



VANCOUVER
VIKINGS
SWIM CLUB

What to Expect at Kerrisdale Pool (LB) – Covid & Access Policies- April 27, 2022.

- Every swimmer, coach and parent volunteer **must take the Vikings Health Check included below** , 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 located on the north side of the building facing the parking lot. The ONLY EXCEPTION is training sessions scheduled BEFORE 9:00 am on Weekends. These swimmers must enter the facility from the door located on the south side of the building on West 43rd. A life guard will let swimmers in. If a swimmer is late, access can be provided from the east side of the building at the rear of the swimming pool near the play ground. The reason for using the rear access is because the Community Centre doesn't open to the public until 9:00 am on weekends.**
 - 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 to be worn by swimmers as soon as they enter the facility door. now as the pool deck and in the water. Coaches may remove their face masks while actively coaching at all City of Vancouver pools.**
 - Swimmers or coaches no longer need to physical distance on the POOL DECK, while in the WATER or outside.
 - All families should familiarize themselves with the Vikings Illness policy contained on the Vikings Website.
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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).