

BCSSA Return to Competition



BC Summer Swimming Association,
205-2323 Boundary Road, Vancouver, BC, V5M 4V8
P: 604-473-9447 / F: 604-473-9660 / E: office@bcsummerswimming.com

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LEGAL DISCLAIMER

BCSSA has prepared this document based on the latest information available to date from third-party sources, including but not limited to Swimming Canada, viaSport, and the BC Provincial Health Office. The document will be updated periodically as the situation around Covid-19 evolves and more information becomes available.

This document is meant to provide information and guidance as to the best practices based on current information available as per the publication date. It also outlines requirements that clubs must adhere to in order to have events and activities sanctioned by the BC Summer Swimming Association.

Each club is responsible for assessing the risks in their particular environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health, government authorities, and facilities.

Additionally, it is an individual's responsibility for assessing their own personal risks in consultation with medical professionals and for the outcome of their individual decisions and actions.

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INTRODUCTION

BCSSA appreciates that the membership of BCSSA and the swimming community is anxious to return to some of our normal routines and activities that were an important part of our daily lives prior to COVID-19. BCSSA looks forward to supporting our membership in many of the routines and activities that involve aquatic sports, as we transition to re-imagined competitive opportunities in our province.

The priority of BCSSA has always been and will always be the safety of our membership, specifically our athletes, as well as our coaches, volunteers, staff and families involved in the sport.

BCSSA recognizes this is the priority of our clubs as well. As a collective group and community, this was demonstrated by how we significantly adapted and changed our routines and how we worked together over the last several months to flatten the curve of the COVID-19 pandemic.

The situation and information around COVID-19 continues to evolve quickly. The information in this document is based on the best information available at the time of publication. BCSSA will continue to monitor the situation very closely and will update this document accordingly. As such, this is a living document that will require updating as information, guidelines, and resources become available to us. Updated versions will be made available on our website.

Returning to competition will require your patience and support.

TYPES OF COMPETITION

Competition Stage	Competitions includes
Competition Stage 1	<ul style="list-style-type: none">● Time Trials● Single Cohort Competition● Single Club: Multi-Cohort Competitions● Virtual Competitions
Competition Stage 2	<ul style="list-style-type: none">● Dual Club: Dual Cohort Competitions
Competition Stage 3	<ul style="list-style-type: none">● Multi-Club: Multi-Cohort Competition● Multi-Club: Closed/Open Invitational● Regional / Provincial Competitions

Time Trials

A record attempt for a single swimmer or a single relay team. Record attempts may be run in a practice setting providing the appropriate officials are in place.

Single Cohort Competition

A single cohort racing opportunity that may be run in a practice setting. The competition safety plan must include a plan to maintain physical distancing for all individuals who are not part of the cohort during the competition (e.g. coaches, officials, etc.)

Single Club: Multi-Cohort Competition

Cohorts from a single club racing each other in the same facility while ensuring that the cohorts maintain distancing from each other at all times. A Single club: Multi-cohort competition may be run in a practice setting, where cohorts train in the same facility. The competition safety plan must include a plan to maintain physical distancing for all individuals who are not part of a cohort as well as distancing between cohorts during the competition.

Virtual Competition

A competition between multiple clubs and cohorts at different locations, that may be run in a practice setting. One club must take the lead to ensure completion of the safety plan and to combine results for ranking. Each club must provide their own referee, officials and competition safety plan. Each facility must be approved for competition.

GUIDELINES AND RESOURCES

BC Summer Swimming Association (BCSSA) continues to monitor the provincial health officer's orders surrounding the Covid 19 pandemic. Swim clubs should familiarize themselves with the requirements and guidelines for a phased-in Return to Competition for Speed Swimming / Diving / Artistic Swimming / Water Polo.

Some recommended guidelines and resources are listed below:

- ✓ Office of the Provincial Health Officer's [Orders, Notices and Guidance](#)
- ✓ BC Government's Public Safety and Emergency Services [information on the provincial response and recovery](#)
- ✓ BC Government's provincial [Restart Plan](#)
- ✓ viaSport's General [Return to Sport Guidelines](#)
- ✓ Municipal government requirements specific to your region, location, and facility
- ✓ Lifesaving Society's [guidelines, training, and resource support](#)
- ✓ General requirements from other sport governing bodies (please look for updates):
 - [Swimming Canada](#)
 - Swim BC's [Return to Swimming Guidelines](#)
 - Water Polo Canada [Covid-19 Resource hub](#)
 - Diving Plongeon Canada [Return to Diving Guidelines \(July 21, 2020\)](#)
 - Canada Artistic Swimming [Covid-19 Resource hub](#)
 - FINA [Back to Water Covid-19 Guidelines](#)

RETURN TO COMPETITION HEALTH & SAFETY CONSIDERATIONS

The number one priority is the health and safety of all participants including swimmers, coaches, officials, volunteers, family members, and the general public. In order to ensure that we can support the minimal spread of this disease at a community level, we must all adhere to the provincial health orders, municipal and facility requirements, and the rules and policies of BCSSA and/or other sport governing bodies to develop our training and competition plans.

The following is a list of Health & Safety considerations for a BCSSA club's **Return to Competition**.

Consideration	Description / Application
Facility Agreement	Facility agreements may be required for sanctioned competitions, including racing that occurs within the practice environment.
Covid-19 Competition Safety Representative	The designation of a Covid-19 Competition Safety Representative is recommended. This role may be held by an individual who holds another role such as meet manager. This individual will be responsible to develop a competition safety plan in consultation with the Meet Manager and Referee. This individual is also responsible for ensuring the safety plan is carried out and adhered to by all event participants.
Maximum numbers of participants	Maximum numbers of participants will be decided upon by the Provincial Health Officer and may be reduced by municipal or facility regulations. These numbers may include facility staff, lifeguards, timers, athletes, coaches, officials and volunteers. Clubs must ensure they are compliant with maximum number requirements.
Competition Safety Plan	The competition safety plan must be included in the meet information package and include a facility diagram. It plan must be developed in consultation with the facility and include: <ul style="list-style-type: none"> ● maximum numbers of participants, ● type of competition, ● arrival and departure times, ● entrances & exits, ● traffic flow, ● change rooms & showers, ● spectators, ● warm-up schedule including lane assignments, ● disinfection procedures, ● use of masks, ● timing system, ● shared equipment, ● location of officials and timers, ● other facility spaces, and ● additional information required by the facility or PHO. <p>A competition safety plan template can be found on pg. 10 of this document.</p>
Traffic Flow	The traffic flow and location logistics must ensure that the current PHO rules for physical distancing are maintained. Facilities may require markings or barriers to differentiate the competition area.
Daily Health Checklist	Participants may be required to complete a Daily Health Check. Anyone with signs of Covid-19 must not attend the event. This includes athletes, coaches, officials, spectators (if allowed) and volunteers.
Contact Tracing	An attendance record of all participants, including swimmers, coaches, officials, spectators (if allowed) and volunteers, must be maintained. The attendance record must include contact information as well as confirmation of completion of the daily health checklist.

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Consideration	Description / Application
Competition Administration	<p>The competition safety plan should be included in the published meet package and shared with all coaches and officials prior to the competition.</p> <p>All officials should be recruited to assigned roles prior to the competition.</p> <p>Officials' briefings and coaches' meetings should be completed virtually, through a web conference, conference call and/or email prior to the start of the competition.</p> <p>Expectations regarding what to bring should be clearly communicated and may include masks, water bottles, pens, pencils, clipboards and personal hand sanitizer.</p> <p>An expected arrival time should be outlined for all officials, coaches, and athletes. Notice should be given if changing rooms will be available or not available.</p> <p>Session timeouts must include any disinfection procedures required.</p> <p>Heat sheets should be provided to all participants electronically prior to the event. Heat sheets must not be posted at or around the facility to avoid possible crowding and breach of physical distancing requirements.</p> <p>Conventional DQ slips should not be used. All DQ's should be reported directly to the referee who will keep a single record of all DQ's. DQ's should be made known within the current BCSSA rule book timelines.</p> <p>Face-to-face interactions are to be minimized.</p>
Disinfection Procedures	<p>The sharing of equipment during the competition should be avoided. If necessary, shared equipment such as watches, plungers, computers, clipboards and pens, should be thoroughly cleaned and sanitized before use, between users and after use.</p> <p>The entry and exit of the pool should be cleaned or disinfected between races, including the starting blocks, kick plates, backstroke grips, backstroke ledges and the entry/exit of the pool. (e.g. top of the touch pads) The process and disinfection products used should be selected in consultation with the facility to ensure products that may enter the water are compatible with water quality.</p>
Travel	<p>Travel for competition will be governed by PHO regulation and may be further impacted by local facilities and municipalities.</p>
Hospitality	<p>Hospitality ('Deck Food') is not permitted.</p>
Results	<p>Results should be posted online. The posting of paper results at the pool is not permitted to ensure that crowding around results does not occur.</p>

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Consideration	Description / Application
Records	It will be up to individual clubs whether they wish to count times towards Meet or Club records. An electronic timing system is required to be considered for a provincial record . A time recorded from a single back-up watch or single plunger is not eligible for a record.
Warm-ups	Swim training equipment (kick boards, pull buoys, snorkels) is not permitted during competition warm-ups. Competitions that include multiple cohorts must include measures that ensure distancing between cohorts. When competitions occur during practice, there must be a process to ensure all equipment is cleaned and off deck, prior to the beginning of competition.
Spectators	If the facility space is appropriate for spectators, all provincial, municipal and facility requirements must be adhered to. The host club will be responsible to manage numbers, physical distancing, daily health screening, contact tracing and the cleaning of the spectator space between sessions, unless other arrangements have been made with the facility.
Coaches	All coaches are required to wear masks. Coaches must be fully registered and have swimmers participating in the competition in order to attend. Coaches must ensure they maintain physical distancing from other swimmers, coaches, officials and volunteers, unless they are part of their cohort. To ensure the total number of individuals on deck during a competition is below the current gathering limit for the province, municipality or facility, coaches may be required to sit in a spectator area. In these cases, a coach area should be provided that is separated from other spectators.
Marshalling	Physical distancing should be maintained at all times according to the current PHO guidelines. Marshalling procedures can vary and may include electronic and/or digital announcements.
Electronics and Meet Office	Volunteers in these positions must adhere to physical distancing requirements, per current PHO guidelines.

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Consideration	Description / Application
Officials Roles & Information	<p>Officials: All Officials are required to wear masks.</p> <p>Meet Manager: Work with the facility to ensure all requirements are included in the Competition Safety Plan. Work with the Competition Safety Representative and Meet Referee to finalize the Competition Safety Plan. The meet manager will work with the meet referee to confirm the officials’ roster. The roster may include individuals in multiple roles in order to ensure appropriate space on the pool deck. For example, a Stroke and Turn Official timing in lane 2, may also be judging turns in lane 1 and 2 and act as a Safety Marshal during warm-up.</p> <p>Referee: For all single session competitions, the Meet Referee listed in the meet package should be the referee on deck during the competition. For multi-day competitions the Meet Referee listed in the meet package should be the referee that reviewed or developed the competition safety plan. The Starter and Referee should be on the opposite sides of the pool when possible.</p> <p>Recorder-Scorer: For competitions with manual timing (stopwatches), the Recorder-Scorer must ensure that they sanitize their hands and computer following the handling of paper results.</p> <p>Timing: Timers are not required when using electronic timing although a backup timer using a plunger is recommended. When using manual timing, two timers per lane (ideally from the same family or bubble) are required for results to count towards potential Regional Championship Meets. There must be a process to disinfect watches or plungers between swimmers. A re-swim will be required if a time is not recorded.</p> <p>To be official (i.e. for times to count towards a possible Regional Championship Meet) a meet must have:</p> <ul style="list-style-type: none"> ● 1 referee, ● 1 starter, ● 2 timers per lane or electronic timing with a single plunger backup, ● 1 stroke judge per side, ● 2 turn judges for each end of the pool, ● 1 computer operator, ● 1 timing system operator, ● meet office staff as required within overall limits permitted in the facility.

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COMPETITION SAFETY PLAN TEMPLATE

The **Competition Safety Plan** is to be developed in consultation with the facility in order to ensure the plan aligns with any specific facility requirements. The facility may also work with the BC Provincial Health Office and their respective government liaisons to ensure all provincial and municipal laws, regulations and requirements are met.

The following 2 pages hold a template that BCSSA clubs may choose to use for their Competition Safety Plan. These 2 pages can easily be printed double-sided and copied for distribution to all who need a copy.

There should be one safety plan completed per facility being used for the competition.

Please copy sections as needed to reflect your individual meet needs.

BCSSA Swim Club Name & Facility:

Club name:
Pool / facility name:

**Covid-19 Competition Safety Coordinator & Contact Information:**

Name: _____ Email: _____ @
Cell phone: _____ Other phone: _____

Type of Competition:

The type of competition must be based on the currently available competition types outlined in this document.

Maximum Competition Numbers:

The maximum competition numbers may not exceed that of the Provincial Health Officer orders or facility orders, whichever is smaller.

- (a) Swimmers = _____
- (b) Coaches = _____
- (c) Officials = _____
- (d) Volunteers = _____
- (e) Facility Staff = _____

TOTAL = (a) _____ + (b) _____ + (c) _____ + (d) _____ + (e) _____ = _____

Arrival & Departure Times:

<u>Arrival</u>	<u>Departure</u>
Facility Staff: (time) _____	(time) _____
Swimmers: (time) _____	(time) _____
Coaches: (time) _____	(time) _____
Officials: (time) _____	(time) _____
Volunteers: (time) _____	(time) _____

Warm-Up Requirements / Schedule / Lane Assignments:**Entrance / Exit: (Attach map)**

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Change Rooms / Showers:

Traffic Flow: (Attach map)

Masks:

Timing:

Shared Equipment:

Location of Officials: (Attach map)

Location of Coaches: (Attach map)

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Spectators: (Attach map)

Facility Specific Requirements:

Isolation protocol:

Contact Tracing Plan:

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