



North Delta Sunfish Summer Swim Club
www.northdeltasunfish.ca

RETURN TO SPORT PLAN
November 19, 2020

This document has been approved by **North Delta Sunfish Summer 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 Vice President of Coaching, in conjunction with Sunfish Board of Directors, BCSSA guidelines and Swim Canada's Version 2 Return to Swimming Framework.

The North Delta Sunfish Summer 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 season this summer.

Our club is committed to offering a healthy environment for kids to participate in a community based program.

The goal of this document is to outline policies and procedures that the North Delta Sunfish Summer 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 indoor pool at the Sungod Recreation Centre.

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.

This is a working 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.

DOCUMENT UPDATES

Version 1 - Published on June 23, 2020 for NDRC

Version 2 - Published on August 21, 2020 to account for Sungod Recreation Centre

Version 3 - Published on September 9, 2020 to account for Sungod Recreation Centre

Version 4 - Published on September 20, 2020 to account for City of Delta Mask Policy

Version 5 - Published on November 19, 2020 to account for November 19, 2020

Provincial Health Order

OBJECTIVE

To implement a safety plan to be followed by all members (swimmers, coaches and families) involved with the club.

GENERAL CONSIDERATIONS

- Safety - To adhere to Provincial and Municipal safety procedures and to follow guidelines enforced by [WorkSafeBC](#).
- 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 Summer Swim Club renewed its Commercial Liability Coverage May 1, 2020 and is valid till May 1, 2021.
- BCSSA renewed their 1 year 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 Government of BC has created a Ministerial Order (**extended August 14, 2020**) that protects amateur sport organizations, their employees and volunteers from liability. http://www.bclaws.ca/civix/document/id/mo/mo/2020_m183
See [Appendix A](#)
- 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 B](#).

PRE-ACTIVITY COVID SCREENING

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

Prior to any athlete participating, they 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 contain their family physician.

The screening questions are:

Does anyone in the group:

- Feel unwell?
- Have a cough or cold?
- Have a fever?
- 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?

These questions will be included in the sign-in process of swimmers. Each person must answer "NO" prior to attending sessions.

Swimmer or coach will require physician clearance in order to return to the pool.

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 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 by 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.

Swimmer or coach will require physician clearance in order to return to the pool.

ILLNESS POLICY

See [Appendix C](#).

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 athlete/coach is removed from the training group immediately.
2. Team training is suspended and all 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.
4. Team training could resume if:
 - a. All team members undergo self-isolation for 14 days and no other member has developed symptoms.
 - b. All team members are cleared to return to group training by their physician in accordance with Provincial guidelines.

PREPARATION TO POOL OPENING

- Create a team or designated point person to discuss all guidelines to ensure cooperation with the City of Delta.
- Have a team or designated point person to inform the club and families of COVID-19 updates and changes. Point person 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 restart plan to parents via 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 illness policy to coaching staff. See [Appendix C](#).

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 will take attendance of 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 and location.
- Athletes/Coaches who begin to cough/sneeze for any reason move away from others until it stops. Follow Workplace BC guidelines for COVID-19 Protocol.
- Swimmers should only change and shower at home.
- Coaches will be supplied with PPE protective visors to wear when in close proximity to swimmers. Visors ensure protection and also enable the swimmers to understand them while being instructed.
- **All kickboards and fins will be sanitized before they are returned to the coach shed. However, members are encouraged to bring their own kickboards and fins.**
- Ensure the coaches have gloves, supplies and PPE available to them for cleaning purposes.
- 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.
- No use of snorkels allowed due to spray of respiratory droplets.
- All swimmers who 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.

*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.

Consideration will also be made for certain activities in City of Delta facilities during which wearing a mask is unfeasible. The evaluation will be made on an activity by activity basis by considering the level of exertion for the activity, the ability for participants to physically distance during the activity, and the presence of other protective measures, all in conjunction with the provincial guidelines for the specific activity.

In response to this new policy, the North Delta Sunfish Summer Swim Club Safety Plan has been revised (4th version) to adopt this new policy. All members and coaches are being asked to comply with this policy **EFFECTIVE TODAY (September 19, 2020)** to ensure we are prepared for implementation on **October 1st**.

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 facility into the lobby and then into the pool chamber and again as members leave the pool chamber into the lobby on their way out of the facility.

MITIGATION

- Respect city imposed limits for pool and deck area.
- Group sizes will be respective to social distancing protocols - maximum **6** swimmers per coach for every 2 x 25m lanes. See practice layouts.
- Swimmers should show up to their respective practices no earlier than **5** minutes before, and remain no longer than **5** minutes after.
- Pick-up and drop-off procedures at facility front entrance or City of Delta designated space.
- Minimize clothing worn to practice so that swimmers can **quickly start** activation and **leave pool soon after practice** to allow arrival of next group.
- To **enter**, swimmers will line up at the front door for practice, physically distanced. A staff member will come out and greet the club, do a screening with the Coach and then lead the group through the lobby and through the doors by the Swim Club display case. Refer to **Appendix E**.
- To **exit**, swimmers will line up on the poolside of the lobby doors. - same door entered through to get into the pool chamber. A coach will lead the group through the lobby and the swimmers will **exit through the emergency doors by the changerooms past the fitness centre**. Refer to **Appendix E**.
- **As always, parents will not be allowed to accompany swimmers on to the pool deck. Parents will not have any access to Sungod during the swimmer's practice - Sungod has implemented a 'no spectator' rule. 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 program.**
- Pre-session activation will be limited to nearby outside space or designated deck space (TBD).
- Have designated locations for swimmers to leave their swim bags and towels - The City of Delta has permitted all personal belongings be placed on window ledges by the pool. All items, excluding shoes and sandals, must be placed

inside bags to avoid risk of contaminating items. **Only essential gear and personal items (towel, swim bag etc.) are to be brought to the pool**

- Showers are mandatory prior to entering the pool. All showers are located on the pool deck.
- Bathrooms are available in the mens and ladies change rooms. Family change rooms are off limits.
- Swimmers must wear their own 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.
- Must ensure swimmers are comfortable being alone in water.
- Minimal gathering at the lane ends - 6 swimmers per double 25m lane physically spaced out
- Groups will have staggered start times so that there is adequate time for coaches to clean and sanitize any equipment necessary.
- Waterpolo [See **Appendix D**] and artistic swimming practices will run as **SKILLS ONLY** (~~unless sport guidelines have changed - BC entered Phase 3 on August 28, 2020 as such Coaches will modify practices accordingly~~).
- During the modified summer program, new safety protocols were implemented without any serious infractions. Most of the Fall/Winter members will have been members who participated in the summer program and therefore will be able to model new safety protocols to the other members.

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

We will be adopting a “Get in, train and get out” Approach.

GROUP STRUCTURE

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

- Maximum number of persons permitted **in pool chamber**.
- Number of lanes assigned to the Club.
- Ability to stagger start times and maintain distancing in lanes.
- Ability and ages of the swimmers registered for programming.
- 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

- Complete daily health questionnaire.
- Wear your suit to and from practice.
- Wash your hands or use hand sanitizer provided prior to entering the pool.
- It is recommended that swimmers bring their own equipment ie. kickboards, fins, water polo balls.
- 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. **[Late arrival will not be accommodated]**.
- Follow all markings on deck and instructions of coaches when on the pool deck.
- Do not attend practice if you or a member of your family does not feel well.

WHEN SWIMMING (EXTREMELY IMPORTANT)

- Avoid touching your face.
- Avoid sharing goggles, 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.**
- **Minimal** gathering at lane ends - quick instruction and/or feedback.

AFTER SWIMMING

- Wash your hands or use the provided hand sanitizer prior to leaving the pool deck.
- Showers or change rooms will not be permitted after practices. Shower at home, wear your suit to and from practice **and get dressed quickly.**
- No extra-curricular or social activity should take place.
- No congregation after swimming.
- **All swimmers should leave the facility as quickly as possible following the conclusion of the training session.**

OTHER CONSIDERATIONS

- Risk factors for participation such as autoimmune disease, diabetes, asthma, etc.
- Swimmers and families who travel during phase one and two will need to self-isolate for 14 days before returning to practice.
- Ensure **ALL** members are aware their children should not swim if they are in contact with someone who has tested positive for COVID-19.
- Allow time to clean/disinfect equipment between practices if there are more than one scheduled per day.
- **All practice times will be guarded by City of Delta lifeguarding staff.**

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
- 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 (ie ladders), and another group to enter.
- 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.

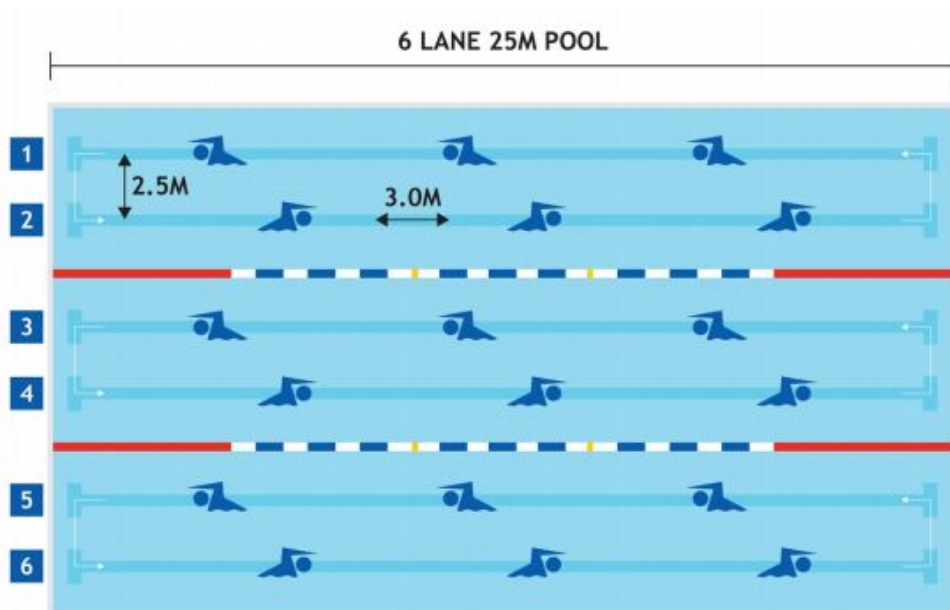
Medical refunds relating to Isolation or Covid-19 Infections will be reviewed by the Board.

There will be a \$25 administrative fee for refunds, regardless of reason.

PRACTICE LAYOUTS / MOVEMENT PATTERNS DURING PRACTICE

The following diagrams are examples of social distancing that could be used during practices for the Sunfish at the Sungod Recreation Centre. As noted by the CDC and other research, coronavirus does not survive in chlorinated water.

EXAMPLE 1

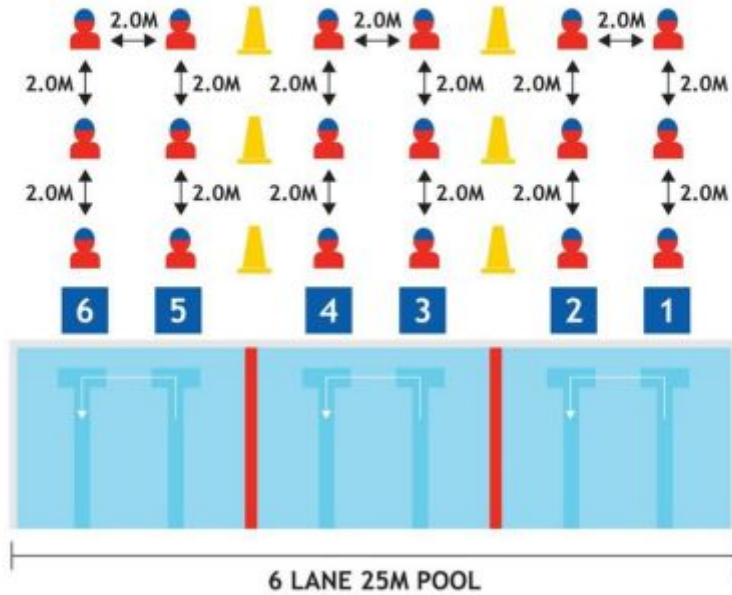


**START /END OF SET - GET OUT OF THE WATER
(DEEP END OPTION - IF DECK SPACE WILL ALLOW)**

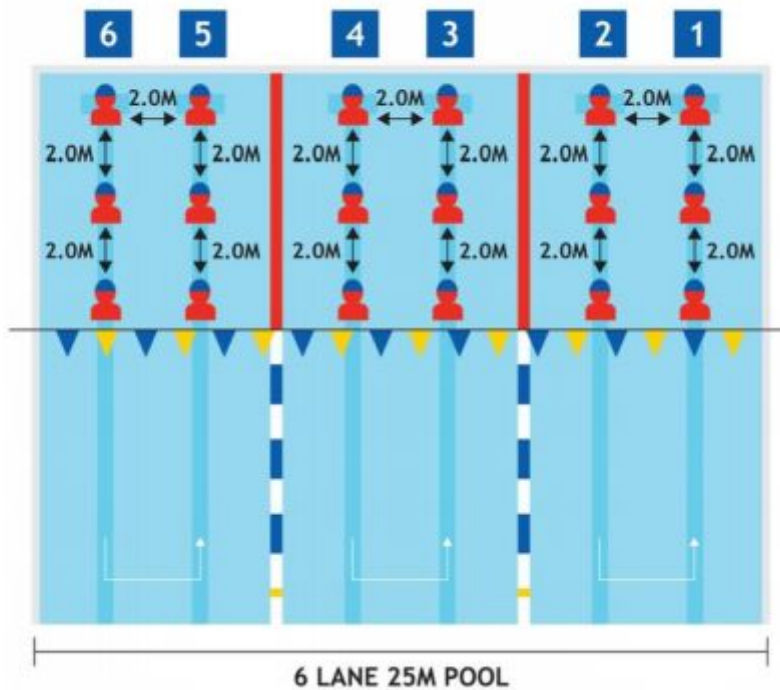
Swimmers maintain 2 meters apart. Mark deck with 2-inch wide colored duct tape. Sit down/slide in to enter water.

End of set climb out and go to assigned spot. The more "eyes" on deck the better.

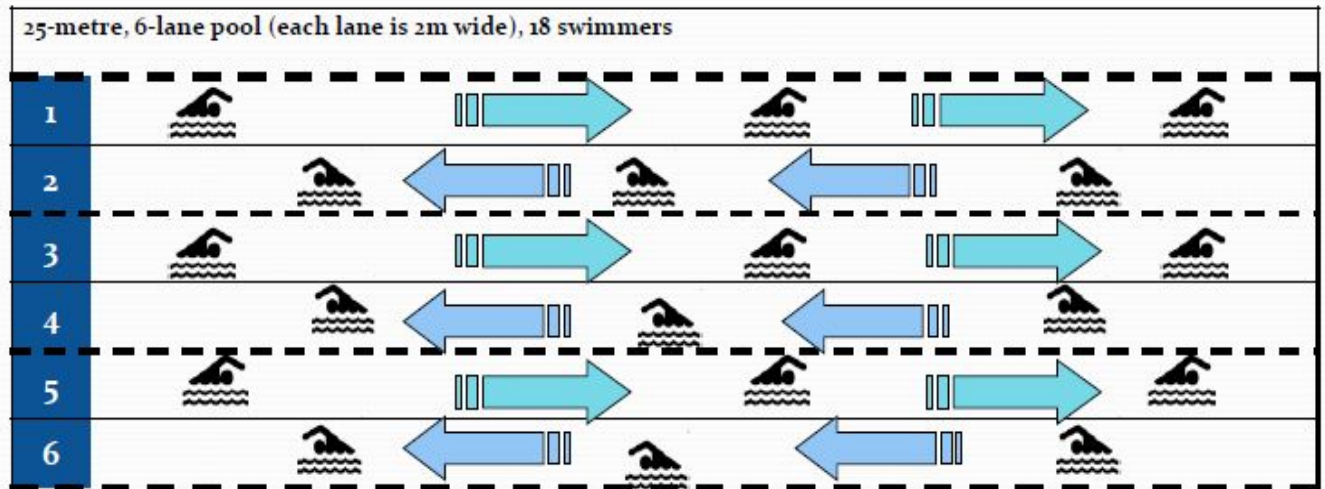
Use cones or other barriers to help with separation - deck needs to be wide enough to accommodate 2 meters of social distance.



**START/END OF INTERVAL OR SET - STAY IN THE WATER
(SHALLOW END OPTION)**



EXAMPLE 2



NOTE: Maximum number of persons dictated by City of Delta 6 people / double lane

Appendix A - MINISTERIAL ORDER

PROVINCE OF BRITISH COLUMBIA

ORDER OF THE MINISTER OF PUBLIC SAFETY AND SOLICITOR GENERAL

Emergency Program Act

Ministerial Order No. M183

WHEREAS a declaration of a state of emergency throughout the whole of the Province of British Columbia was declared on March 18, 2020 because of the COVID-19 pandemic;

AND WHEREAS the threat of the COVID-19 pandemic to the health, safety or welfare of people has resulted in guidelines, recommendations or requirements to limit in-person contacts;

AND WHEREAS it is in the public interest to support the provision of amateur organized sport activities, which play an important role in the physical, psychological and emotional well-being of people in British Columbia, while protecting the health, safety and welfare of all participants;

AND WHEREAS it is in the public interest to protect sport organizations and their directors, officers, employees and volunteers that organize, administer, facilitate or provide organized sport activities from liability for damages relating, directly or indirectly, to COVID-19, if those sport organizations and individuals operate or provide those activities, or reasonably believe that they are operating or providing those activities, in accordance with all applicable emergency and public health guidance;

AND WHEREAS section 10(1) of the *Emergency Program Act* provides that I may do all acts and implement all procedures that I consider necessary to prevent, respond to or alleviate the effects of any emergency or disaster;

I, Mike Farnworth, Minister of Public Safety and Solicitor General, order that the attached Protection Against Liability for Sports (COVID-19) Order is made.

June 10, 2020

Date


Minister of Public Safety and Solicitor General

(This part is for administrative purposes only and is not part of the Order.)

Authority under which Order is made:

Act and section: Emergency Program Act, R.S.B.C. 1996, c. 111, s. 10

Other: MO 73/2020; OIC 264/2020

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PROTECTION AGAINST LIABILITY FOR SPORTS (COVID-19) ORDER

Definitions

1 In this order:

"Act" means the *Emergency Program Act*;

"disability sport organization" means a non-profit society operating with a sporting purpose that is responsible for the organization, growth or development of a disability sport or a group of disability sport disciplines;

"emergency and public health guidance", in relation to an organized sport activity, means any of the following with respect to the COVID-19 pandemic:

- (a) an order made under the Act;
- (b) an instruction or order of a health officer, as defined in the *Public Health Act*;
- (c) guidelines of the British Columbia Centre for Disease Control;
- (d) guidelines of the Public Health Agency of Canada;
- (e) guidelines published on a website maintained by or on behalf of the government;
- (f) guidelines of a health authority;
- (g) guidelines of a sport organization with respect to organizing, administering, facilitating or providing the organized sport activity;
- (h) guidelines of the viaSport British Columbia Society issued in 2020 relating to the return to sports;

"exposed", in relation to SARS-CoV-2, means to have been in contact with, or near, a person or thing that is or may be infected with SARS-CoV-2, in such a manner as to be at risk of being infected with SARS-CoV-2;

"health authority" means

- (a) a regional health board designated under the *Health Authorities Act*,
- (b) the First Nations Health Authority, or
- (c) the Provincial Health Services Authority;

"local sport organization" means a non-profit society operating with a sporting purpose that administers sport at a local level;

"multi-sport organization" means a non-profit society operating with a sporting purpose that leads or coordinates the delivery of services to other organizations;

"organized sport activity" means an amateur sport or physical activity in which a number of persons are engaged in an organized way and that is organized, administered, facilitated or provided by a sport organization;

"provincial sport organization" means a non-profit society operating with a sporting purpose that is responsible for the regulation, governance and development of all areas and levels of a sport within the Province;

"sport organization" means

- (a) a disability sport organization,

- (b) a local sport organization,
- (c) a multi-sport organization, or
- (d) a provincial sport organization.

Application

1. This order applies during the period that starts on the date this order is made and ends on the date on which the last extension of the declaration of a state of emergency made March 18, 2020 under section 9 (1) of the *Emergency Programs Act* expires or is cancelled.

Reliance on emergency and public health guidance

3. (1) A sport organization, or a director, officer, employee or volunteer of a sport organization, is not liable for damages resulting, directly or indirectly, from an individual being or likely being infected with or exposed to SARS-CoV-2 as a result of the organization, administration, facilitation or provision of an organized sport activity if, at the relevant time, the sport organization, or director, officer, employee or volunteer of the sport organization,
 - (a) was organizing, administering, facilitating or providing the organized sport activity in accordance with all applicable emergency and public health guidance, or
 - (b) reasonably believed that the organization, administration, facilitation or provision of the organized sport activity was in accordance with all applicable emergency and public health guidance.
- (2) Subsection (1) does not apply to a sport organization, or a director, officer, employee or volunteer of the sport organization if, in organizing, administering, facilitating or providing the organized sport activity, that sport organization or director, officer, employee or volunteer was grossly negligent.

Appendix B - 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 A

SSUME 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 C - 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 D - WATER POLO CANADA

Return to Water Polo - Training Guidelines – (June 19, 2020)

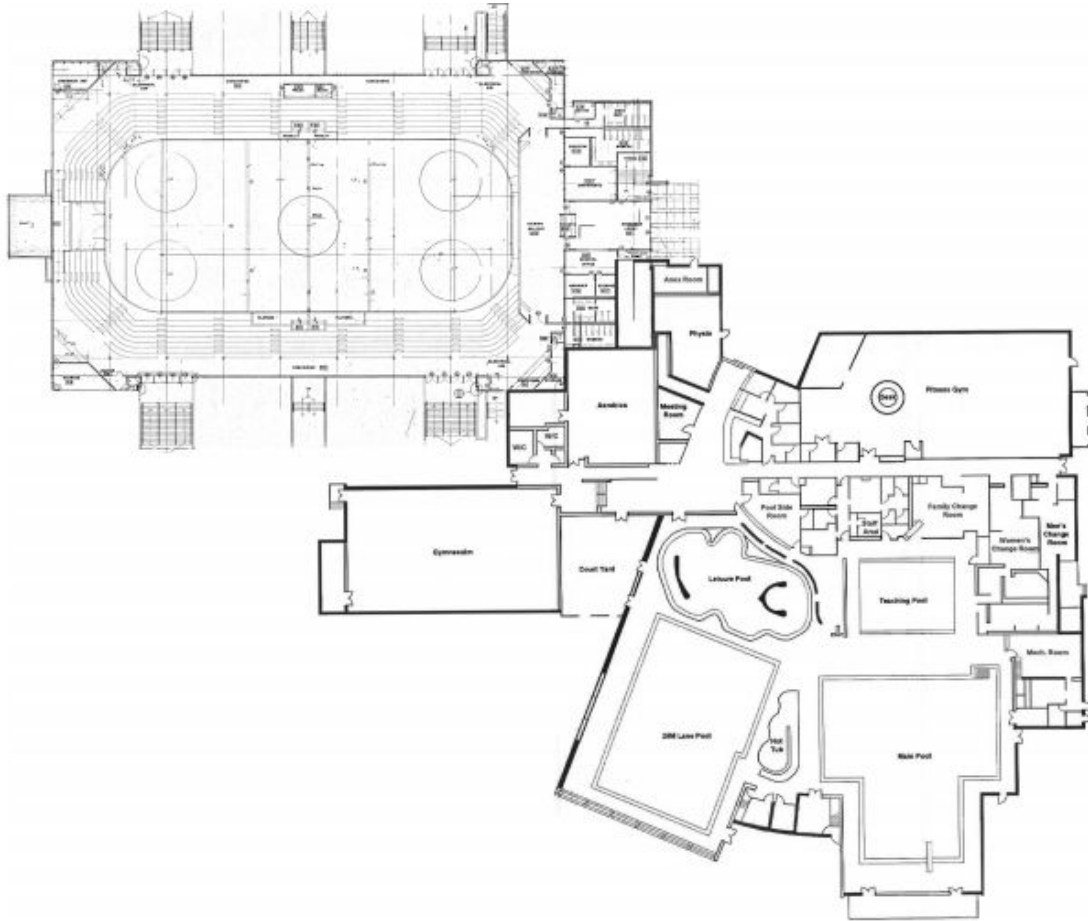
4-STEP RETURN TO TRAINING GUIDELINES				
	Step 1	Step 2	Step 3	Step 4
Canada Public Health	<u>PHYSICAL DISTANCING APPLIED</u>		<u>NO PHYSICAL DISTANCING</u>	
Travel Restrictions	Limited inter-region & inter-province travel only			Domestic travel permitted
Training Location	Personal swimming pool OR Open water	Use of open water & lakes Training within facilities and public pools Must maintain physical distancing.	Training within facilities NO physical distancing	
Training Options	In-water training (solo) if access to own pool only, or open water.	Training with limited members, small sub-groups and distance of 2 meters maintained. Swimming, throwing (passing/shooting) and other technical drills can be completed. No full contact/defending drills, wrestling, scrimmage Equipment must be disinfected incl. balls after each segment *See below for further details	Full training and competition regionally (within provinces) Small group competition allowed (<i>Local teams with no fans</i>)	Full training and competition domestically Large group competition allowed (<i>Normal competition with fans</i>)

Equipment	Equipment must be wiped down at the before and at the end of each training session (balls, nets etc.)
Team Meetings	Team meetings should be held by Zoom (or similar platform) or in open space that allows for physical distancing

AQUATIC TRAINING RECOMMENDATIONS	
Participants in the pool	<i>Based on the ongoing lifting of restrictions across the country at different rates please consider the following addition to this section.</i>
	<i>Provincial Sport Organizations and Clubs are encouraged to work closely with their facility managers and Public Health Officials to determine the maximum number of athletes that can participate in a training session as this varies widely across the country and the 2 meters physical distancing rule is no longer universal. In order to accomplish this a detailed de-confinement plan should be provided to facilities, and to Public Health Officials if required, to demonstrate how the club or team will comply with the current COVID-19 protocols in place in their city and/or province.</i>
	The following recommendations can be made for swimming pool sizes and adjusted based on different pool configurations to allow for physical distancing. 25m x 25m – 12 athletes or less 25m x 30m – 15 athletes or less 25m x 50m – 20 athletes or less <i>*Note the recommendations above can be adapted based on the space available within facilities and approval of these adaptations by the given facility.</i>
	All sport related equipment should be sanitized and left at the pool, athletes can be given their own personal bin or box on the pool deck for sport related equipment such as bathing caps, goggles, WP hats, etc.
	Athletes can arrive in their training suit and be given a bin on deck to put their clothes, or they can pass through the locker room in a staggered fashion while respecting physical distancing and arrive on the pool deck with a towel only.
	2 m distance maintained at all times. ¹
	Limit dry land training on the pool deck. Any dryland or pre-pool activities should be performed before entering the facility. Options of completing warm up can be done outdoors in open air or in another location if permitted.
	Only water personal water bottles on deck, <u>no food allowed.</u>
	Sanitation measures after use by each person – facility specific rules should apply
	Can be conducted using every second lane, can be subgroups or rotating groups in the water with swimming/static technical work.
2 meters + distance for horizontal drills ¹	
Shooting open net, on a board, on rebounded, passing with partners or subgroups respecting 2 m distance, and shooting on goalie ²	
Duels/ opposition - close contact work	Not permitted ¹
Close contact situational activities, or scrimmages	
Cool Down	Can be completed in pool respecting 2m distance, it is advised to be complete this at home. ¹
Post Training Meetings	Team meetings should be held by Zoom (or similar platform) or in open space that allows for physical distancing

²Provincial Sport Organizations and Clubs are encouraged to work closely with their facility managers and Public Health Officials to determine the maximum number of athletes that can participate in a training session as this varies widely across the country and the 2 meters physical distancing rule is no longer universal

Appendix E - SUNGOD MAP



Appendix F - RESOURCES

1. [BCSSA RTS Workbook for Clubs](#)
2. Canada Artistic Swimming, [Return to Artistic Swimming](#)
3. [Delta Covid 19 - Safety Plan](#)
4. Government of BC, [Restart BC Plan](#)
5. Government of BC, [Covid-19 Go-Forward Management Strategy](#)
6. Government of BC, [Covid-19 Go-Forward Management Checklist](#)
7. Lifesaving Society, [COVID-19 Health Guidelines for Swimming Pools](#)
8. Swimming Canada, [Covid-19 Resource Hub](#)
9. Water Polo Canada, [Return to Water Polo Training Guidelines](#)
10. WorkSafe BC, [Covid-19 Information and Resources for Employees and Employers](#)
11. Vancouver Coastal Health, <https://www.worksafebc.com/en/about-us/covid-19-updates>
12. ViaSport, [Return to Sport Specific Guidelines for B.C.](#)