sessions resume, and will also be posted to our website
- Policies and procedures will need to be continually updated as new information becomes available. These updates can be posted on our website
- Coaches will need to participate in training around new health and safety protocols, and will learn what to do if a swimmer is feeling ill or is not following the proper training protocols around social distancing
- Training for coaches will be documented and signed off by the Vice-President of the club
- Swimmers will need to be trained on new social distancing policies, and Coaches will need to help guide swimmers, particularly younger swimmers, in following these new procedures to keep everyone safe

Illness Plan and Outbreak Protocol

Illness Policy

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

- There will be ZERO tolerance for ill participants
 - There will be no penalty for missing a practice. If a member or any person in their family feel ill, they should stay home
 - All swimmers that have been ill MUST see a physician and must be cleared to return to training after being diagnosed or suspected to have COVID-19
 - Procedures should be in place in case a coach is ill. The coach should notify the head coach as soon as possible if they will be unable to attend a practice session. The club should have a list of “substitute coaches” who are available in the event one of the regular coaches becomes ill
1. Inform an individual in a position of authority (coach) immediately if you feel any key symptoms of COVID-19, such as fever, chills, cough, shortness of breath, loss of sense of taste or smell
 2. Assessment:
 - a) Members must respond to a pre-training screening questionnaire before their practice/activity to attest that they are not feeling any COVID-19 symptoms
 - b) Coaches will 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 practice/activity
 - c) If members are unsure of their status, they will use the [BC COVID-19 Assessment Tool](#)
 3. If a 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 at practice, they will be removed from the practice area and sent home immediately. They should contact 8-

- 1-1 or a doctor for guidance
 - c) No member may participate in a practice/activity if they are symptomatic
4. If a member tests positive for COVID-19:
 - a) The member will not be permitted to return to practice until they are free of the virus
 - b) Any member who worked/practiced closely with the infected member will also be removed from club activity for at least 14 days and will be recommended to self-isolate
 - c) The work/practice area, including any surfaces that could have potentially been touched, will be closed off and disinfected immediately
 5. If a member has been tested and is waiting for the results of a COVID-19 test:
 - a) As with the confirmed case, the member must be removed from the work/practice area
 - b) The BCCDC advises that any person who has even mild symptoms to stay home and call 8-1-1
 - c) 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
 - d) The work/practice area, including any surfaces that could have potentially been touched, will be closed off and disinfected immediately
 6. If a member has come in to contact with someone who is confirmed to have COVID-19:
 - a) Member must advise their employer/coach if they reasonably believe they have been exposed to COVID-19
 - b) 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 for 14 days
 - c) The work/practice area, including any surfaces that could have potentially been touched, will be closed off and disinfected immediately
 7. Quarantine and Self-Isolation Conditions:
 - a) 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
 - b) Any member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate
 - c) 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
 - d) 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

Outbreak Protocol

- The Head Coach and Club President are to be notified immediately by the member with possible or confirmed symptoms. The Head Coach and Club President have the authority to postpone or cancel all current or future activities
- Kigoos Illness policy will be implemented and must be followed by all members
- All members who may have come into contact with the infected member will be notified, and will be expected to self-isolate for 14 days
- All members of the club will be made aware of the outbreak situation, and will be encouraged to monitor themselves for symptoms
- The Club President and/or Head Coach will contact WorkSafe BC and Richmond Health Services to inform them of a potential outbreak as appropriate
- Richmond Kigoos will cooperate in any and all procedures for contact tracing required by Medical Health Officers

