



VANCOUVER  
**VIKINGS**  
SWIM CLUB

## **Vancouver Vikings Swim Club: Return to Sport Plan - City of Vancouver (Lord Byng Pool) – Updated 12/06/2020**

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 needs 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 (Lord Byng 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 BC & Yukon Branch. This plan is 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 as directed by the Provincial Health authorities and the City of Vancouver, as well as governing sport bodies.

This plan is not a legal document. The Provincial Health Authority legislation and orders prevail 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 COVID-19, the Vancouver Vikings Swim Club and the City of Vancouver will not be held liable for anyone contracting COVID-19.**

### **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 & 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 2m physical distance or are indoors.
- Incorporated the guidelines from: Royal Life Saving BC & Yukon Branch, Swim BC and WorkSafe BC for a safe return to swim.
- Addressed & exceeded all of the City of Vancouver (Lord Byng) 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 adult swimmers are required to sign a Covid-19 waiver **BEFORE** registering for any Vancouver Vikings Swim Club Program.

A signed **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 Lord Byng Aquatics staff. Also, by signing the Participation Agreement, parents are agreeing to volunteer at practices as throughout the season in order to implement the Back to Sport Plan. We can't implement this plan and get swimmers back in the pool unless we have a parent volunteer at each practice. Parent volunteer(s) are required at each training session. The practice will be cancelled if there are no parent volunteers signed up 48 hours beforehand. 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.
- Ensure physical distancing and wear protective face covering when entering and departing Lord Byng Pool Facility. Protective face coverings must also be worn during the checking in process at the entry to the pool and while in the facility.
- 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.
- Vancouver Vikings Swim Club will keep a list of registered participants including coaches and volunteers for each practice.
- No activation will be held at this time.
- Appoint Vikings Parent Volunteers for each practice to: 1) Greet swimmers and help with Pre-Entry Health Screens at the entrance to Lord Byng Pool. 2) Ensure swimmers are physically distancing while arriving and departing Lord Byng Pool. 3) In the event of illness or an injury during practice, help the coach and life guard by contacting the swimmer's parents for immediate pick up, and 4) Ensure that all swimmers have left the Lord Byng Facility before the next group enters for practice.
- Appoint a Vikings Executive Board Covid19 Committee to oversee the Return to Sport Plan.

#### **4.1 What COACHES need to do coming to Lord Byng Pool Facility**

##### ***Before Arrival at the pool:***

- Coaches are to *electronically* complete the BC COVID-19 Self-Assessment Tool Health Screen within 24 hours of coming to each practice.
- Coaches are to assign each swimmer in each session a 'swim lane' and send them the session training plan 24 hours before each session. With the lane assignment, coaches are to specify if the swimmer starts in the "shallow" or "deep" end of their assigned lane.
- Coaches are to remind swimmers to wear their face mask at all times EXCEPT when they are in the water. Swimmers are to bring a plastic bag with their name on it that they can put their face mask in at the end of their lane when they enter the water.

- ❑ Coaches are to advise the swimmers if they need to bring training equipment to their practice and if so remind them to sanitize it.

### ***Upon Arrival at the pool:***

- ❑ Coaches accompanied by a parent volunteer will greet their swimmers **15 minutes before the scheduled practice start time at the entrance to the Lord Byng Pool facility.** There is no pre-session activation at this time. Coaches and the parent volunteer will wear a face mask while welcoming and giving the swimmers a second Vikings verbal health screen.
- ❑ Swimmers must maintain a physical distance of 3 metres from each other while awaiting their health screen and entering the facility.
- ❑ Swimmers who **have not arrived 5 minutes** before the scheduled start **will not be allowed into the facility.**
- ❑ Once the coach has given their swimmers the health screen, and they **have not** answered “yes” to any of the questions, **the coach will direct the swimmers into the pool facility** (See Attachment 3b for the Vikings Health Screen questions).
- ❑ In the event that there are two practices being held right after one another as is the case in the Fall 2020 Winter Maintenance Program, the Vikings Parent Volunteer rather than the coach will give swimmers the second Vikings verbal health Screen and ensure that the swimmers are physically distancing while arriving; lining up at the entrance, and while departing the Lord Byng pool Facility.
- ❑ Coaches are to let the Vikings Parent Volunteer(s) know when a practice is complete so that the swimmers who are lined up no closer than 3 metres apart outside the front door, can then enter the Lord Byng pool Facility for the next practice.
- ❑ Coaches are to bring only one bag with minimal belongings in it to the pool.
- ❑ All coaches must sanitize their hands and ensure that their swimmers also do before entering the facility and when leaving the facility.
- ❑ Coaches can bring one filled water bottle to practice but no food.
- ❑ Coaches must have their face mask on and maintain a physical distance of 3 metres while arriving at the pool; within the facility, and on departure.
- ❑ It is optional if the coaches wear a face mask while coaching.
- ❑ Coaches are to ensure that swimmers follow all facility social distancing 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.
- ❑ No “after practice discussions” with training groups are permitted inside the Lord Byng pool facility.
- ❑ Coaches are to ensure that no training plans are left in the Lord Byng pool facility.

## **4.2 What swimmers need to do coming to the Lord Byng Pool**

### ***Before Arrival at the pool:***

- ❑ Swimmers & their parents must familiarize themselves with this Return to Sport Plan. All updates to this plan will be posted on the Vikings website.
- ❑ Swimmers & their parents must review the weekly/biweekly Vancouver Vikings communication emails containing reminders and any changes to protocol.
- ❑ Swimmers are to pack a small plastic bag with their name on it that they can put their face mask in when they enter the water.
- ❑ Swimmers **MUST** electronically complete the BC COVID-19 Self-Assessment Tool Health Screen within 24 hours of coming to **each 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 are to utilize the washroom at home before coming to practice in order to reduce trips to the Lord Byng facility washrooms.
- Swimmers to arrive and depart in swim suits with clothes or parka on top so there are no delays in starting the practice.
- Swimmers are to bring one bag which contains only a swim cap, kick board, pool buoy, goggles, towel and phone, keys and wallet if needed. No snorkels or other personal belonging are permitted.
- Each swimmer will be emailed a training plan; lane assignment, and any training equipment requirements from their coach 24 hours before each training session. Swimmers may be given a shallow end or deep end start position.
- If the coaches ask that swimmers bring training equipment to practice, swimmers must clean kick boards and pool buoys with disinfectant at home before bringing it to practice.

### **Upon Arrival at the pool:**

- At the first practice of the day (Group 3), the Vikings Coach and a Vikings parent volunteer will greet the swimmers at the entrance to Lord Byng Pool Facility **15 minutes before the scheduled time of the practice**. Swimmers are to wear a face mask while lined up awaiting a health screen. At this time, no pre-practice activation will be held. Coaches and the parent volunteer will wear a face mask while welcoming and giving the swimmers a second Vikings verbal health screen at the entrance to the Lord Byng Pool Facility. (Attachment 3b for the Vikings Health Screen questions). If any swimmer answers “yes” to any of the Vikings Health Screen questions they will not be allowed to swim.
- Swimmers **who arrive later than 5 minutes** before their scheduled practice time **will not be permitted** into the facility to train.
- Once successfully completing the health screen, swimmers are to enter the facility as per the Lord Byng Circulation Plan included in Attachment 2.
- A limited amount of lockers in the change rooms will be available for swimmers’ use. A bench on the deck will also be designated for swim bags as well.
- Once on deck, the swimmers will be directed to their starting positions by their coach as per the practice plan.
- No spectators; parents, siblings or volunteers are allowed within the Lord Byng Pool Facility.
- At the second practice of the day (Group 4), the parent volunteers rather than the coach will provide the Vikings verbal health screen to the swimmers as the coach will already be inside the pool facility coaching.
- Swimmers are to arrive at the entrance to Lord Byng Pool Facility **15 minutes before** the scheduled time of the practice.
- At this time, no pre-practice activation will be held. The parent volunteer will wear a face mask while welcoming and giving the swimmers a second Vikings verbal health screen at the entrance to Lord Byng Pool Facility. (See Attachment 3b for the Vikings Health Screen questions). If any swimmer answers “yes” to any of the Vikings Health Screen questions they will not be allowed to swim.
- Swimmers **who arrive later than 5 minutes** before their scheduled practice time **will not be permitted** into the facility to train.
- All swimmers will remain lined up 3 metres apart with face masks on at the front door of the facility until the Vikings Parent Volunteer and Coach advises them that they can enter the facility when it is confirmed that the first training group have all left.
- Swimmers, and coaches must wear a face mask upon arrival in facility, within the facility and departing the facility.
- Swimmers are to wear their face mask at all times EXCEPT when they are in the water. Swimmers are to bring a plastic bag with their name on it that they can put their face mask in at the end of their lane when they enter the water
- Swimmers are to remember that drinking fountains are for filling water bottles ONLY.
- Swimmers are to quickly towel off and leave the pool facility promptly with face mask on through the designated exit door as shown in Attachment 2.

- All swimmers must adhere to all rules and procedures as directed by the Lord Byng Aquatic Centre staff.
- The Vikings parent volunteers and coach will ensure that the swimmers maintain physical distancing while walking away from the facility.
- Swimmers are to take their training plans with them.  
While waiting for their swimmers, parents are asked to either wait in their vehicles or social distance a minimum of 3 metres apart on the sidewalk.

### 4.3 Practice Layout

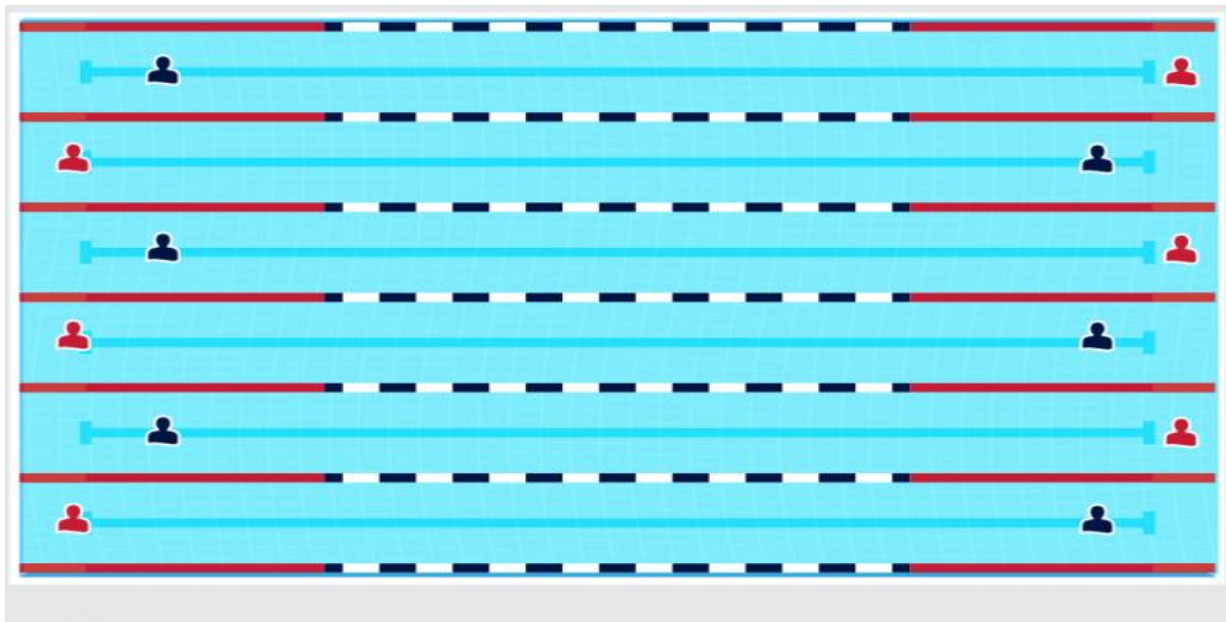
To maintain physical distancing of 3 metres in the pool, swimmers should swim in the middle of their lane with both layout options.

In Group 4, there will be two swimmers per lane. Each swimmer will start and finish at opposite ends of the lane in order to ensure physical Distancing. Group 3 may have two or three swimmers per lane depending how many swimmers show up for practice on a particular day.

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. The intent of this first phase of return to swim is to have experienced swimmers who do not need as many rest breaks and who are less likely to require coach or life guard intervention.

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 : Single lane with 1 swimmer at opposite ends** (Note: Group 3 may have three swimmers per lane depending how many swimmers show up for practice. At the practice, the coach will determine where the 3<sup>rd</sup> swimmer starts from).



## 1. Eliminate the need for Shared Equipment

- Swimmers are not to share their goggles, towels, pool buoy, kick board and water bottle or any personal items.
- Coaches are to bring their own stop watches.
- Coaches to send out the practice plan and lane assignment 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 brief all the coaches about the Vancouver Vikings Swim Club Back to Sport Plan, Waivers, Participation agreement, Worksafe BC as well as site specific COVID 19 operational rules at each pool.
- In consultation with Vancouver Vikings Coaches and members, the Vancouver Vikings Board 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 the 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 and Vikings Parent volunteers based on the Vikings Illness Policy contained in Attachment 3a & 3b upon arrival to the facility.
- Coaches, swimmers or the assigned parent volunteers will not be allowed to come to the Lord Byng 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, coach and/or parent volunteer will be permitted to come back to practices.
- If prior to the 14 days, the swimmer/coach/parent volunteer has taken and received a recent negative Covid 19 test result, the swimmer/coach can come back to train provided that they provide the recent 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 and assigned Vikings Parent volunteer know.
- The Vikings Parent Volunteer 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 Lord Byng Aquatics Manager 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. 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 the City of Vancouver staff, Vancouver Vikings Club will address immediately.
- During Swim season the Vancouver Vikings Board and Head Coach will meet remotely as necessary 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

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### 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 City of Vancouver pool facilities 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 Covid 19 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 Covid 19, 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

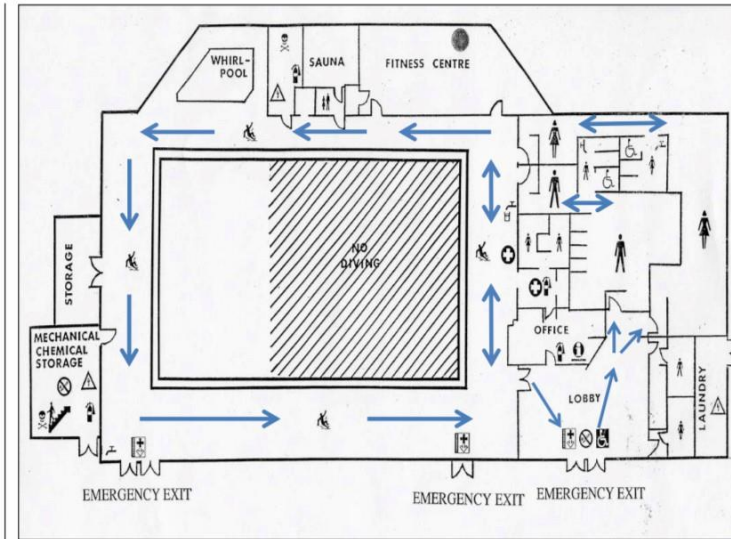


## Attachment 2: Lord Byng Pool facility Access and Circulation Plan



### COVID-19 Re-opening Safety Plan

Lord Byng



Approval: Manager Organizational Safety: 2020/MM/DD Corporate Communications: 2020/MM/DD EOC Director: 2020/MM/DD

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Note: Swimmers and coaches are to enter and exit through designated doors in the lobby as shown above

## 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, coaches and the assigned parent volunteer 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 a verbal health screens to attest that they are not feeling any of the above COVID 19 symptoms. Swimmers, coaches and the parent volunteer will not be allowed to come to the Lord Byng Pool 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 assigned Vikings parent volunteer.

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 Parent volunteer will contact the swimmer’s parents to come pick up the swimmer immediately and be told to 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 provide recent 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 or parent volunteer needs to let the Vikings Swim Club Board Covid Committee know if they 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. If a swimmer tests positive for Covid 19, the swimmer needs to let his/her coach know and not come back to the facility for 14 days unless they can provide recent proof of a 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 the Lord Byng Aquatics Manager 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, coaches, parent volunteers 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/parent volunteer 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

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### Vancouver Vikings verbal Prescreen Health Questions

Vancouver Vikings Coaches will ask swimmers and the assigned parent volunteer 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, coaches and the assigned parent volunteer 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 & Parent Volunteers:**

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.

