



# **North Delta Sunfish Swim Club**

[www.northdeltasunfish.ca](http://www.northdeltasunfish.ca)

## **RETURN TO SPORT PLAN**

**April 14, 2021**

This document has been approved by **North Delta Sunfish Swim Club Board of Directors** and was written according to the guidelines set in the [BC Summer Swimming Association \(BCSSA\), Return to Swimming & Aquatic Sports Workbook for Clubs.](#)

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## INTRODUCTION

This Return to Sport Plan document was created by the North Delta Sunfish Swim Club Board of Directors in conjunction with BCSSA guidelines.

The North Delta Sunfish Swim Club is a registered club in good standing with the BC Summer Swimming Association (BCSSA). It has been a user of the North Delta Outdoor Pool for many years and we are celebrating our 50th year this summer.

Our club is committed to offering a healthy environment for kids to participate in a community based program. We understand that there may be some restrictions for third party users of the recreational facilities in the City of Delta, but would like our Club to be seen as a useful partner in applying these restart guidelines for the next phase of “reopening” our community.

The goal of this document is to outline policies and procedures that the North Delta Sunfish Swim Club has put in effect for the protection of coaches, members and the public during the COVID-19 pandemic. Sunfish Board members and its coaches are excited about returning to the pool deck and re-engaging with swimmers, but these guidelines will need to be followed.

The information outlined in this guide is designed to assist the Sunfish Board, families and Coaches. These guidelines are designed for the outdoor pool at the North Delta Recreation Centre. The guide will be updated as new information becomes available.

This is a living document and will be updated as new situations arise, problems are identified or rules and restrictions are changed. As new versions of this document are created they will be posted on the club website.

<https://www.ndsunfish.com/return-to-sport-covid-19-safety-plan--announcements.html>

## GENERAL CONSIDERATIONS

- Safety - To adhere to Provincial and Municipal safety procedures and to follow guidelines enforced by [WorkSafeBC](#). Create a safety plan to be followed by all members and swimmers involved with the club.
- Staff - Review all safety procedures/cleaning and instruct all coaches, Board members and volunteer families.
- Swimmers - To ensure swimmers understand the guidelines and procedures to follow prior to entering the pool area.

## LIABILITY INSURANCE

- North Delta Sunfish Swim Club has Commercial Liability Coverage from May 1, 2020 till May 1, 2021.
- BCSSA renewed the liability insurance on April 1, 2020. This insurance excludes Covid-19 contagion specifically. However, the Province has made the process for amateur sport organizations to get back to play easier by protecting organizations from Covid-19 liabilities, provided they are complying with public health orders and provincial sport guidelines.
- The Province has now acted to extend COVID-19 liability coverage to for-profit organizations through the COVID-19 Related Measures Act (CRMA). The regulation protects people (paid or volunteer) from proceedings for civil liability for damages resulting from transmission or exposure to the virus that causes COVID-19. The regulation is retroactive to January 1, 2020 and will remain in force unless and until the [CRMA](#) is repealed.
- Participant waivers and indemnity agreements have been created by legal advisors for BCSSA and the clubs registered with the association. The agreement to a waiver will be included in the registration process and agreeing to it will be a required step to complete registration. See [Appendix A](#).

## PRE-ACTIVITY COVID SCREENING

All members, including coaches, will be asked screening questions before interacting with each other or the participants.

Prior to any athlete participating, the group (including spectators) will be canvassed to ensure no one is symptomatic or at high risk.

Should anyone reveal that they are symptomatic or high risk, they will immediately be removed from the group, distanced from the group, and advised to wear a facemask until they can return home. They will also be suggested to contact their family physician.

The screening questions are:

- Are you experiencing any cold or flu-like symptoms?
- Are you experiencing Any Fever, Chills, Cough, sore throat, Headache, Diarrhea, loss of appetite, vomiting or trouble breathing?
- Have you been in contact with someone who is known to have COVID-19 in the last 14 days?
- Have you travelled outside of the country in the past 14 days?

Each person must answer “NO” prior to attending practice sessions. If any participant answers ‘yes’ to any of the above questions, they must depart the training session immediately and refer to the **Sunfish Illness Policy**.

Additionally, it is the member’s family responsibility for assessing his or her child’s risks in consultation with medical professionals and for the outcome of his or her decisions and actions.

**NOTE:** The City of Delta has implemented a ‘no spectator’ rule for Sungod Recreation Centre. Therefore, the Club will only pre-screen its coaches and active members.

## **ILLNESS DURING PRACTICE**

If a staff member or swimmer becomes ill in the middle of a practice they will:

- Be asked to wash hands, wear a mask and isolate until they can leave.
- All surfaces touched that member will be sanitized by the Head Coach or designate.
- If person is severely ill, call 911.
- Parent/Guardian or Emergency Contact will be informed and asked to pick up swimmer.

They will also refer to the **Sunfish Illness Policy** for further guidance.

## **SUNFISH ILLNESS POLICY**

See [Appendix B](#).

### **COVID-19 OUTBREAKS AT NORTH DELTA SUNFISH SWIM CLUB**

Should there be a confirmed case of COVID-19 in our Club the following steps will be taken:

1. The athletes/coach is removed from the training group immediately.
2. Group training is suspended and its members are placed in self-isolation.
3. Public health officials will determine any requirements related to facility and/or group operations, as well as any requirements around contact tracing as it relates to managing the spread of the virus.

Group training could resume if:

- a. All notified team members undergo self-isolation for 14 days and no other member has developed symptoms
- b. All notified team members are cleared to return to group training by their physician and/or Public Health officials.

### **PREPARATION TO POOL OPENING**

- The Vice President of Coaching (Jane Rashed) is the primary designated person to discuss all safety guidelines to ensure cooperation with the City of Delta.
- The Vice President of Coaching (Jane Rashed) will inform the club and families of COVID-19 updates and changes to ensure all families are aware of expectations of both the parents and children.
- Provide waivers that must be signed prior to a swimmer participating in training.
- Provide member numbers to the City of Delta.
- Confirm staffing, coaches and parent volunteers (if needed to maintain social distancing).
- Communicate safety plan to parents via virtual parent meeting, email and Club website.

- Set a plan outlining dryland and layout of pool lanes and deck areas to follow social distancing guidelines.
- Coaches will attend mandatory orientation training offered by City of Delta to review operation procedures of use of outdoor pools and their COVID-19 safety protocols. Board members (if possible) will also attend to ensure we maintain and support a healthy working environment - cooperation amongst many people will result in success and modeling of new safety protocols.
- Communicate Sunfish Illness Policy to coaching staff. See [Appendix B](#).

## SAFE PRACTICES/USE OF PPE

- No handshaking.
- Specific drop off/pick up pattern to be strictly followed by parents - dependent on City of Delta's newly implemented safety protocols.
- Coach arrival times staggered to ensure social distancing.
- A coach or board member to be present as each swimmer enters practice, if a swimmer feels ill in any way, specifically symptoms listed on the BCCDC website, send them home as per illness policy.
- A coach or board member to monitor and correct new safety protocols.
- Coaches or board members will take attendance of both parents and swimmers to keep on file for **contact tracing**. The sign in records will be kept for 4 weeks and include the following additional information: date & time, location, and any staff/parents/volunteers present.
- Athletes/Coaches who begin to cough/sneeze for any reason will move away from others until it stops (Workplace BC guidelines for COVID-19 Provincial Protocol).
- Swimmers should change and shower at home.
- All club equipment will be disinfected between usage. However, members are encouraged to bring their own kickboards and fins.
- Wash hands often with soap and water for at least 20 seconds - dependent on access to public sinks.
- If sinks are not available, frequent use of hand sanitizers - before and after practices, engaging with parents/members/coaches.
- It is an outdoor space so no need to worry about ventilation.

- No use of snorkels allowed due to spray of respiratory droplets.
- All swimmers that have been ill must see a physician and must be cleared to return to training after being diagnosed or suspected to have COVID-19.
- Make it clear that there is no penalty for missing a practice. If any member of their family or themselves feel ill, they should stay home.
- Be clear and consistent on expectations and enforce policies.
- Have indemnity agreements signed by the parent/participant in person to ensure they are clear of the terms.

\*Effective October 1, 2020, the use of face masks will be required indoors in City of Delta facilities, for everyone, with the exception of:

- People with an underlying medical condition or disability that inhibits the ability to wear a mask;
- People who are unable to place or remove a mask without assistance;
- Young children and those with special needs that inhibit the ability to wear a mask;
- Staff who are working behind a physical barrier or within their own physically separate workspace;
- First responders in an emergency situation..

In response to this new policy, the North Delta Sunfish Summer Swim Club Safety Plan adopted this new policy last September 19, 2020. All members (unless described above for an exemption) will be required to wear a mask during dryland as much as possible since our dryland is not an extraneous warm-up at this time, but more importantly, masks must be worn as members enter the pool deck.

## **MITIGATION**

- Respect City of Delta imposed limits for the pool and deck area.
  - Maximum capacity for pool lanes is 24 bodies
  - Maximum capacity for dive tank is 4 bodies
  - Coach is limited to 3 bodies unless the total number of deck and pool is less than 31 bodies
- Swimmers should show up to their respective practices no earlier than 10 minutes before, and remain no longer than 10 minutes after.

- Pick-up and drop-off procedures at designated spaces.
- Have swimmers **enter from the top gate (adjacent to the grassfield where dryland traditionally occurs)** so there is no need to enter through the changerooms.
- Have swimmers **exit from the side gate (adjacent to the main parking lot entrance and police station)** so that there is no need to exit through the changerooms.
- **As always, parents will not be allowed to accompany swimmers on to the pool deck. Parents will not have any access to the pool deck in order to reduce numbers. If your child is unable to reach the pool deck safely, following your drop-off, this is a strong indication that the swimmer cannot participate in our modified summer program.**
- At the end of practices, swimmers will be directed off the deck by coaching staff.
- No parents permitted in the viewing area as per City guidelines.
- Run dryland on the grass area to ensure spacing of 2 metres between members.
- City to provide designated locations for swimmers to leave their swim bags and towels. All items, excluding shoes and sandals, must be placed inside bags to avoid risk of contaminating items.
- Showers are mandatory prior to entering the pool. All showers are located on the pool deck. Swimmers will not be returning to the change rooms unless otherwise permitted under City of Delta safety protocols.
- Washrooms are single person use only and sanitization stations will be available - location dependent on City of Delta safety protocols.
- Swimmers must wear their personal goggles and cap during swim practice. No help by anyone that is not a family member for “capping” as it is not possible to be socially distant while doing so.
- **No swimmers under the age of 7 permitted as to omit the need for volunteers/coaches to be in the water near them (as per the City of Delta regulations).**
- Must ensure swimmers are comfortable being alone in water.
- Staggered starts in the pool/opposite end starts/limit the number of swimmers per lane to ensure proper distancing while in the water.
- No gathering at the lane ends.

- Groups will have staggered start times so that there is adequate time for coaches to clean and sanitize any equipment necessary.
- Have lifeguards (which Sunfish have in the coaching staff) assisting to enforce and control the flow of swimmers both on deck and in the water.
- Bring older swimmers back to training first to have them model proper mitigation procedures during practices.
- Waterpolo and artistic swimming practices will run as **SKILLS ONLY (unless Provincial Health and VIASport have modified their practice guidelines)** and will involve **NO CONTACT**.

## **DISCIPLINARY ACTIONS RELATING TO SAFETY PROTOCOL**

Swimmers and coaches will be required to adhere to these safety policies and procedures. Failure to comply with these processes could result in the removal from the pool deck by City of Delta staff members, coaching staff or Board Members.

There will be **no refunds for persons failing to comply with any of the North Delta Sunfish Swim Club Return to Sport policies**.

Repeated failures to comply will result in the enforcement of club discipline policies and/or removal from training session or summer program completely.

## **PRACTICES**

### *GROUP STRUCTURE*

The number of practice groups in the pool will be based off:

- Maximum number of persons permitted on the pool deck.
- Number of lanes assigned to the Club.
- Ability to stagger start ends so that groups run off opposite ends of the pool.
- Ability and ages of the swimmers registered for programming. There will be no guarantee that swimmers will swim in the same groups as their previous sessions..
- Coaches reserve the right to split groups in order to maintain adequate physical distancing.
- Groups, training times and spaces will be non-negotiable and dictated solely by the Head Coach and VP of Coaching.

## *PREPARING TO SWIM*

- Wear your suit to and from practice.
- Wash your hands or use hand sanitizer provided prior to entering the pool.
- Do not share equipment. Swimmers can either bring their own equipment ie. kickboards, fins or possibly use equipment given to them at the start of a set of sessions to use.
- Bring a full water bottle to avoid touching a tap or water fountain. Make sure the water bottle is clearly labeled with the swimmer's name.
- If you need to sneeze, sneeze into your elbow or tissue.
- Arrive as close to the time the activity (dryland) is to begin.
- Follow all markings on deck and instructions of coaches when on the pool deck.
- Avoid touching gates, fences, benches etc.
- Do not attend practice if you or a member of your family does not feel well.

## *WHEN SWIMMING*

- Avoid touching your face.
- Avoid sharing food, drinks and towels.
- Follow directions for spacing on deck and stay at least 2 metres apart from others.
- Do not make contact with others, such as shaking hands, high fives or hugs.
- Maintain appropriate social distancing while taking a break in between sets.
- No gathering at lane ends.

## *AFTER SWIMMING*

- Wash your hands or use the provided hand sanitizer prior to leaving the pool deck.
- DO NOT use the showers or changerooms. Shower at home, wear your suit to and from practice.
- No extra-curricular or social activity should take place.
- No congregation after swimming.
- Leave the facility as soon as possible after practice.

## *OTHER CONSIDERATIONS*

- Risk factors for participation such as autoimmune disease, diabetes, asthma, etc.
- Ensure ALL members are aware their children should not swim if they are in contact with someone who has tested positive for COVID-19.
- All high touch surfaces must be cleaned after each practice by the coaches.

- Allow time to clean/disinfect between practices if there are more than one scheduled per day.

## **CLEANING AND DISINFECTING**

- The club must ensure that all Coaches and Board members are fully aware of the policy for cleaning and disinfecting all public areas. All guidelines that are posted on the BC CDC website  
[http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)
- Ensure all proper disinfectants are available and used efficiently on all high touch surfaces between practice sessions.
- 15 minutes should be sufficient time for one practice group to exit, allow cleaning of high touch areas, and another group to enter.
- Have hand washing stations available for all swimmers and coaches - dependent on facility access.. If hand washing stations are not feasible then use of hand sanitizer.
- Have coaches informed regarding what areas and items are their responsibility for cleaning and what is to be cleaned by the City of Delta staff.

## **REFUNDS**

General refunds will only be considered by the Board prior to a swimmer's first day of session and is subject to a \$50 administrative fee.

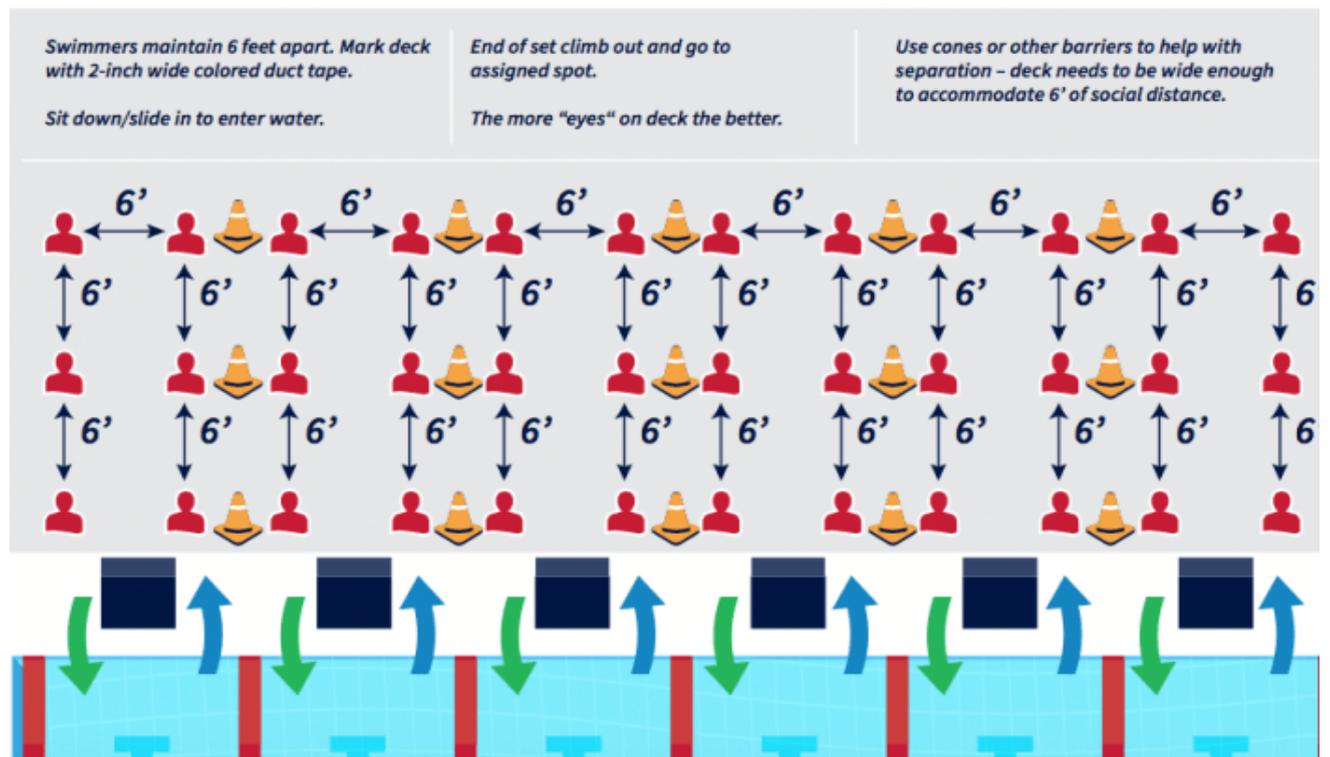
Medical refunds relating to Isolation or Covid-19 Infections will be reviewed by the Board.

## **PRACTICE LAYOUTS / MOVEMENT PATTERNS DURING PRACTICE**

The following diagrams are examples of social distancing that would be used during practices for the Sunfish at the North Delta Outdoor Pool. As noted by the CDC and other research, coronavirus does not survive in chlorinated water.

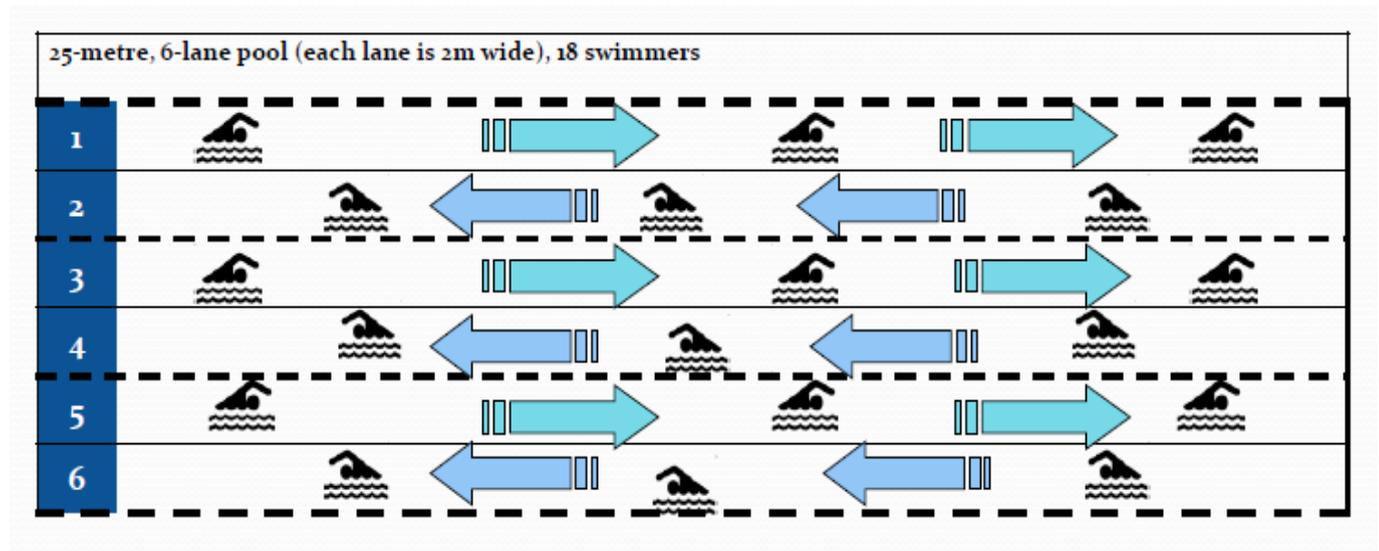
**EXAMPLE 1**

**SOCIAL DISTANCING PRACTICE LAYOUT**  
**25-YARD, ON-DECK, SIT DOWN SLIDE SETS IN CIRCLES**



This example had been originally presented by USA Swimming in their planning and facility re-opening.

**EXAMPLE 2**



1. Using double lanes to add spacing
2. 4 swimmers per lane
3. No gathering at the lane end

# Appendix A - BCSSA COVID WAIVERS

## INDEMNITY AGREEMENT (MINORS)

**WARNING: READ CAREFULLY!**

### **THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS**

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING YOUR RIGHT TO SUE. YOU WILL AGREE TO ASSUME RESPONSIBILITY FOR CERTAIN RISKS AND AGREE TO FULLY INDEMNIFY B.C. SUMMER SWIMMING ASSOCIATION AGAINST LEGAL LIABILITY FOR INJURY, PROPERTY DAMAGE, ILLNESS AND DISEASE (INCLUDING COVID-19)**

**BY SIGNING THIS DOCUMENT YOU WILL ACKNOWLEDGE AND AGREE THAT TRANSMISSION OF COMMUNICABLE DISEASE (INCLUDING COVID-19) IS AN INHERENT RISK ASSOCIATED WITH YOUR CHILD'S PARTICIPATION IN SWIMMING ACTIVITIES**

I, the undersigned Parent/Guardian, understand that this Agreement is a binding legal agreement. Any clarification or questions or concerns must be raised before signing.

I understand that this Agreement is made for the benefit of B.C. Summer Swimming Association.

I understand that B.C. Summer Swimming Association will not permit my minor child (the "**Participant**") to participate in any swimming activities organized, offered, or sanctioned by Organization (the "**Activities**") unless and until this Agreement is signed by the Participant's Parent/Guardian. In consideration of permitting the Participant to participate in the Activities, I acknowledge and agree to the following terms:

**1. ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS:** I understand that there are many risks associated with the minor Participant's participation in the Activities (the "**Risks**"). **I UNDERSTAND THAT COVID-19 IS A SIGNIFICANT HEALTH RISK AND CARRIES A HIGH RISK OF TRANSMISSION THROUGH PHYSICAL OR SHARED CONTACT.** I acknowledge that the Risks include, but are not limited to, serious personal injury, death, property damage, illness and disease (e.g. communicable diseases including COVID-19 and influenza). I further acknowledge that I am in the best position to assess the impact that a communicable disease may have on the Participant or on others with whom the Participant may transmit such disease. Examples of the Risks include, but are not limited to personal injury, death, property damage, or illness resulting from:

- **HEALTH:** food and beverages, drowning, overexertion, dehydration, fatigue, traumatic injury, infections, rashes, and transmission of communicable diseases (including COVID-19 and influenza), bacteria, parasites or other organisms or mutations thereof.
- **CONDUCT:** the Participant's conduct and conduct of other persons, including any physical altercation between persons.
- **PREMISES:** defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions in pools or other bodies of water or on surfaces; extreme weather conditions; and travel to and from premises.
- **EQUIPMENT:** mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within the Participant's ability.

**I FREELY ACCEPT AND FULLY ASSUME RESPONSIBILITY FOR THE RISKS.**

**The Participant is being registered and participating in the Activities voluntarily and willingly.**

**Signature of Parent/Guardian** \_\_\_\_\_

**2. WAIVER OF CLAIMS AND RELEASE OF LIABILITY:** I, the undersigned Parent/Guardian, hereby agree as follows:

- I hereby waive any and all claims that I have or may have in the future against the Releasees in connection with the Participant's participation in the Activities; and
- I hereby release and forever discharge the Releasees from any and all liability for all loss, damage, expense, injury, death, property damage, illness or disease (e.g. communicable diseases including COVID- 19 and influenza) that the Participant, I, my executors or administrators, or any other third party may suffer as a result of the Participant's participation in the Activities due to any cause whatsoever, whether arising from the NEGLIGENCE of the Releasees, breach of any statutory or other duty (including but not limited to the *Occupiers Liability Act*, R.S.B.C. 1996, c. 303), breach of contract, mistake or error of judgment of the Releasees, or otherwise.

**3. INDEMNITY:** I hereby agree to indemnify and hold harmless the Releasees from any and all damages, loss or expense (including legal costs) of any kind resulting from any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the Releasees arising out of or connected with the Participant's preparation for or participation in, or both, or travel to or from any of the activities, events and programs of the Releasees.

**4. REPRESENTATIONS:** I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of the Activities other than what is set forth in this Agreement.

**5. JURISDICTION:** I agree that this Agreement and all terms contained within are governed by the laws of the Province of British Columbia. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of British Columbia. Any litigation in any way relating to the Activities or to the matters addressed in this Agreement must be instituted in the Province of British Columbia.

**6. SEVERABILITY:** If any provision (or part of any provision) in this Agreement is unenforceable, such provision (or part of such provision) shall be severed and shall be inoperative, and the remainder of this Agreement shall remain in full force and effect.

I CONFIRM THAT I HAVE HAD SUFFICIENT TIME TO READ THIS AGREEMENT IN ITS ENTIRETY, INCLUDING ALL OF ITS TERMS, THAT I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING IT AND HAVE AGREED TO THE TERMS FREELY AND VOLUNTARILY. I UNDERSTAND THAT THIS AGREEMENT IS BINDING ON ME, MY EXECUTORS AND ADMINISTRATORS.

**Name of Participant (Please Print) Date of Birth** \_\_\_\_\_

**Name of Parent/Guardian (Please Print) Date Signature of Parent/Guardian)**\_\_\_\_\_

**Date** \_\_\_\_\_

## INDEMNITY AGREEMENT (ADULTS)

**WARNING: READ CAREFULLY!**

**THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS**

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING YOUR RIGHT TO SUE. YOU WILL AGREE TO ASSUME RESPONSIBILITY FOR CERTAIN RISKS AND AGREE TO FULLY INDEMNIFY B.C. SUMMER SWIMMING ASSOCIATION AGAINST LEGAL LIABILITY FOR INJURY, PROPERTY DAMAGE, ILLNESS AND DISEASE (INCLUDING COVID-19)**

**BY SIGNING THIS DOCUMENT YOU WILL ACKNOWLEDGE AND AGREE THAT TRANSMISSION OF COMMUNICABLE DISEASE (INCLUDING COVID-19) IS AN INHERENT RISK ASSOCIATED WITH YOUR PARTICIPATION IN SWIMMING ACTIVITIES**

I, the undersigned Participant, understand that this Agreement is a binding legal agreement. Any clarification or questions or concerns must be raised before signing.

I understand that this Agreement is made for the benefit of BCSSA. I understand that she will not permit me to participate in any swimming activities organized, offered, or sanctioned BCSSA (the “**Activities**”) unless and until this Agreement is signed by me. In consideration of permitting me to participate in the Activities, I acknowledge and agree to the following terms:

**1. ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS:** I understand that there are many risks associated with my participation in the Activities (the “**Risks**”). **I UNDERSTAND THAT COVID-19 IS A SIGNIFICANT HEALTH RISK AND CARRIES A HIGH RISK OF TRANSMISSION THROUGH PHYSICAL OR SHARED CONTACT.** I acknowledge that the Risks include, but are not limited to, serious personal injury, death, property damage, illness and disease (e.g. communicable diseases including COVID-19 and influenza). I further acknowledge that I am in the best position to assess the impact that a communicable disease may have on me or on others with whom I may transmit such disease. Examples of the Risks include, but are not limited to personal injury, death, property damage or illnessom:

- **HEALTH:** food and beverages, drowning, overexertion, dehydration, fatigue, traumatic injury, infections, rashes, and transmission of communicable diseases (including COVID-19 and influenza), bacteria, parasites or other organisms or mutations thereof.
- **CONDUCT:** the Participant’s conduct and conduct of other persons, including any physical altercation between persons.
- **PREMISES:** defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions in pools or other bodies of water or on surfaces; extreme weather conditions; and travel to and from premises.
- **EQUIPMENT:** mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Releasees to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within the Participant’s ability.

**I FREELY ACKNOWLEDGE THAT I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH OR RELATED TO THE ACTIVITIES AND I ACCEPT AND FULLY ASSUME RESPONSIBILITY FOR THE RISKS.**

**Signature of Participant** \_\_\_\_\_

**2. WAIVER OF CLAIMS, RELEASE OF LIABILITY AND INDEMNITY:** I, the undersigned Participant, hereby agree as follows:

- I hereby waive any and all claims that I have or may have in the future against the Releasees in connection with my participation in the Activities;
- I hereby release and forever discharge the Releasees from any and all liability for all loss, damage, expense, injury, death, property damage, illness or disease (e.g. communicable diseases including **COVID-19** and influenza) that I, my executors or administrators, or any other third party may suffer as a result of my participation in the Activities due to any cause whatsoever, whether arising from the **NEGLIGENCE** of the Releasees, breach of any statutory or other duty (including but not limited to the *Occupiers Liability Act*, R.S.B.C. 1996, c. 303), breach of contract, mistake or error of judgment of the Releasees, or otherwise; and
- I hereby agree to indemnify and hold harmless the Releasees from any and all damages, loss or expense (including legal costs) of any kind resulting from any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the Releasees that may be made or initiated by, or on behalf of me, arising out of or connected with my preparation for or participation in, or both, or travel

**3. REPRESENTATIONS:** I am not relying on any oral, visual or written representations or statements made by the Releasees with respect to the safety of the Activities other than what is set forth in this Agreement.

**4. JURISDICTION:** I agree that this Agreement and all terms contained within are governed by the laws of the Province of British Columbia. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of British Columbia. Any litigation in any way relating to the Activities or to the matters addressed in this Agreement must be instituted in the Province of British Columbia.

**5. SEVERABILITY:** If any provision (or part of any provision) in this Agreement is unenforceable, such provision (or part of such provision) shall be severed and shall be inoperative, and the remainder of this Agreement shall remain in full force and effect.

I CONFIRM THAT I HAVE HAD SUFFICIENT TIME TO READ THIS AGREEMENT IN ITS ENTIRETY, INCLUDING ALL OF ITS TERMS, THAT I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING IT AND HAVE AGREED TO THE TERMS FREELY AND VOLUNTARILY. I UNDERSTAND THAT THIS AGREEMENT IS BINDING ON ME, MY EXECUTORS AND ADMINISTRATORS.

\_\_\_\_\_  
**Name of Participant (Please Print)**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Participant Signature**

## Appendix B - SUNFISH ILLNESS POLICY

This policy has been adapted from the BCSSA Return to Aquatics Workbook.

In this policy, “Team member” includes an employee, volunteer, coach, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. **Assessment**
  - Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
  - Managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
  - If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. If a Team Member is feeling sick with COVID-19 symptoms
  - They should remain at home and contact Health Link BC at 8-1-1.
  - If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
4. No Team Member may participate in a practice/activity if they are symptomatic.
5. If a Team Member tests positive for COVID-19
  - The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
  - Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
  - Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched.
6. If a Team Member has been tested and is waiting for the results of a COVID-19 Test
  - As with the confirmed case, the Team Member must be removed from the workplace/practice/facility.
  - The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
  - Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
  - The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:
  - The Team Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.

- **Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health**

#### **8. Quarantine or Self-Isolate if:**

- Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

## Appendix C - RESOURCES

1. [BCSSA RTS Workbook for Clubs](#)
2. Canada Artistic Swimming, [Return to Artistic Swimming](#)
3. [Delta Covid 19 - Safety Plan](#)
4. Swimming Canada, [Covid-19 Resource Hub](#)
5. Water Polo Canada, [Return to Water Polo Training Guidelines](#)
6. WorkSafe BC, [Covid-19 Information and Resources for Employees and Employers](#)
7. ViaSport, [Return to Sport Guidelines for B.C.](#)