



VANCOUVER  
**VIKINGS**  
SWIM CLUB

## What to Expect at Saint George's Pool (SGS) – Covid/Access protocols – Updated April 27, 2022. All changes from Winter Maintenance are in Yellow.

Every swimmer, coach and parent volunteer **must take the Vikings Health Check included below**. No swimmer or coach can come to practice if they are feeling ill or answer yes to any of the questions on the health screen.

- Swimmers are allowed to bring in their own training equipment in a swim bag including goggles; paddles; kick board; fins, and snorkel.
- Swimmers are to come to **practice DRESSED to SWIM but can quickly use the change rooms after swimming.**
- Swimmers are to meet their coach on West 29<sup>th</sup> in front of the Saint Georges Senior School entrance. The drop off and pick up access to SGS will only be at this location. **Under no circumstance should swimmers enter the SGS at any other location or drive into campus.** SGS is an active construction zone and must abide by WorkSafe BC safety requirements.
- Swimmers should arrive at the West 29<sup>th</sup> entrance location, **15 minutes** before the designated start time so that the coach has enough time to: take attendance and walk them into the pool facility. For example, if the designated schedule time is 7pm on the schedule, then swimmers should meet their coach at 6:45 pm. **Saints is asking that no swimmer even if they are with a parent, walk along the driveway to the facility as an "individual without their coach".** Thus, late arrivals will not be permitted as the coach and the rest of the group will have already left. **Given that swimmers have to meet 15 minutes early, there will be NO Activation at Saint Georges practices.**
- Swimmers are no longer required by Saint Georges School Administration to wear a face mask while in the pool facility. Its each family's personal choice if their swimmer(s) wear a mask. Vikings will support all family's decisions on face masks.
- No spectators are allowed within the pool facility at this time.
- Coaches will walk with the swimmers as a group to West 29<sup>th</sup> Avenue where they can be picked up.
- Parents will be asked to come and pick up any swimmer who becomes ill during practice within 20 minutes. All families should familiarize themselves with the Vikings Illness policy contained on the Vikings Web site.

## Vancouver Vikings Daily Check Health Questions

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).*