



Vancouver Vikings Swim Club : Return to Sport Plan - UBC Aquatic Centre

(Last Updated 09/27/2020)

1. PLAN PURPOSE

As required by the Provincial Health Authority, the Vancouver Vikings Swim Club developed this *Return to Sport Plan* which is required by all amateur sport clubs in order to resume sport training in BC. Simply put, this plan is needed to be closely followed by all Vancouver Viking Swim Club members in order to get Vikings Swimmers back in the pool.

First and foremost, this plan addresses and integrates the Provincial Health Authority requirements and the University of BC (UBC) Aquatic Centre's Return to Sport Covid-19 rental policies and protocols. It also takes into account the Return to Sport recommendations from: Swim BC; BC Athletics; Via Sport; WorkSafe BC, and Royal Life Saving Society. This plan intended to address our club's own assessment of risks that potentially faces our athletes, coaches, and parents at various pools.

The Vancouver Vikings Swim Club will continue to monitor this plan closely and continuously update it as directed by the Provincial Health authorities; UBC Aquatics as well as governing sport bodies.

This plan is not a legal document. The Provincial Health Authority legislation and orders prevails over any conflicts in recommendations contained in this Plan.

It is important to note that although the recommendations in this plan are intended to mitigate the risks associated with COVID19, the Vancouver Vikings Swim Club and University of British Columbia will not be held liable for anyone contracting COVID19.

2. ASSESSMENT OF RISKS

WHAT we need to address to keep safe

As part of the development of the Vancouver Vikings Return to Sport Plan, areas were identified where there may be risks arising from close physical contact or through contaminated surfaces. As a result, we have completed the following in the development of our plan:

- Identified areas where people gather such as the entrances to pools, parking lots etc.
- Identified and eliminated the need to share any equipment.
- Developed an illness policy to: assess the health of members; provide a protocol for dealing with anyone becoming ill at a practice; manage a potential outbreak and provide contact tracing.
- Developed a training program for staff.
- Developed a communication plan and Parent Participation Agreement to help ensure that the Back to Sport Plan is understood and followed.
- Identified the need for PPE where people cannot maintain a 2 m physical distance.
- Incorporated the guidelines from: Royal Life Saving BC & Yukon Branch; Swim BC and work WorkSafe BC for a safe return to swim.
- Addressed all of the UBC Aquatics Covid-19 rental protocols.
- Developed a process to monitor risks and update the plan as needed as per recommendations of the Provincial Health Officer.

3. WAIVER and SWIMMER/PARENT AGREEMENT -

Everyone must sign & follow

All swimmers or their parents if they are minors, are required to sign a Covid-19 waivers **BEFORE** registering for any Vancouver Vikings Swim Club Program.

The **Waiver** will be provided and completed electronically through Active or another software program.

A **Participation Agreement** is required at the time of registration. By signing the Participation Agreement, the swimmer and their family are agreeing to follow all the recommendations outlined in this Vancouver Vikings Back to Sport Plan and adhere to all the rules and procedures directed by UBC Aquatics staff. The Participation Agreement is attached as Attachment 1.

4) IMPLEMENTATION MEASURES TO REDUCE THE ASSESSED RISKS

This is HOW we all keep safe.

- Restrict the numbers of people at all practices.
- Implement staggered start times for swimmers and coaches checking in to the facility.
- Ensure physical distancing and wear face masks when entering and departing the UBC Aquatic Centre. Protective face coverings must be worn during the checking in process at the entry to the pool.
- Monitor health before; during and after practice.
- Reduce the areas and surfaces swimmers, coaches and volunteers need to touch.

- Keep track of swimmers; coaches and volunteers in the event an outbreak requires contact tracing.
- Help coaches, swimmers and their parents safely and comfortably come to practice with a clear protocol and providing them assistance at the practice as needed.
- Registered participant lists including coaches must be sent into the Operations Coordinator one week prior to the start of the rental session so that the attendees list is on file for the Aquatic check in at the Front Entry Kiosk at the entry to the UBC Aquatics Centre
- No pre-practice activation will be held at this time.
- Appoint a Vikings Executive Board Covid-19 Committee to oversee the Return to Sport Plan.

4.1 What Coaches need to do BEFORE coming to UBC Aquatic Centre

Before Arrival at the pool

- Coaches are to email each swimmer and assign them a lane and remind them that Friday swimmers train in the North Pool and Saturday swimmers train in the South pool at UBC.
- Coaches are to design a lesson plan and email to the Swimmers 24 hours ahead of time so that they can review, print and bring to practice.
- Coaches are to complete and *electronically* complete the BC COVID-19 Self Assessment Health Screen Tool app within 24 hours of coming to EACH practice.
- Coaches are to bring only one bag with minimal belongings in it to the pool plus a small white board and markers. (No large back packs or net swim bags are permitted).
- The Vancouver Vikings Swim Club will provide all coaches with a fanny pack for their personal belongings and their stop watch; extra face masks and gloves.

4.2 What Coaches need to do AT the UBC Aquatic Centre

Upon Arrival at the pool

- Coaches are to report with a face mask outside of the UBC Aquatic Centre front entry and wait for their swimmers to arrive.
- Coaches are to meet their swimmers outside of the UBC Aquatic Centre front entry **15 minutes** before the scheduled training time. There is no activation at this time. Swimmers cannot arrive any earlier than 15 minutes beforehand.
- Prior to the coach or swimmers checking into the UBC front entry kiosk, the Coach is to ask the swimmers the Vikings prescreening health questions (See Attachment 3b) before they line up at the UBC kiosk to take a second verbal health screen with the UBC front entry kiosk staff.
- The coaches are to ensure that swimmers have their masks on and are respecting all physical distance markers while waiting to be checked.
- Late arrivals will not be allowed in the facility.
- Once inside the facility, the Coach needs to report to the front desk staff so that their name can be checked off the list by UBC staff.
- All coaches must sanitize their hands before entering the facility and when leaving the facility.
- Coaches can bring one filled water bottle to practice but no food.
- Coaches must maintain a physical distance of 2 m while arriving at the pool; within the facility and on departure.
- Coaches are to wear a protective face mask upon entering and departing the facility and while coaching. (They will be provided by the Vancouver Vikings Swim Club if coaches do not have their own).

- Coaches are to ensure that swimmers follow all facility social distancing facility markers and directional signage and are wearing a mask while entering and departing the facility.
- Coaches are to ensure that all swimmers take a cleansing shower before entering the pool.
- Coaches must take attendance for contact tracing purposes at each swim practice utilizing Active.
- Coaches must ensure that all swimmers in a training group have left the pool/facility immediately after a training session.
- Coaches must make sure that swimmers have not left their training plan anywhere in the pool facility.

4.3 What Swimmers need to do BEFORE coming to UBC Aquatic Centre

Before Coming to the pool

- Swimmers must complete and electronically submit the BC COVID19 Self Assessment Health Screen Tool app within 24 hours of coming to practice. Swimmers who have not completed the screen will not be allowed to swim. There is zero tolerance for swimming or coming to a facility while feeling ill.
- Coaches will send swimmers their lane assignment and a training plan 24 hours before each practice.
- Swimmers need to review, print and bring their training plan received 24 hours beforehand to practice.
- Swimmers must pack only a small swim bag with minimal belongings: ie towel, goggles, swim cap; phone and keys.
- No mesh equipment bags are allowed or large swim back packs.

Upon Arrival at the pool

- Swimmers meet their coach 15 minutes before their scheduled practice time outside of the UBC Entry Kiosk. (NOTE: There is no activation before the pool session at this time.) Swimmers will not be permitted to enter the facility if they arrive later than 5 minutes before their scheduled training time.
- Upon arrival, swimmers must maintain a 2 m social distance while walking to the front entry of the facility.
- Swimmers will be greeted by their coaches' outside of the UBC pool main entry. The coaches will quickly give their swimmers a quick Vikings verbal health screen and direct them in a staggered fashion to line up at the UBC Entry kiosk. Late arrivals will not be allowed entry into the facility.
- Swimmers must wear a face mask upon arrival to the facility; within the facility and departing the facility. The only time that swimmers do not wear a mask is in the deck cleansing shower or in the pool.
- Swimmers must line up at the front entry kiosk of the facility when they arrive no closer than 2 metres apart and will be given a second verbal health screen by UBC staff. They will be asked to sanitize their hands before entry into the facility.
- Parents may walk their swimmer to the UBC front entry kiosk but cannot go inside the facility as no spectators are permitted.
- Once in the facility after the verbal health screen with UBC staff at the entry kiosk, the swimmer needs to then report to the UBC front entry staff and provide them with their name.
- The swimmer's name must be on the list in order to get checked into the practice.

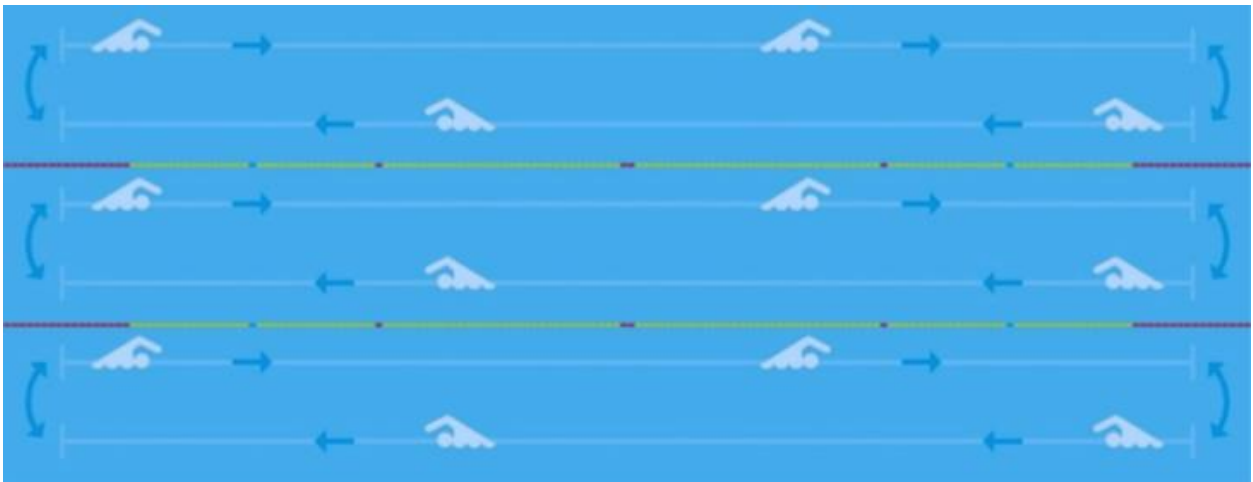
- Swimmers are to utilize the washroom at home before coming to practice in order to reduce trips to the facility washrooms.
- Swimmers to arrive and depart in swim suits as no change rooms; benches; lockers or hot tubs will be available at UBC Aquatic Centre. Washrooms will be available. (Note: Change rooms may be available later this Fall)
- Swimmers are to bring one small bag which contains only swim cap; goggles; towel and phone, keys and wallet if needed
- Swimmers are to follow the directional arrows with their coaches down the hall and through the change rooms to the pool.
- Once on the deck, swimmers are to pick up a plastic bin just outside the pool entrance door and put their belongings in the bin.
- No street shoes are allowed on the deck. Swimmers and coaches must wear their face masks on the pool deck.
- Once their belongings are in the bin, the swimmer is to place their belongings at end of the lane they have been assigned by their coach. They will be assigned either a shallow or deep end start.
- Swimmers are then to all take a cleansing shower on the deck before entering the pool. Swimmers are to follow the directional signage for entering and departing the deck shower access. Vikings coaches will direct swimmers to the cleansing shower and ensure physical distancing. Swimmers need to familiarize themselves with the UBC access and circulation plan included in attachment 2 of this report before coming to practice.
- Parents should be reachable by phone while their child is at practice in the event of needing to pick them up due to illness.
- Swimmers are to quickly towel off & leave the pool by following the directional pathway markers through the designated exit via the most northerly change room and then out the northwest exit. Swimmers are to leave promptly after their training session to allow time for cleaning before the next group.

4.4 Practice Layout

To maintain physical distancing of 2 metres in the pool, swimmers should swim in the middle of their lane. There will be 4 swimmers per double lane set up.

Swimmers will have staggered starts in one lane of the double lane and swim back in the other lane. Basically, swimmers will be swimming a circle pattern. Each swimmer will be assigned a starting position and rest spot at the practice by their coach. While physically distancing, swimmers should wait at the end of their lane before getting in the pool to hear from their coach where they will be assigned a start and rest position.

A diagram showing the double lane practice layout is shown below.



Double Lane Practice layout with 4 swimmers

All swimmers assigned to a training group must be capable of swimming Red Cross Swim Level 4 or above and be 8 years old or older. Training groups will contain swimmers all at the same level. No new swimmers to Vancouver Vikings Swim Club will be accepted at this time.

4.5 Eliminate the need for Shared Equipment

- Swimmers are not to share their goggles, towels, water bottle or anyone personal items.
- Coaches are to bring their own stop watches.

5. STAFF TRAINING

A training workshop will be held before each swim season starts in order to discuss the Vancouver Vikings Swim Club Back to Sport Plans for each facility; Work safe BC requirements and practice layouts.

In consultation with Vancouver Vikings Coaches and members, the Vancouver Vikings Board Covid Committee will continue to monitor and update the Back to Sport Plan in order to comply with any changes announced by the Provincial Health Officer or UBC Aquatics.

6. ILLNESS POLICY

- Swimmers, coaches and volunteers must take: (1) the electronic BC Covid19 Health Assessment Screen tool app prior to coming to practice; and (2) a verbal health assessment conducted by Vikings Coaches based on the Vikings Illness Policy contained in Attachment 3, as well as, (3) a verbal health screen by UBC Aquatics staff in the front entry kiosk before admittance into the facility.
- Coaches or swimmers will not be allowed to enter the pool facility if themselves or members of their household have any Covid19 symptoms within 14 days of each training session.
- After not showing symptoms for 14 days, the swimmer or coach will be permitted to come back to train. If prior to the 14 days, the swimmer/coach has taken and received a recent negative Covid 19 test result, the swimmer/coach can come back to train provided that they provide the test result to the Vikings Board Covid Committee.
- If a swimmer becomes ill during a practice even with mild Covid19 symptoms or any first aid incident, the coach needs to let the attending life guard know.
- The Coach needs to phone the swimmer's parent to come pick up the swimmer immediately (no later than 15 minutes) from practice if the swimmer is exhibiting any Covid19 Symptoms.
- The Coach needs to advise the Vancouver Vikings Board Covid Committee of any swimmers who left a practice due to illness.
- All members will be responsible to advise their Coach if they have a positive Covid19 test result or have been in contact with anyone with a positive Covid19 test result. In the event of a positive Covid 19 test result, the Vancouver Vikings Swim Club Board will contact the UBC Aquatics facility managers so that they can contact the Provincial Health Authority.
- Contact information will only be provided to the Provincial Health Authority if requested and no one else in order to protect privacy of members.

The Vancouver Vikings Swim Club complete Illness policy is attached as Attachment 3a

7. MONITOR, UPDATE AND COMMUNICATE THE PLAN

- The Vancouver Vikings Board in consultation with the Coaches, Facility operators will continue to monitor and update the plan as needed as new directives are given from Provincial Health Authority.
- Any issues or changes to the protocol desired by UBC Aquatics Staff, the Vancouver Vikings Club will address immediately.
- During Swim season the Vancouver Vikings Board and Head Coach will remotely meet bi-monthly to review the plan and make any necessary changes.
- Swimmers will be sent weekly reminders about the protocol contained in this plan as well as any updates.

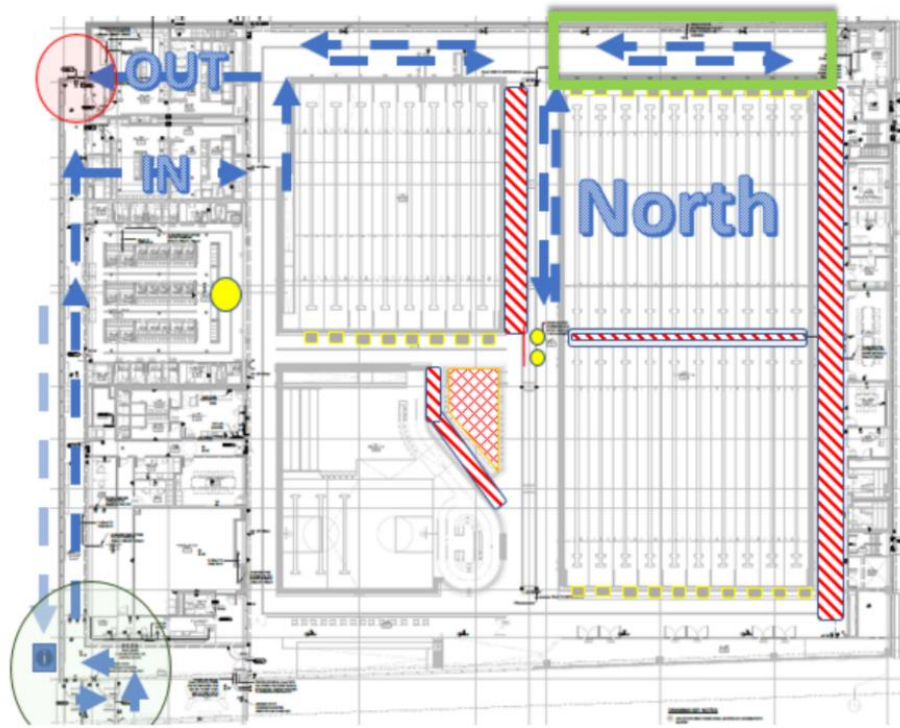
Attachment 1: Parent Participation Agreement.

**Vancouver Vikings Swim Club Participation Agreement**

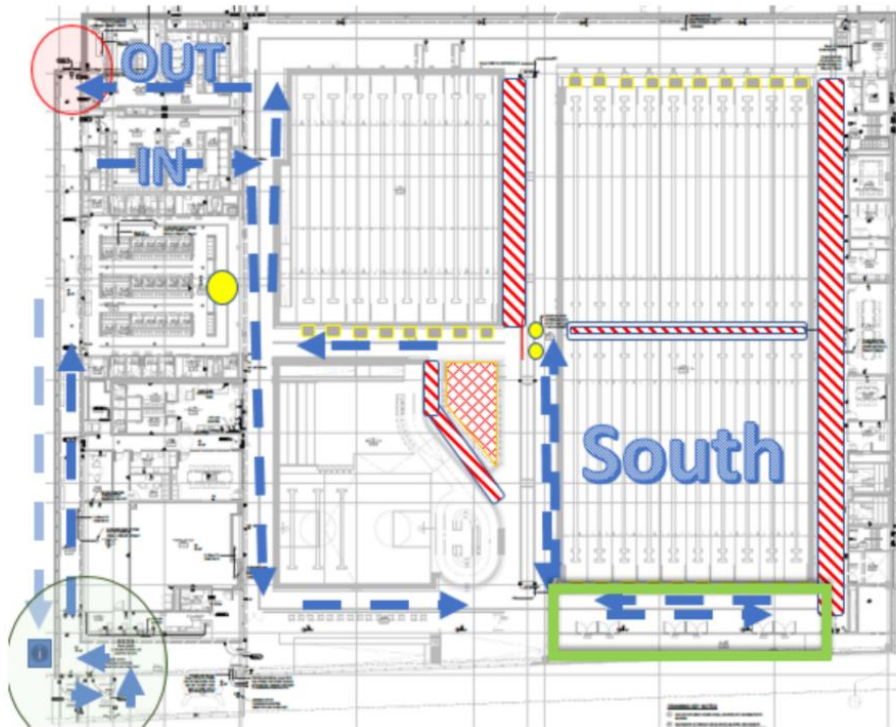
Application - This agreement is for all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at Club Activities. All participants of the Vancouver Vikings Swim Club agree to abide by the following points when entering UBC Aquatic Centre and all other club training facilities and/or participating in club activities.

- I/We agree to symptom screening checks and will let my coach know if /we have experienced any of the symptoms in the last 14 days
- I/We agree to stay home if feeling sick and remain home for 14 days if experiencing Covid19 symptoms
- I/We agree to sanitize my hands upon entering and exiting the facility with soap or sanitizer
- I/We agree to continue to follow social distancing protocols of staying at least 2 meters away from others and agree to wear a face mask entering and departing pool facilities.
- I/We agree to not share any equipment during practice times
- I/We agree to abide by all Vancouver Vikings Swim Club, and Facility Covid 19 policies and guidelines
- I/We understand that if I do not abide by the aforementioned policies/guidelines that I may be asked to leave the Club for 14 days
- I/We acknowledge that continued abuse of the polices and/or guidelines will result in temporary suspension of my club membership
- I/We acknowledge that there are risks associated with entering pool facilities and/or participating in club activities including being catching Covid19, even with the enhanced safety measures.
- I/We agree to volunteer at practices as needed in order for myself or child to enter the club facilities and/or participate in Club activities

Attachment 2a:
UBC Aquatics Access & Circulation Plan(NORTH Pool -Friday practices)



Please note that the BLUE arrows are the directional areas that swimmers and coaches are to follow. The YELLOW dots are where the cleansing showers are located. The RED areas are reserved solely for Life guards. Swimmers are not permitted in the red areas. The larger circle at the southwest corner is where swimmers and coaches enter the facility through the screening kiosk. The smaller red circle at the north west corner is where swimmers and coaches exit the facility. Vikings Swimmers swimming on Friday nights will swim in the NORTH Pool and will be required to follow the areas directly to the pool.

Attachment 2b UBC Access and Circulation Plan (SOUTH POOL Saturday Night)

Please note that the BLUE arrows are the directional areas that swimmers and coaches are to follow. The YELLOW dots are where the cleansing showers are located. The RED areas are reserved solely for Life guards. Swimmers are not permitted in the red areas. The larger circle at the southwest corner is where swimmers and coaches enter the facility through the screening kiosk. The smaller red circle at the north west corner is where swimmers and coaches exit the facility. Vikings Swimmers swimming on Saturday nights will swim in the SOUTH Pool and will be required to follow the areas directly to the pool.

Attachment 3a: Vancouver Vikings Illness Policy

In this policy “member” includes a coach, swimmer or parent.

Inform your Coach IMMEDIATELY if you feel any of the COVID 19 symptoms such as:

1. Fever and /or chills;
2. Cough or worsening chronic cough;
3. Shortness of breath;
4. Diarrhea;
5. Loss of sense of smell and/or taste, and
6. Nausea or vomiting.

2. Assessment:

- a. Swimmers and coaches must take and submit electronically the BC Covid19 Health Assessment Screen Tool app 24 hours before coming to each practice. Upon arrival at the facility, members must take two verbal health screens to attest that they are not feeling any of the above COVID 19 symptoms. Swimmers and coaches will not be allowed to enter the facility if themselves or members of their immediate households are showing any of the Covid 19 symptoms listed above within 14 days prior to practice.
- b. Coaches will visually monitor swimmers 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 a swimmer becomes ill at practice the parent must be able to pick the child up within 15 minutes after receiving the call from the coach.

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, the coach will let the life guard know for further direction.
- c. The Coach will contact the parents to come pick up the swimmer immediately and be told contact 8-1-1 or a doctor for further guidance.

NO member may participate in a practice/activity if they are symptomatic, unless they can proof of a negative Covid 19 test result

4. If a member tests positive for COVID-19

- a. The swimmer needs to let their Coach know and not come back to the facility for 14 days unless they can provide proof of a recent negative Covid 19 test result.
- b. The coach needs to let the Vikings Swim Club Board Covid Committee know if themselves or a swimmer have tested positive and cannot come back to the facility for

14 days unless they can provide proof of a recent negative Covid 19 test result.

- c. In the event of a positive test result of a swimmer/coach, the Vikings Board Covid Committee will notify UBC Aquatics Management staff who will then notify the Fraser Health Authority for further direction. In order to protect members privacy, contact information of members will only be provided directly to the Fraser Health Authority for contact tracing purposes.

5. If a member has come in to contact with someone who is confirmed to have COVID-19:

- a. Swimmers must advise their coach: (1) if they have been contacted by Fraser Health Authority and have been instructed to self -isolate or self-monitor OR (2)if they reasonably believe they have been exposed to a person with COVID-19.
- b. Swimmers and coaches in these situations must not come to practice for 14 days or until they can provide proof of a negative Covid 19 test result.

6. Travel Restrictions :

- a. Any swimmer/coach or members of their immediate household who have travelled outside of Canada including the USA within the last 14 days are not permitted to enter any part of the facility for 14 days before coming back to the facility .

Attachment 3B Vancouver Vikings Health Screen Questions



Vancouver Vikings verbal Prescreen Health Questions

Vancouver Vikings Coaches will ask swimmers these prescreening questions **upon arrival** to the facility before swimmers will be allowed into the pool. These verbal prescreening questions are in addition to the electronic BC Covid 19 Health Screen Assessment app that is **taken by swimmers and coaches 24 hours before arrival** at the facility.

1. Did you electronically take the BC Covid19 Self Assessment Tool 24 hours before coming to this practice?
2. Did you answer “yes” to any of the questions in the BC Covid19 Self Assessment Tool taken in the last 24 hours?
3. Have you or anyone in your immediate household been experiencing any of the Covid19 symptoms such as a fever; chills; cough or worsening chronic cough; shortness of breath; loss of sense of smell or taste; diarrhea; and/or nausea & vomiting in the last 14 days?

