

PoCo Marlins Summer Swim Club – 2020 Return to Sport Plan

Since the onset of the Covid-19 pandemic, the world has had to adapt our normal routines and activities in order to prioritize the health and well-being of the population as a whole. The Province is currently in Phase Two of re-opening so there is some easing of restrictions that enable certain activities to open and operate within the orders of the Provincial Health Officer (PHO). This is not a return to normal, but rather to a “new normal” which will require everyone to modify their behavior, stay informed, apply protective measures and follow public health advice. While we all want to get the kids back in the water, we must do so in a manner that can be done safely. Until a vaccine is developed, an element of risk will remain. The purpose of this document is to lay out the Marlins plan to keep that risk at an absolute minimum while participating in club pool activities.

This Return To Sport Plan was approved by the PoCo Marlins Executive Board on June 14, 2020. Because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, there may be occasions that require updates to this document.

Liability Insurance and waiver

The Marlins general liability insurance coverage is obtained through the BCSSA. The policy was renewed on 1-Apr-2020. As such, this insurance excludes Covid-19 contagion specifically. There is NO liability coverage for Covid-19 related claims. Therefore, Covid-19 is viewed as a risk management issue, rather than an insurance issue. The BCSSA has, with the assistance of legal representation, developed a waiver for adults and indemnity agreement parents sign on behalf of minors which specifically acknowledges that Covid-19 transmission is a risk. Before returning to swim training, we will require a signed waiver for each participant.

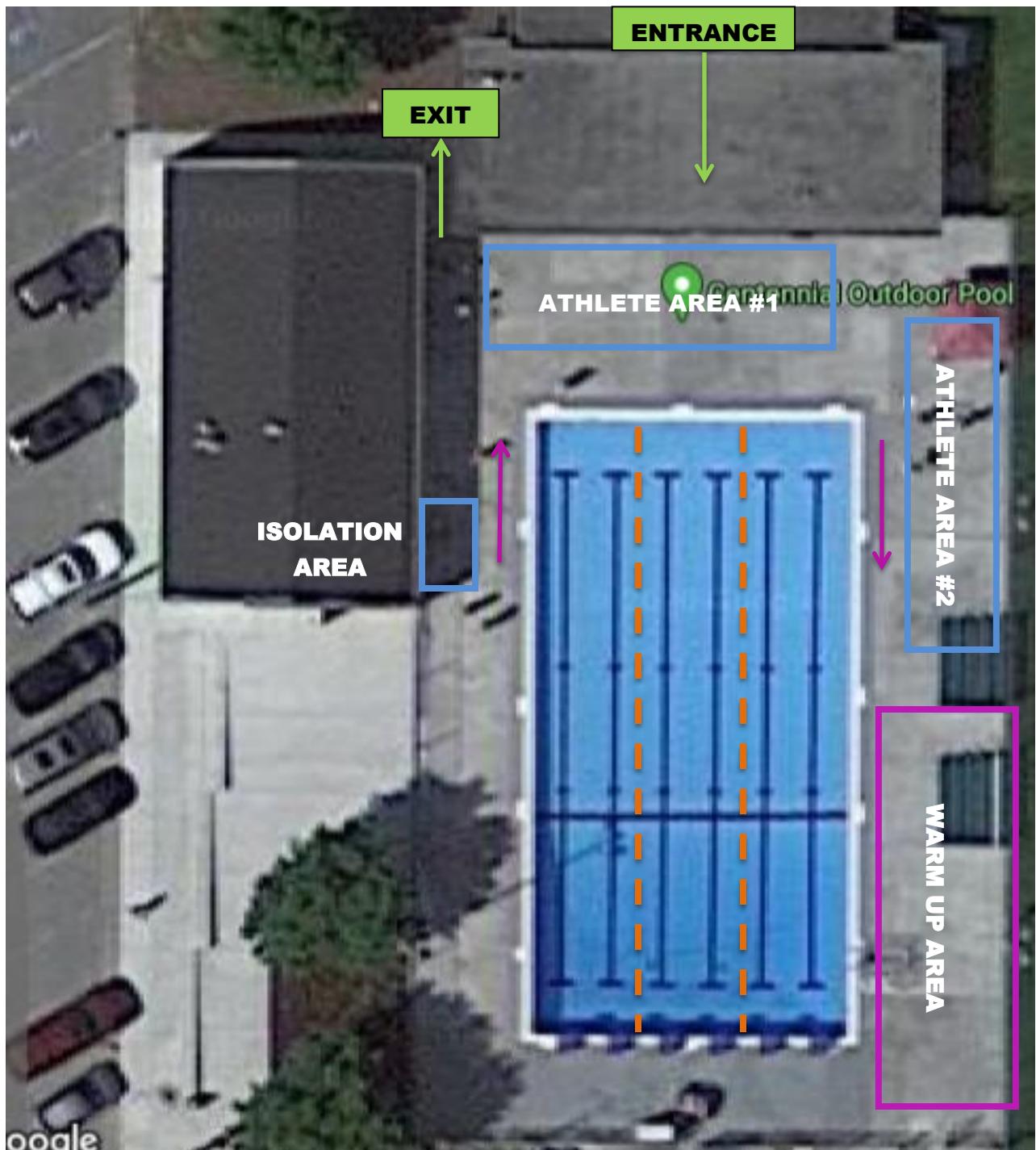
Facility Access – Coaching Staff

- Before any training sessions start, coaching staff will have training and orientation to staff on Covid-19 safe practices and guidelines.
- Coaches should run through daily check list to ensure the facility is ready to accept swimmers.
- Coaches should cross-check each other by asking common questions to ensure they do not have Covid-19 symptoms.
- If a coach has been sick, they should ensure compliance with PHO guidelines and WorkSafe BC requirements before returning.
- The Club and/or the City will provide coaches with appropriate Personal Protective and Safety Equipment, depending on their role and responsibilities. Coaches should avoid sharing these. If this is not possible, equipment should be disinfected between each exchange.
- Coaches should keep their personal items and clothing (backpacks, jackets, shoes, etc.) brought in to a minimum. Where Coaches staff must bring items in, they should be stored separately, with adequate space between each staff member's items. Meeting room at Centennial; guard room at Robert Hope
- Wherever possible, coaching should be done using the same work teams (same workers at same time) in order to avoid increasing the number of interactions.

- Coaches should keep detailed attendance records and health checks for each practice session for contact tracing.
- The Guard Room will be unlocked to allow access to facility safety devices but entrance will be kept to a minimum.
- When any dry land training is being done concurrently with swim training, the dry land must be done outside the fenced area and not on the pool deck.
- If there are any elements coaching/guarding protocol not specifically covered in this plan, coaches will refer to the guidelines provided in the Lifesaving Society [Guidelines for Reopening BC's Pools & Waterfronts](#)

Facility Access – Swimmers

- The change rooms will not be open. Swimmers should change at home and arrive and leave in their swimming clothes (sweats/parka/towel). No changing on site. Shower at home as well.
- Swimmers are encouraged to take care of bathroom breaks before leaving home. There will be one bathroom facility available at both Centennial and Robert Hope but those should only be used in urgent situation to minimize cleaning.
- Signage will be placed at the entrance notifying them that they must not enter if they suspect Covid-19 or if they have any Covid-19 symptoms.
- Swimmers will be expected to wash or sanitize their hands and check in with their coach before entering the pool deck.
- Parents/guardians should drop off and if possible not remain in the facility for the duration of the session. If parents/guardians need to remain, they are suggested to stay in their vehicles or maintain proper social distancing in either of the parks surrounding the pool. Only swimmers/coaches permitted on pool deck.
- Coaches will have parent contacts for swimmers in their training group should they need to be reached.
- Swimmers will enter and exit the pool through separate points. See Figures 1 & 2.
- Swimmers should keep their personal items and clothing (backpacks, jackets, shoes, etc.) brought in to a minimum. Markings will be placed on the pool deck to ensure personal gear is properly spaced.
- Swimmer not permitted in the storage room
- Swimmers are expected to bring their own goggles, caps, towels and water bottles. These items should not be shared. Other swim equipment items regularly used in training (kickboards, flippers) are typically provided by the club. Some swimmers have their own. Swimmers that have their own encouraged to use it. For those that do not have these items, they still can be provided but will require disinfecting between uses.



**FIGURE 1: CENTENNIAL POOL
TRAINING AND CIRCULATION LAYOUT**

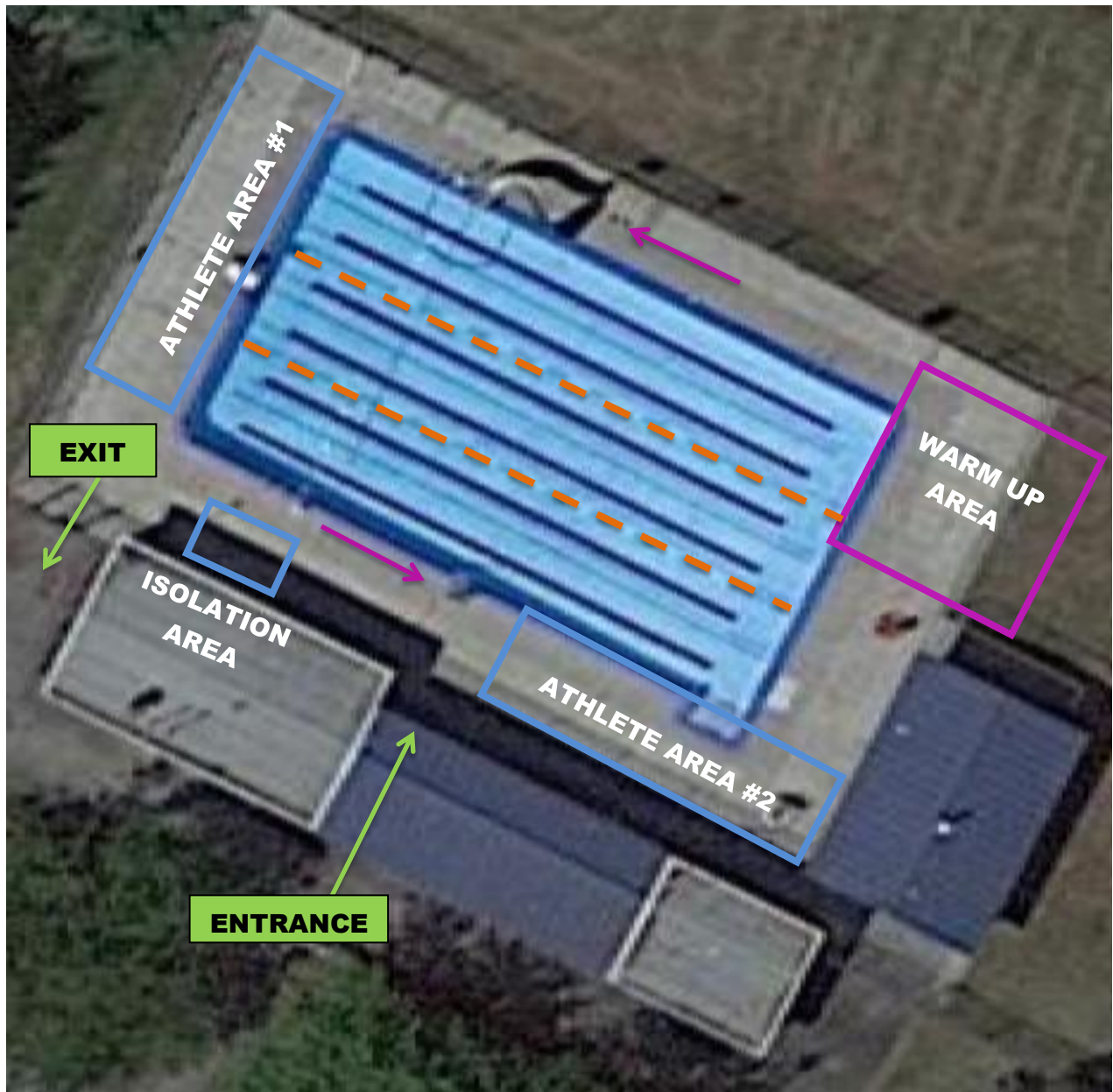


FIGURE 2: ROBERT HOPE POOL
TRAINING AND CIRCULATION LAYOUT

Practice layout

- All personal equipment & clothing must be brought with an athlete and taken away by the athlete. Personal belongings should be placed 2 metres apart within designated Athlete Area (ref Figures #1 & 2) during training.
- All swimmers are expected to wash/sanitize their hands at the start of each practice. As we are limited to one bathroom, swimmers will need to the sink one at a time. Please allow time for this prior in water practice time. The use of personal hand sanitizer is accepted and encouraged.
- While in the water to maintain physical distancing of 2 metres, swimmers should swim in the middle of the lane only and return by the adjacent lane. See Figure 3. Four swimmers per each double lane, starting at opposite ends. Swimmers should remain in the middle of the lane they are in between sets.
- There is currently no evidence that Covid-19 survives in treated pool water and therefore there are no special disinfection procedures to put in place for equipment that is used in contact with chlorinated water.
- Treated pool water is an effective disinfectant and that risk while in contact with treated pool water is considered minimal.
- Participants may not share personal items such as water bottles, towels, or goggles.
- Consider goggles as mandatory.
- Swimmers should stay in the same group and in the same lane for the duration of each training session.
- Parents/guardians are encouraged to “drop & go”. If they must stay, it should be in their vehicle or properly social distanced in the parks surrounding the pool.
- There will be occasions when one group will be doing dry land training concurrently with another groups in water training. The dry land training will only be done outside the fence in an area away from the pool (not on the deck)

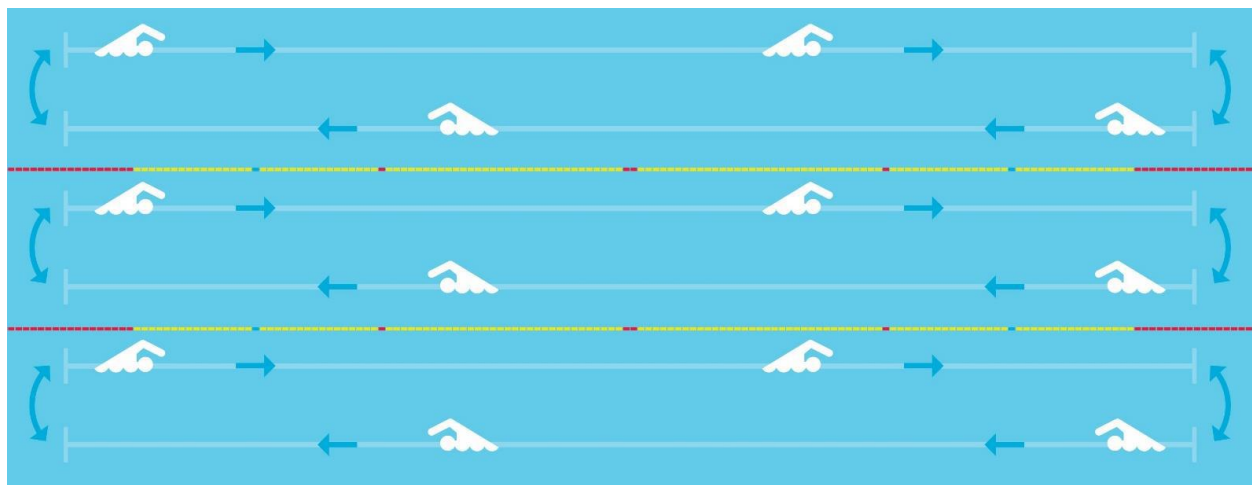


FIGURE 3: .DOUBLE LANE, WITH FOUR SWIMMERS DOING LARGE CIRCLES IN TWO LANES SWIMMING ABOVE THE LANE LINES

Program Planning

Participant Factors

Part of the City's policy for managing risk at the pool facilities is to only rent out the pools in blocks of time to minimize the number of changeovers between different user groups. Historically, the Marlins have had practice times spread out throughout the day; some morning, mid-day and afternoon. Given the blocked time policy, the vast majority of our time will be mornings (6-10am) at Centennial and several 2 hour afternoon blocks (4-6pm) at Robert Hope. The various training group times will be per the schedule that the coaches develop (not available at the time this document was released but will be published). The majority of the early time will be allocated to older swimmers and the Robert Hope afternoon times will be for younger swimmers.

Within the Marlins block of time, we will have some groups in the water and the next group waiting for their turn. There will be two separate athlete areas on each the pool decks. Each area will have markings to indicate appropriate spacing between swimmers. Any personal gear brought to the pool should stay at your position for the duration of the training session. Swimmers exiting the pool should go to their athlete area, retrieve their personal gear and leave the pool deck while maintaining social distancing from the next group. The following group should not enter the pool until instructed to do so by their coach. Coaches will be there to give direction, but we also need parents keeping the message consistent at home. Thank you for your cooperation.

Scheduling

The training schedule will be published on the club website. Please make best efforts to arrive 20 minutes prior to in water scheduled start. The time is to allow for attendance sign in, health check, hand sanitizing/washing, gear drop and some amount of activation before entering the water. Swimmers straggling in will complicate this process for the coaches. Groups entering should maintain adequate distancing times from those departing at all times. Any team gear loaned out for training (kick boards, flippers) will need to be disinfected at the end of practice. Swimmers are encourage to bring personal equipment, if they have it.

Contact Tracing Record

Upon arrival for each training session, all swimmers must check in with their coach (or delegated volunteer) so an attendance record can be maintained. This record will include date and time of training, list of names of all swimmers and coaches in attendance, a Covid screening and hand hygiene check. Parents are encouraged to 'drop and go'. For those that choose to stay, they should maintain proper social distancing in the public park areas outside the fence. These records will be maintained for at least 4 weeks from the date of training.

Cleaning

- To minimize the amount of cleaning between user groups, the change room and larger washrooms areas will remain closed.
- Any shared club training equipment should be sanitized by immersion in a 1:10 dilution ratio for household bleach for at least 1 minute.
- High touch, hard surfaces (door knobs, latches, faucets, sinks, toilets, light switches, tabletops, pace clock) should be wiped with sanitizing wipes by coaches (or delegate volunteer) after each practice.
- Floors in meeting room and/or guard room should be swept as necessary.
- Pool decks hosed off as necessary
- Facility safety equipment (spine board, AED, rescue float) should be wiped with sanitizing wipes by coaches
- Swimmers should not share any personal or loaned equipment.
- Coaches should not share any equipment (stop watches, whistles, guard fanny packs)

Signage

Signage will be placed to indicate things like: entrance and exit direction, social distancing reminders, designated athlete areas with markings on the deck to show proper spacing, Coronavirus Prevention Notice.

Any signage that is specific to the Marlins will include a club logo. As the pools will also be used for City programs and other user groups, they may have alternate plans for facility signage that may not mesh well with club signage. As we are not currently aware of any other user groups signage plan, we will make best efforts to find suitable signage that works best for all parties involved.

Personal Protective Equipment (PPE)

Coaches that are also certified and designated as guards during training should have their own fanny pack of PPE. Fanny packs should not be shared. If coaches do not have their own fanny packs, they should make this known to the club executive and necessary items will be procured from reputable source(s). Fanny packs should include: gloves, safety glasses, surgical masks, resuscitation equipment (BVM or one-way valve), hand sanitizer and disinfection wipes. The club is not currently aware of the city mitigation plan with respect to facility specific PPE. As this information becomes available, any deficiencies will be remedied.

Communications

This 'Return To Sport' plan will be posted on the club website: <https://www.pocomarlins.com/>
If future recommendations from PHO, Life Saving Society, ViaSport, BCSSA, City of Port Coquitlam or other relevant organization affect elements of this plan, the plan will be revised accordingly and board approved. As usual, any information of this nature will be disseminated to member families via the club email subscriptions. Information may also be posted to the private club Facebook group. As not all members are active on Facebook, this is only a secondary means of communication; club emails remain the primary.

Prior to the start of the season, the coaching staff will be trained on these new procedures by the head coach and some board members at an orientation meeting. We are currently working on including a speaker with a medical background that can bring general awareness to the coaching staff regarding Covid-19.

Covid Screening

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

Prior to any Athlete participating, the group will be canvassed, as part of the safety briefing to ensure no one is symptomatic or at high risk. Should an Athlete (or coach) reveal that they are symptomatic or high risk, they will immediately be removed from the group, distanced from the group into the isolation area, and advised to wear a facemask until they can return home.

The screening questions will be:

Does anyone in the group:

1. Feel unwell?
2. Have a cough or cold?
3. Have a Fever?
4. Been in contact with someone who is known to have COVID-19 in the last 14 days?

Disclaimer

This document has been approved by the Board of Director of the PoCo Marlins Summer Swim club and represents our plan to mitigate risk to the best of our ability. The plan is based on guidelines put forth by various agency documents noted below. As new information known about the COVID-19 coronavirus and recommended health and safety measures becomes available, this mitigation plan will be revised and approved as deemed necessary by the clubs board of directors. If needed, this document will be revised to better mesh with the municipality mitigation plan for re-opening of pools when available. In the event of an ambiguity or conflict between the Workbook and the Public Health Act, regulations or orders there under, the Act, regulations and orders prevail. The information in the resource links below may be updated from time to time. Best efforts will be made to ensure our plan is up to date as we are made aware of any revisions to these resources.

Resources

[BCSSA Phase 2 - Return to Swimming & Aquatic Sports](#)

[Lifesaving Society of BC & Yukon, Guidelines for Reopening BC's Pools & Waterfronts](#)

[BC Recreation and Parks Association, Guideline for Restarting Operations](#)

[Swimming Canada, Covid-19 Resource Hub](#)

[Aquatics Canada, Return to Aquatics Training, Principles for a Safe Return to Sport Framework](#)

[WorkSafe BC, Covid-19 Information and Resources for Employees and Employers](#)

[ViaSport, Return to Sport Guidelines for B.C.](#)