



Return to Sport – Speed Swimming

Aldergrove Sea Monkeys Swim Club

April 10, 2021

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, but swimming also 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 Aldergrove Sea Monkeys 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 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.

This document will cover the following areas:

- Operations & Administration
- Practice Planning
- Program Planning
- General Issues

Operations and Administration

BCSSA renewed the liability insurance on April 1, 2020. As such, this insurance excludes Covid-19 contagion specifically. There is NO liability coverage for Covid-19 related claims. Therefore, Covid-19 is viewed as a risk management issue, rather than an insurance issue.

Ministerial Order No. M183 covers our club while the provincial State of Emergency is in place.

Any reopening of the sport venue should be carefully tailored to the circumstances of our club, considering all aspects covered in this plan, and ensure that the plan is rigorously followed.

Participant Waiver and Indemnity Agreement

We will be requiring any registrants to attend an online Zoom meeting following registration where the participant waivers will be discussed. This will occur prior to the first practice and highlight the protocols in our Return to Sport plan.

At the first in person swim session, in addition to providing proof of age etc., parents will be asked to complete the hard copy waiver. If a child does not have a parent or legal guardian present to sign the waiver in person, they will not be able to swim at this session.

Practice Planning

Coaches Access

We will be ensuring that our coaches understand their rights under WorkSafe BC, and we will ensure they have received the appropriate education and training needed to be safe and successful on the job.

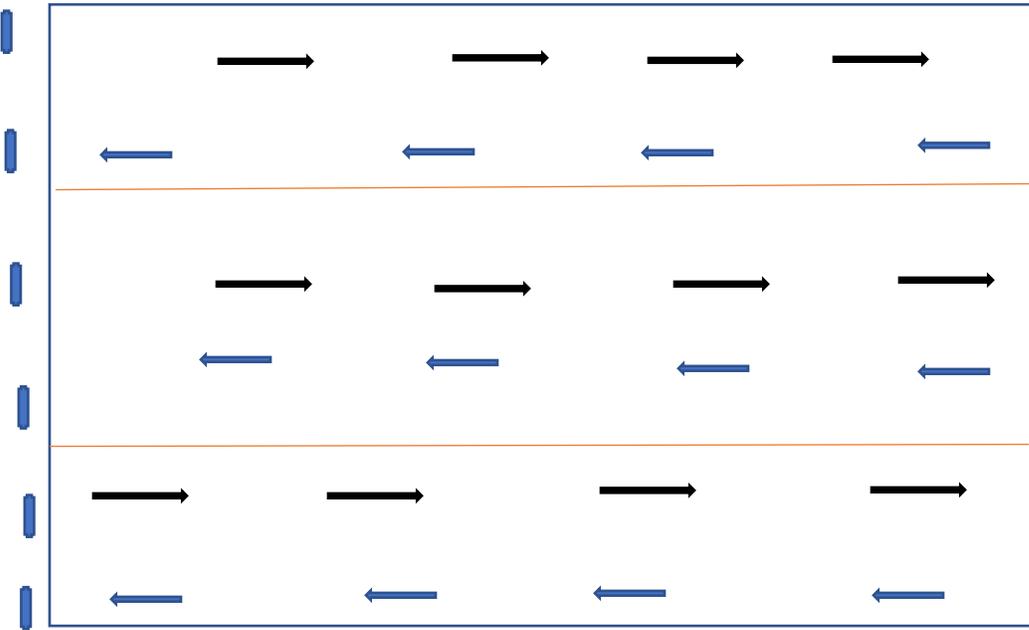
- Coaches will be screened daily to ensure they do not have COVID-19 symptoms.
- We have established an employee sick and return to work plan.
- We will be providing our staff with the appropriate personal protective gear.
- We will have a designated area for coaches' personal items.
- Coaches will be aware of maintaining the 3m physical distancing requirement or the appropriate PPE should the 3m requirement not be possible.
- Coaches will enter and exit the facility in the same manner as the swimmers and lead them to their area for warm-up and swim.

Swimmer Access

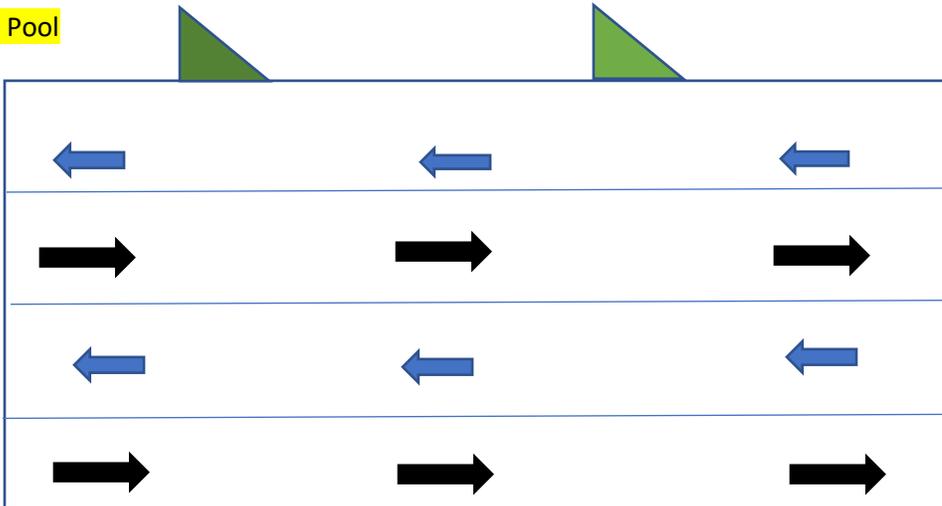
- Swimmers and parents are asked to wear a mask when arriving to the facility. The swimmers will wear their masks until beginning the swim portion of the session. Masks must be worn when outside of the pool.
- Access to the change rooms is limited to 10 minutes after the session.
- Parents/guardians should drop off and not remain in the facility.
- Screen swimmers as they enter for Covid-19 symptoms.
- Communicate plans to swimmers and their parents of their responsibility in maintaining physical distancing.
- Swimmers are asked to not arrive early for their session to ensure we are able to keep groups separate to avoid any interactions between the groups and to allow for the coaches to have time to prepare for the next session.
- Parents are asked to pick up their child on time to ensure there are not interactions between the groups.

Practice Layout

- Swimmers will be screened just outside of the gate by the hot tub prior to each session (Circle)
- Each swimmer will then enter the pool following the orange arrows to the meeting spot with the coaching staff (Triangle)
- There will be 4 swimmers per lane in the lap pool and 3 swimmers per lane in the leisure pool. Swimmers will be 6yrs – 18yrs.
- At the end of practice, the swimmers will exit the pool area by following the grey arrows to the same gate they entered.
- By entering and exiting through this gate the swimmers will not be entering the ACUCC building.



Leisure Pool



- If a swimmer needs to rest during the practice, they will be asked to get out of the pool to rest and cycle back in when the coach deems it is the correct time.
- 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.
- Participants will not share personal items such as water bottles, towels, or goggles.
- The same group of swimmers will be in the same lane for each training session.
- Dry land training or warm up will be within the gates of the pool area but away from the water.
- All personal equipment & clothing must be brought with an athlete and taken away by the athlete.

Program Planning

Participant Factors

- The age and ability of participants will affect their ability to comply with our rules and procedures therefore we will be requesting all swimmers are able to swim a minimum of 50m unassisted if swimming in the Competitive Program, 25m unassisted if swimming in the Intro to Competitive Program and have successfully completed Red Cross Swim Kids 1 if swimming in the Leisure Pool.
- If we are unable to ensure we have two coaches on the pool deck for the duration of each practice, we may need to cancel or reschedule the practice.

Scheduling

- Practice times will be determined by ACUCC. We will request the times we would like but will need to be flexible with the centre and work together.
- We will have 15 minutes between practice sessions. This will ensure sufficient time for:
 - Departure of the current group
 - Required cleaning and disinfecting of our clubs' materials.
 - Arrival of the next group (parking can be an issue at our pool)
 - Attendance and screening of the new group

Signage

- Any signage that ACUCC would like for us to have on the deck we will ensure is there and our swimmers are aware of them and will be following.
- Coaches will escort all swimmers to and from the pool deck at beginning and end of practice to ensure safe direction of travel and physical distancing.
- Personal Protective Equipment
 - Volunteers interacting with coaches, swimmers, or other parents will be asked to wear a mask for example while taking attendance and doing wellness checks.
 - We will be ordering PPE for our coaches and providing it to our coaches.

Shared Club Equipment

- Coaches will use their own stopwatches at practices and will be responsible for maintaining them and ensuring they are cleaned appropriately.
- Swimmers will each be assigned an equipment bag for the season to care for and transport to and from practice. (Please see Club Equipment Policy)

Communication

- We will be having a team meeting with our Head Coach regarding all the changes and what we need to have in place for use of the facility.
- A team meeting will be held with the whole coaching staff, including volunteer coaches, to discuss the changes and expectations of the facility and the club.
- A meeting will be held with all new parents outlining our plan where the waivers will also be discussed prior to the first time their swimmer attends.
 - Parents/Legal guardians will be asked to sign the COVID waivers in person at the first session when they are also asked to provide proof of age.
 - Parents will be advised at this meeting what equipment each swimmer must bring, such as hand sanitizer, water bottle, goggles, towel, and the need to be arriving in swim gear and departing in swim gear.
- A meeting will be held with all participants prior to the start of the first swim session where the expectations of the facility and our club will be discussed.

Operations

Covid Screening

- All staff, including coaches and volunteers will be asked screening questions before interacting with each other or other participants.
- Each swimmer will be screened prior to each session to ensure they are not symptomatic or at high risk. If a swimmer is symptomatic or high risk, they will be distanced from the group and asked to wear a face mask until they can be picked up and returned home.
- Screening questions are:
 - Do you feel unwell at all?
 - Do you have a cough or cold?
 - Do you have a fever?
 - Have you been in contact with someone who is known to have COVID-19 in the last 14 days?
 - Have you travelled outside of Canada in the past 14 days?
 - Have you travelled outside of the Province of BC in the past 14 days?
 - Have you been in a group setting of more than 50 people within the last 14 days?

- These questions will be included on a screening form that each swimmer must have completed by a parent prior to each practice. The completed form will be handed in as attendance is taken prior to dryland training beginning.
- Coaches and swimmers will use hand sanitizer during the dryland warm up as a group and be advising movement patterns for the practice.

In-Practice monitoring

- If a coach or swimmer falls ill during a practice, they will be removed from the area and isolated in an area deemed fit by the facility until they can be picked up to return home.
- Depending on the reason for falling ill the individual may be asked not to return to practice for 14 days.
- Parent/Guardian will be in contact with a designated board member regarding the illness.

Outbreak Response

If there is a confirmed case of COVID - 19 within our club, we will be:

- Advising all coaches, swimmers, and volunteers who were in contact with the ill individual and asking them to follow all Provincial Health rules and guidelines.
 - We will have all this information from taking attendance at each practice.
- We will be advising the facility of our outbreak.
 - We will follow any directions requested by the facility.
- We will advise Fraser Health of our outbreak.
 - We will follow all directions from Fraser Health.
- We will advise BCSSA of our outbreak.

Attendance

- Attendance will be taken at each session, submitted to the TOL, and will be kept for the season.
- Attendance of coaches, swimmers, and volunteers will be taken.
- Attendance will be taken by parental volunteers/coaches.
- Wellness check forms will be collected at the same time as attendance and kept for the season.
- Wellness check forms will contain at minimum the following information:
 - Date/time
 - Event
 - Location
 - Answers to the COVID screening questions
 - First and last names of participants
 - Contact phone number for the practice.
- Attendance forms will contain at minimum the following information:
 - Date/time
 - Event
 - Location
 - Was a wellness form submitted?
 - First and last names of participants