



VANCOUVER
VIKINGS
SWIM CLUB

Vancouver Vikings Swim Club: Return to Sport Plan - City of Vancouver – Hillcrest Pool

Last revised 12/06/2020

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 City of Vancouver (Hillcrest Pool) 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; City of Vancouver 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 The City of Vancouver 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 City of Vancouver 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 waiver **BEFORE** registering for any Vancouver Vikings Swim Club Program.

The **Waiver** will be provided and completed electronically through the Vancouver Vikings website.

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 City of Vancouver Aquatics staff. A copy of 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 City of Vancouver pools. The facemask must also 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 attendee list can be kept on file.
- 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 Hillcrest Pool

- Coaches are to prepare a training plan and lane assignments before the training session. Coaches are to email swimmer's their lane assignments and training plan 24 hours before each practice. Coaches are to remind swimmers to bring their training plan to practice and to be familiar with the protocols and circulation plan included in this Return to Sport Plan for Hillcrest pool.
- Coaches are to *electronically* submit the BC COVID-19 Self Assessment Health Screen Tool app within 24 hours of coming to EACH practice.
- Coaches will be provided by the Vancouver Vikings a fanny pack for their belongings; stop watch; rubber gloves and extra face masks.
- Coaches are to remind swimmers to wear a face mask while lining up to go into the pool and while inside the facility. The only time that the face masks can be taken off is when the swimmers are in the water.

4.2 What Coaches need to do upon ARRIVAL at the Pool

- Coaches are to arrive with a face mask on at Hillcrest's Emergency Exit doors near the deep end of the east pool abutting the parking lot **no later than 15 minutes** before the practice session start. A life guard will be there to open the side door. (Note: the front door to Hillcrest Pool and Community Centre will be closed).
- Coaches need to greet swimmers when they arrive and ask them the Vikings verbal health screen provided by the Vikings Covid Committee before they enter facility. See Attachment 3a for the Vikings Prescreening questions.
- 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 3 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. 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 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 ensure that swimmers have not left their training plans in the facility.

4.2 What swimmers need to do BEFORE coming to Hillcrest Pool

- Swimmers must complete and electronically submit the BC COVID-19 Self Assessment Tool Health Screen 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.
- Swimmers will receive their lane assignments and training plan for their coaches 24 hours before each practice.
- Swimmers need to review, print and bring their training plan to practice.
- Swimmers need to bring a small bag with their name on it to put their face mask in while they are swimming.

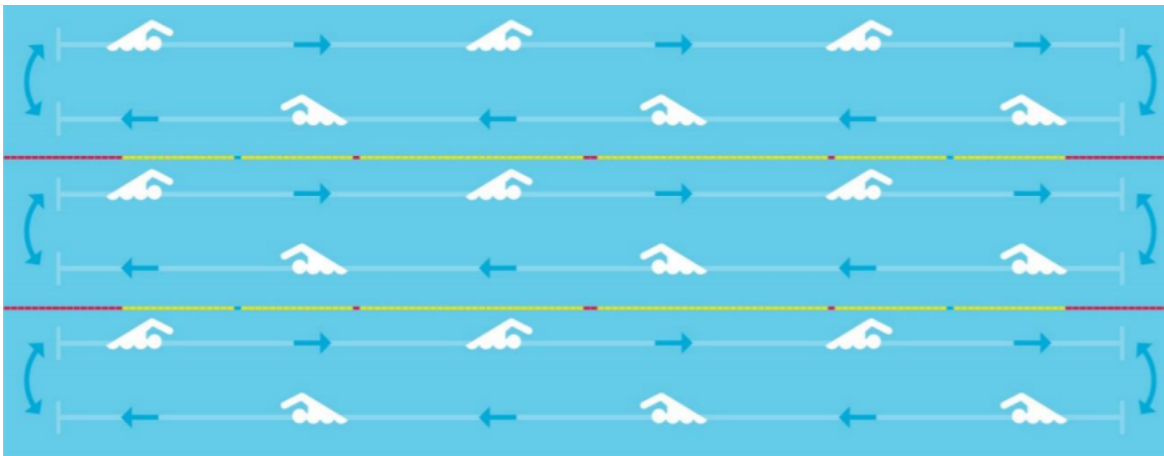
4.3 What swimmers need to on Arrival to Hillcrest Pool

- With their face mask on, swimmers must meet their coach no sooner than **15 minutes prior to their practice** start time. (Note: There will be no pre-practice activation at this time). If they arrive earlier than 15 minutes beforehand than swimmers shall remain in their car. **Swimmers cannot arrive after the swim practice start time. Thus, no late arrivals will be able to enter the facility.**
- Swimmers will enter the pool from the most Easterly emergency exit door located adjacent to the side parking lot. The location of this entrance door is shown on Attachment 2. It is near the deep end of the pool.
- Swimmers will be greeted by their coach and asked the Vikings health screen questions (See Attachment 3b) including but not limited to asking if swimmers have completed the BC Covid 19 Health Assessment Screen tool app and have not answered 'yes' to any of its questions.
- Upon arrival, swimmers must maintain a 3 m social distance while walking to the eastside entry of the facility. Swimmers must wear a face mask upon arrival to the facility; within the facility and departing the facility.
- The only time that the face mask can be taken off is when the swimmer puts it in a small plastic bag at the end of their swim lane and gets in the pool. (Please write the swimmer's name on the bag).
- Parents may accompany younger swimmers to the facility door entrance, BUT no parents or spectators are permitted within the facility.
- Swimmers to arrive to Hillcrest ready to swim in their swim suits.
- Swimmers are to follow the directional areas outlined on the Hillcrest Access and Circulation plan included in Attachment 2 and maintain a distance of 3 m apart.
- A limited number of lockers and change stalls are available for use in the change room. No showers will be available.

- Washrooms will be available for swimmers' use.
- Swimmers are to quickly towel off & leave the pool after their training session. Swimmers if they chose may use the change rooms to dress into their regular clothes.
- Coaches to ensure that all swimmers have left the facility before the next training group is allowed in.
- Swimmers MUST follow the Hillcrest pool facility circulation plan with directional arrows outlining check in points and all entry and exit points etc. Parents must familiarize the swimmers with the facility circulation plan before coming to the pool facility. Swimmers will exit out of the emergency door located near the shallow end. A copy of the facility plan is in Attachment 2.
- Swimmers must not leave their training plan anywhere in the facility.

4.3 Practice Layout

- Swimmers will swim in a double lane. In order to maintain physical distancing of 3 metres, swimmers should swim in the middle of the lane and return by the adjacent lane as shown in the diagram below as provided by Swim Canada. There will be 6 swimmers per double lane. Siblings living in the same household can share a lane.
- 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.
- 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.



Practice Layout : Double lanes with 6 Swimmers

4.4 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.
- Coaches to send out the practice plan to all swimmers in their training group at least 24 hours prior to their scheduled practice.

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 City of Vancouver.

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 3a & 3b upon arrival to 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 as outlined in Attachment 3a within 14 days of each training session unless a recent and Negative Covid19 test result is submitted to the Vikings Board Covid Committee.
- 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 (within 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 Hillcrest Aquatics facility managers so that they can contact the Health Provincial Authority.

- Contact information will only be provided to the Fraser 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. The Vancouver Vikings Swim Club verbal health screen questions are attached as Attachment 3b.

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 City of Vancouver 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.

ATTACHMENTS:

Attachment 1: Parent Participation Agreement.

Attachment 2: Facility Circulation & Access Plan

Attachment 3: Illness Policy

Attachment 1: Parent Participation Agreement



VANCOUVER
VIKINGS
SWIM CLUB

Vancouver Vikings Swim Club Participation Agreement

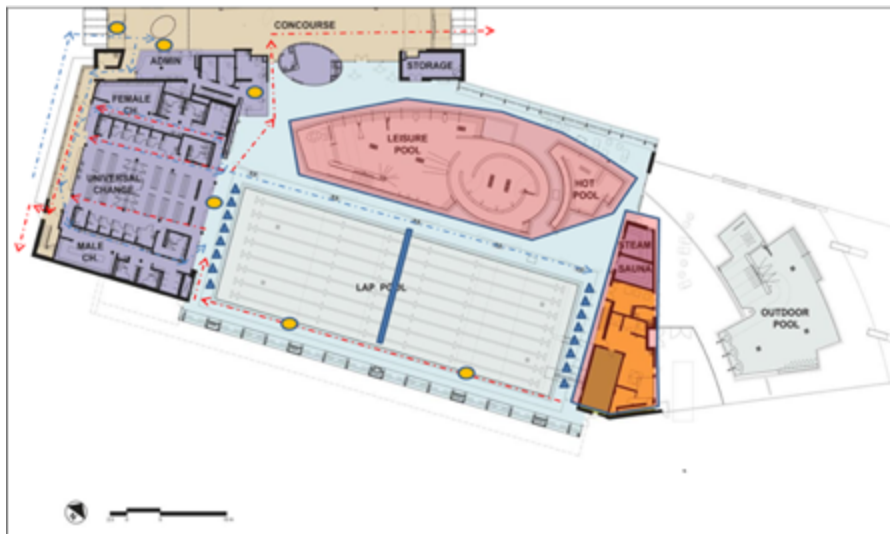
Application - This agreement is for all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at Club Activities. All participants of the Vancouver Vikings Swim Club agree to abide by the following points when entering UBC Aquatic Centre and all other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

- I/We agree to symptom screening checks and will let my club 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 2: Hillcrest Pool Access and Circulation Plan



Please note the entrance to the pool is at the emergency exit door at the far east corner near the deep end of the lap pool / bottom right corner of this diagram. Access to the training practices are not permitted through any other doors. Swimmers exit through the emergency door on the same side of the building abutting the parking lot near the shallow end of the lap pool/ bottom left corner of the pool located in the above diagram.

Attachment 3a: Vancouver Vikings Illness Policy

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

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

- a) Fever and /or chills;
- b) Cough or worsening chronic cough;
- c) Shortness of breath;
- d) Diarrhea;
- e) Loss of sense of smell and/or taste, and
- f) 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 during 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 City of Vancouver Aquatics Management staff who will then notify the Provincial Health Authority for further direction.

In order to protect members privacy, contact information of members will only be provided directly to the Provincial 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 the Provincial 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
SWIM CLUB

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?

Note to Coaches:

If the answer is “yes” to any of the above, the swimmer is not allowed to swim for 14 Days unless a recent Negative Covid19 test result is provided to Vikings Covid Committee.