



VANCOUVER
VIKINGS
SWIM CLUB

What to Expect at UBC – Covid/ Access protocols – Updated April 27, 2022. All changes since WM are highlighted in Yellow.

- Every swimmer, coach and any volunteers working at a particular practice must take the Vikings Health Screen before coming to each practice. The Health Screen questions are included below. There is zero tolerance for coming to practice sick.
- Swimmers should arrive 15 minutes before the scheduled start time for Activation. UBC aquatics management has asked that activation NOT BE on the POOL Deck but rather be on the McInnes Artificial Turf located outside of the swimming pool. If the schedule says your training group session is at 7:00 pm, please arrive at 6:45 pm at the field for Activation.
- 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** but **can now quickly use the change rooms after their swim. Swimmers MUST have face masks on in the change rooms.**
- Swimmers are to meet their coach outside of the front entrance to the pool located at the southwest corner of the facility.
- Parents of children under 13 years old MUST walk in, & pick up their child at the facility.
- Spectators are **NOW permitted in the facility.**
- Swimmers are only allowed in the specific pool rented for their training slot. Unfortunately, swimmers cannot go in the recreation pool or hot tubs afterwards as those are not included in the rentals.
- Swimmers will need to take an on- deck cleansing shower before entering the pool.
- Swimmers no longer need to physical distance on the POOL DECK or while in the WATER.
- **Swimmers, coaches and spectators MUST all wear face masks in the UBC pool facility** The only exception is that, swimmers do not have to wear face masks while actively participating on the field of play which is defined a in the water; in the cleansing showers and around the boards. Coaches must have face masks on at all times. UBC does not allow coaches to take their masks off to coach.
- The coach will let swimmers know where they should place their swim bags. UBC asks that no bags be left on a designated walkway.
- Swimmers are to leave the facility with face mask. Coaches will ensure that all swimmers have left the facility.
- 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 Health policies contained in the Vikings Illness Policy located on the Vikings Website.

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).