



Introduction

Guidance from the Health Authorities has noted that the use of swimming pools is considered a low risk activity as long as the pool is operated and properly maintained. There is no evidence that COVID-19 can be spread to humans through the pool water. Proper operation, maintenance, and disinfection (e.g., with chlorine and bromine) of pools and hot tubs spas, should inactivate the virus that causes COVID-19. We know that it is critical that appropriate care is taken both in and outside the pool, to protect swimmers, coaches and staff.

The Ladner Stingrays Swim Club Return to Swim COVID-19 Safety Plan (the Plan) has been prepared in accordance with the [BC Summer Swimming Association's Return to Swimming and Aquatic Sports Guideline](#) approved by the BCSSA Board of Directors on June 5, 2020. Any relevant guidelines, policies, procedures from the City of Delta and the Health Authorities will be followed in addition to the measures identified in this document. We have also reviewed the LifeSaving Society of BC's guidance document "Reopening BC's Pools and Waterfronts". Delta's COVID-19 Safety Plan has been reviewed and shared with club members.

A fundamental core measure to reduce the risk of transmission of COVID-19 is that the Ladner Stingrays will have a strict policy of ensuring no swimmers or coaches participate in swim club practices if they feel unwell, have any respiratory symptoms or a fever and will perform screening as per the most current BCCDC guideline. The following describes additional specific measures that will be implemented.

Site Management

We will modify our operations and the physical environment to minimize the potential for COVID-19 to spread in the pool area. This will be achieved in a number of ways described below.

Swimmers will line up outside the pool on designated markers 3m apart and must arrive with masks on. A Coach will ensure a health check was completed for every swimmer prior to arrival and the lifeguard on duty will verify that the health check has been completed. If a health check has not been completed prior to the start of practice, the swimmer will not be permitted to enter the facilities.

Prior to entering the building swimmers will sanitize their hands and will be lead by a Coach through the foyer into the change rooms. We will not have use of lockers. Masks can be removed once inside the change room prior to showering. Once showered, the swimmers will continue out to the pool deck and place their belongings in the designated area (see attached diagram). Swimmers will continue to their assigned swim lane while maintaining social distancing of 3m.

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Swimmers will be asked to shower and change at home and access to the washrooms will be limited to one swimmer or coach at a time from the pool deck. No parents will be allowed inside of the pool facility and are encouraged to stay in their vehicles during drop off. There will be separate areas designated for pick up and drop off. Our swimmers will be exiting outside the West side of the building and this is where parents will pick up.

Swimmers will use their personal training devices. Kick boards, fins and pull buoys will not be shared during a practice. Swimmers will be asked to fill water bottles at home.

Practices will be modified to limit any touch points within the pool. Touch points on ladders will be sanitized with spray between swim groups and as required during practices based on level of use. Swimmers will be reminded to minimize the number of touch points within the pool area.

Parent volunteers or executive members will be enlisted to assist with site management and reinforce physical distancing measures to provide support for the coaching staff.

Practice start and end times will be staggered to reduce the likelihood of conflict.

The number of swimmers at any one practice will be capped at 24 swimmers based on the practice format used as described in the following section and set out within the BCSSA guidelines. The City of Delta has determined that Winskill pool will be divided into 3 double wide lanes. Each double lane will not exceed 8 swimmers.

Physical Distancing

Warmup and dry land practices will be conducted in a space that allows for a minimum 3 metre spacing between swimmers. Spaces will be marked out in areas acceptable to the City.

Sanitation

The Stingrays will support increased sanitation measures at the pool including the regular cleaning and disinfecting of touch points used by swimmers and coaches. As previously noted, efforts will be taken to firstly minimize the number of touch points within the pool area. Kick boards will not be shared during a practice. It is assumed the City will be responsible for cleaning bathrooms and the Stingrays expect only minimal essential use of the bathroom facilities during practices.

Training

The BC Lifesaving Society has developed new guidelines specific to COVID-19. We will ensure our coach lifeguards have received training related to these guidelines. The Stingrays will comply with all new policies and procedures for our coach lifeguards and supply the necessary personal protective equipment.



Coaches will be trained on the policies and procedures that are in place to minimize the risk of transmission of COVID-19. This includes ongoing communication and reinforcement of physical distancing measures to swimmers during practices.

COVID-19 Screening

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

1. Inform an individual in a position of authority (coach, team manager) 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, loss of appetite, nausea or diarrhea.

See BCCDC website for a full list of symptoms: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

2. Assessment:

a. Club members must complete the Covid-19 self-assessment and informed consent form prior to each training session. This form is to be filled out every time you or your child enters the Winskill Aquatic Centre. Each individual swimmer must fill a separate form.

b. If Club Members are unsure please have them use the BC COVID-19 self-assessment tool <https://bc.thrive.health/covid19/en>

c. Coaches may visually monitor club 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 practice session.

3. If a member is feeling sick with COVID-19 symptoms:

a. They should remain at home and contact Health Link BC at 8-1-1.

b. If they feel sick and/or are showing symptoms while at practice they should be removed from the pool. The participant and coach will put masks on and evaluate the symptoms with the lifeguard. If deemed necessary, participant will be removed from the pool deck and placed in the Multipurpose room with a coach to wait for pick up from a parent (or if adult participant they should leave the facility immediately). All participants who are feeling unwell (minus muscle spasm/cramps/stitches) will be sent home immediately and will be advised to contact 8-1-1 or a doctor for further guidance.

c. NO member may participate in a practice/activity if they are symptomatic.

4. If a member tests positive for COVID-19:

a. Follow direction of health officials.



5. Quarantine or Self-Isolate conditions:

- a. You have travelled outside of Canada or the province within the last 14 days.
- b. You have come into close contact with someone who has tested positive for COVID-10.
- c. You have been advised to do so by health officials.

Contact Tracing

Attendance records for each practice will be maintained to allow for contact tracing should an outbreak occur. This will be the senior coach’s responsibility.

Communications

This Plan will be shared with parents and swimmers regarding the new policies and procedures for the use of the Winskill Aquatic Centre and we will require acknowledgement by all participants that they have read this Plan and will comply with all measures set out within it before they participate in any practices. This Plan has been posted on the Ladner Stingray’s website at www.ladnerstingrays.com

Summary

Practices will be run at the Winskill Aquatic Centre in a manner that ensures the safety of the swimmers, coaches and Delta staff. The Ladner Stingrays commit to ensuring that this Plan is followed, and if necessary it will be adapted in response to any new guidelines from our Provincial Sport Organization, Health Authorities and the City of Delta.

Approved by the Ladner Stingrays Swim Club Board of Directors on September 21, 2020;
updated on December 2, 2020

A handwritten signature in black ink, appearing to read "Marcy Reoch", is written over a horizontal line.

Marcy Reoch, President Ladner Stingrays Swim Club



Appendix A Swim Diagrams

The diagram shows how we will be using the Winskill Aquatic Centre. There will be double lanes with a maximum of eight athletes in each. This will allow swimmers to stay two meters apart while lane swimming. The diagram also shows the one-way deck movement. Athletes will enter along the yellow line and exit along the green line while in a line where they remain two meters apart. The blue squares represent spaces two meters apart where athletes will store their belongings/bags. Each space will be sanitized after every practice. The yellow arrow shows the arrival path of travel where athletes will be dropped off and green arrow shows the exit path of travel where athletes will be picked up (two separate entrances so there is no overlap).

