

North Delta Sunfish Summer Swim Club
2021 Return to Competition for Competitive Swimming
Addendum to the Return to Sport Plan
April 14, 2021

This document is based on suggestions of Return to Competition supported by BC Summer Swimming Association (BCSSA) and ViaSport. BCSSA and ViaSport appreciate the value of community based teams and clubs and their need to return to activities and competitions for the youth in our province.

These associations have been a great support to our local aquatic sports and have enabled us to re-imagine our approach in allowing the youth to return to sports they love.

The COVID-19 pandemic is an evolving situation and this document is based on the best information possible. The North Delta Sunfish Summer Swim Club (North Delta Sunfish) will continue to monitor the situation and follow guidelines presented by our governing body, BCSSA, Provincial Health Office, WorkSafe BC and the City of Delta. This document will be a living document and updating of guidelines and resources will be adjusted accordingly. Within this document the North Delta Sunfish will present scenarios to enable us to return to competition if the opportunity arises. All scenarios will be reviewed and agreed upon by the City of Delta. Our Club appreciates all support given by the City of Delta by assisting in our efforts to offer opportunities for our youth in these evolving situations.

Return to Competition - Stage 1

Single Club - Multi Cohort Competition

In this stage of competition the North Delta Sunfish have 2 possibilities.

As we are primary users of the North Delta Recreation Centre outdoor pool during the summer months, we are also requesting some time and use of Sungod Recreation Centre. The outdoor pool is not a regulation pool and therefore any swim times will not be recognized as official. All time trials run at the outdoor pool will be run in a practice setting and involve single cohort racing limited to 24 swimmers in the water as per the limitations set for social distancing. All coaches will continue to maintain proper physical distancing on deck while time trials are being held.

We are requesting 2 weekend practices at Sungod Recreation Centre to be designated as 'competitive swims' to allow our swimmers to race a regulation pool. Many of our swimmers require an official time for post-secondary education or to further their swim endeavours.

In this scenario we are requesting a multi-cohort competition. This would require the use of officials and parent volunteers. The multi-cohorts would be maintaining physical distancing at all times. The maximum number of participants would be decided upon by the Provincial Health Officer including athletes, officials, volunteers, lifeguards and coaches.

The required officials for a multi-cohort time trial

- 1 referee
- 1 starter
- 1 timer per lane with the additional use of electronic timing pads
- 1 stroke judge per side
- 2 turn judges for each end of the pool
- 1 computer operator
- 1 timing system operator
- Office staff as required within overall limits permitted in the facility

Currently our practice cohorts consist of siblings and youth of similar ages. They would also be the cohorts that comprise practice groups at the outdoor pool. This would be advantageous to competition as most swimmers compete in age divisions. The parents of the swimmers (family bubble) would be available to work the plungers thus lessening the risk of enlarging the cohorts.

The cohorts would be separated into junior and senior group time blocks. This allows for a break in between in order to complete disinfecting.

By following these numbers it would be possible to have 4-6 swimmers in the pool at one time for a race.

The North Delta Sunfish would have markings set outside the Sungod Pool by the back exit door next to the starting blocks end of the pool. This area would be designated as

marshalling. The athletes would be physically distanced while waiting for their 'heat' and then led in according to which lane they are swimming.

Upon completion of each race, swimmers would be led out the same back exit door. Once they have exited, the next cohort would be led in for the following race.

One person will be designated to sanitize the starting blocks, the backstroke grips and top of the touch pads as they are above the chlorinated waterline. The entry and exit points will be disinfected between users. If necessary, all shared equipment such as clipboards, stopwatches, plungers, computers and pens will be sanitized between users and after use.

The number of coaches would be limited as they would be the usual coaches that lead the cohorts during practice sessions.

All officials, volunteers, and coaches will be using masks while inside the facility.

All persons running electronics will be located in the southwest corner of the pool with plexiglass separating them from others on deck. They need to be located on deck in order to communicate with the Starter and Referee.

Arrival times will be staggered for warm-ups. Each warm-up time will be designated for cohorts.

If permitted, spectators will adhere to all provincial, municipal and facility requirements.

A full competition safety plan will be completed in consultation with the facility to ensure it aligns with specific facility requirements.

The North Delta Sunfish would designate a Meet Manager to be in charge of following all facility guidelines and to complete contact tracing.

Return to Competition - Stage 2

Dual Club - Dual Cohort Competitions

This stage would involve the North Delta Sunfish and one additional club. It would require additional time to accommodate more swimmers. This would only occur if there has been an amendment to the PHO orders to competition and approved by the City of Delta. The suggestion would be to include clubs that are from the surrounding areas in the City of Delta, ie. Boundary Bay Bluebacks or the Ladner Stingrays. Both of these clubs are members of BCSSA and would have also filed similar safety plans to the City of Delta.

There would be additional space needed outside for the other swim club to assemble with appropriate distancing.

The same amount of officials and volunteers would be in place and located at the same positions on deck as the previous competition stage.

The procedure for the athletes to enter and exit the facility would be the same as in a single club multi-cohort competition.

All heat sheets and results would be distributed electronically to eliminate the posting of results. This would ensure no opportunity to congregate in public areas.

The other option for this scenario would be to hold a virtual competition. This would be the same set up as a single club-multi cohort competition and all results would be recorded virtually.

Return to Competition - Stage 3

Multi Club-Multi Cohort Competition

Closed/Open Invitational

If the PHOs are amended and competition of this level is permitted all guidelines will be in coordination with the City of Delta and the facility.

As a community based club the number one priority is the health and safety of all participants including swimmers, coaches, officials, volunteers and family members. In addition to the safety of the general public. We are committed to adhering to all provincial health orders to

control the spread of this disease. We will continue to follow the guidelines set out by the PHO, municipality and the facility.

***Attached is the template presented by BCSSA as a reference for clubs to use for Return To Sport. These templates may be used in our Competition Safety Plan in agreement with the City of Delta and the facility.

Feb 10/2021 Return to Competition Guidelines BC Summer Swimming Association

<p>BCSSA Swim Club Name & Facility: Club name: Pool / facility name:</p>
<p>Covid-19 Competition Safety Coordinator & Contact Information: Name: Email: @ Cell phone: Other phone:</p>
<p>Type of Competition: The type of competition must be based on the currently available competition types outlined in this document.</p>
<p>Maximum Competition Numbers: The maximum competition numbers may not exceed that of the Provincial Health Officer orders or facility orders, whichever is smaller.</p> <p>(a) Swimmers = _____ (b) Coaches = _____ (c) Officials = _____ (d) Volunteers = _____ (e) Facility Staff = _____</p> <p>TOTAL = (a) _____ + (b) _____ + (c) _____ + (d) _____ + (e) _____ = _____</p>
<p>Arrival & Departure Times:</p> <p><u>Arrival Departure</u> Facility Staff: (time) _____ (time) _____ Swimmers: (time) _____ (time) _____ Coaches: (time) _____ (time) _____ Officials: (time) _____ (time) _____ Volunteers: (time) _____ (time) _____</p>
<p>Warm-Up Requirements / Schedule / Lane Assignments:</p>
<p>Entrance / Exit: (Attach map)</p>

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.../Competition Safety Plan Template, continued from previous page

Change Rooms / Showers:

Traffic Flow: (Attach map)

Masks:

Timing:

Shared Equipment:

Location of Officials: (Attach map)

Location of Coaches: (Attach map)

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.../Competition Safety Plan Template, continued from previous page

Spectators: (Attach map)

Facility Specific Requirements:

Isolation protocol:

Contact Tracing Plan:

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