



VANCOUVER  
**VIKINGS**  
SWIM CLUB

**What to Expect at Hillcrest Pool (Hill) – Covid & Access Policies Updated April 27, 2022. New policies in effect since Winter Maintenance are high lighted in yellow.**

- Every swimmer, coach and parent volunteer **must take the Vikings Health Check** shown below before coming to each practice.
  - Every Vikings family should familiarize themselves with the Vikings Illness Policy located on the Vikings web site.
  - Swimmers are allowed to bring in their own training equipment in a swim bag including goggles; kick board; water bottle; fins, and snorkel.
  - Swimmers are to enter in the main entrance door of the facility.
  - Swimmers are to come to **practice DRESSED to SWIM, but can now use the change rooms quickly before they leave.**
  - **Swimmers are to come 15 minutes before the scheduled start time in order to do activation on the pool deck. For example, if the practice schedule says that the start time is 7:00 pm then the swimmers should be on deck to do activation at 6:45 pm.**
  - **Face masks are no longer required at City of Vancouver pool facilities. It is up to each family as to whether or not their swimmer(s) chooses to wear a mask. Vikings will support every family's choice on mask wearing.**
  - Swimmers or coaches no longer need to physical distance on the POOL DECK, while in the WATER or outside.
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**Vancouver Vikings Daily Check Health Questions – to be completed before coming to each practice. There is a zero tolerance for coming to practice sick**

1. Have you been experiencing any of the Covid19 symptoms such as a fever; chills; worsening chronic cough; extreme exhaustion or fatigue; loss of appetite; shortness of breath; a headache does not resolve in 24 hours with medication; loss of sense of smell or taste; diarrhea; and/or nausea & vomiting?
2. Are you waiting for Covid test results or have you been told to self isolate as per current PHO guidelines or direction?

*(If you answer “yes” to any part of this question, please Do NOT come to practice AND please complete the BC 19 Self Assessment Tool; and/or contact 8-1-1 and follow the recommendations provided).*