



VANCOUVER
VIKINGS
SWIM CLUB

What to Expect at Hillcrest (HC) – Covid protocols

- Every swimmer, coach working must take an electronic Health Screen (BC COVID-19 Self Assessment Health Screen app) 24 hours before coming to practice.
- Swimmers are allowed to bring in their own training equipment in a swim bag including goggles; kick board; fins, and snorkel.
- Swimmers are to come to **practice DRESSED to SWIM.**
- Swimmers are to meet their coach outside of the southeast rear door of the facility which is clearly visible and conveniently accessible from the parking lot. Swimmers will exit out the southwest door accessing directly on to the parking lot. Swimmers are only to access the facility through the designated entrance/exits and NOT the main facility doors.
- No spectators within the facility are permitted as per our facility rental agreement.
- Swimmers should arrive 15 minutes before the designated start time. For example, if the designated start time is 6:30 am on the schedule, then swimmers should meet their coach at 6:15 am so that the coach can take attendance and perform a second verbal health screen to every swimmer. Swimmers arriving later than 5 minutes before the designated practice start time will not be allowed in.
- Face masks must be worn by swimmers as soon as they enter the facility door. Swimmers are only to remove their masks while they are actively participating on the “field of play” which is defined now as the pool deck and in the water. Coaches need to continue wearing their face masks on the pool deck.
- Swimmers or coaches no longer need to physical distance on the POOL DECK, while in the WATER or outside.
- Swimmers are to leave the facility with face mask on immediately after their session with a towel and/or clothes on top of their swim suits. Coaches will ensure that all swimmers have left the facility. The Hillcrest Aquatics staff have asked that swimmers leave as swiftly as they can so that public swimmers can enter the pool after Viks is finished.
- Parents will be asked to pick up any swimmer who becomes ill during practice within 20 minutes.
- All families should familiarize themselves with the Vikings Health polices contained in the overall Vikings Return to Sport Plan on the Vikings Website. No proof of vaccine is required at this time as per the PHO recent directives.