



**WRASA RETURN TO SWIMMING POLICY AND PROCEDURES**  
**(COVID-19)**

**Version 2.1 – June 3, 2021**

**Amendment as of June 3, 2021: At SSOP, all physical distancing requirements are lifted. WRASA can resume “normal activity”**

**COVID OFFICER:**  
**HEAD COACH:**  
**PRESIDENT:**

**Janie Neves**  
**Katherine Toy**  
**Sue Fack**

**Cell 778 549 8629**  
**Cell 778 903 2167**  
**Cell 778 222 2125**

## TABLE OF CONTENTS

<b>INTRODUCTION</b>	3
Disclaimer	3
<b>GENERAL INFORMATION FOR ALL MEMBERS</b>	4
How Coronavirus Spreads	4
Symptoms of COVID-19	4
WRASA COVID-19 Officer	4
<b>SWIMMERS</b>	5
Health Questionnaire	5
Best Practices for Athletes	5
Arrival Protocol	6
Equipment	6
Dryland Protocols	6
Lane Assignments and Density	7
Post Swimming Protocol	7
<b>PARENTS</b>	8
Health Questionnaire	8
Best Practices for Parents	8
Drop off and Pick up	9
Communication	9
Protocols for Maintaining a Safe Training Environment	9
<b>COACHES</b>	10
General Notes	10
Health Screening	10
Best Practices for Coaches	10
WorkSafeBC Requirements	11
Facility Requirements	11
Monitoring and Attendance	11
Outbreak Response Procedure for Coaches	12
First Aid Expectations	12
Program Flow	12
<b>Appendix A</b>	14
WRASA ILLNESS AND POSITIVE TEST PROTOCOLS	14
<b>Appendix B</b>	15
Indemnity Agreements	15
<b>Appendix C</b>	16
WRASA Participation Agreement	16
<b>Appendix D</b>	17
Table 1: SSOP Specific Procedures	17
Figure 1.1: SSOP Satellite Image Dryland Zones and Parking Lots	19
Figure 1.2: SSOP Swimmer Placement in Water (Red/White/Blue Cohorts)	20
Figure 1.3: SSOP Swimmer Placement in Water (Green Cohort)	21
<b>Appendix E</b>	22
Table 2: GHAC Specific Procedures	22
Figure 2.1: GHAC Satellite Image Holding Zones and Doors	24
Figure 2.2: GHAC Birds-Eye View Pool Deck	25
Figure 2.3: GHAC Swimmer Placement in Water (Red/White/Blue Cohorts)	26
Figure 2.4: GHAC Swimmer Placement in Water (Green Cohort)	26

## INTRODUCTION

In an effort to facilitate the safe return to the pool and the sport of competitive swimming, WRASA has implemented the following guidelines, operational procedures and policies that all members must adhere to in order to ensure best practices during this time of “new normal”. These policies are built from the resources from the following groups and the “5 principles”.

- BCSSA [Return to Swimming and Aquatic Sports](#)
- Swim BC [Return to Swimming- Swim BC](#)
- Swimming Canada [Return to Swimming -SNC](#)
- BCPRA [Restarting Operations](#)
- Via Sport [Return to Sport](#)
- WorkSafeBC [Return to Safe Operations](#)

## Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"><li>• Frequent handwashing</li><li>• Cough into your sleeve</li><li>• Wear a non-medical mask</li><li>• No handshaking</li></ul>	<ul style="list-style-type: none"><li>• Routine daily screening</li><li>• Anyone with any symptoms must stay away from others</li><li>• Returning travellers must self-isolate</li></ul>	<ul style="list-style-type: none"><li>• More frequent cleaning</li><li>• Enhance surface sanitation in high touch areas</li><li>• Touch-less technology</li></ul>	<ul style="list-style-type: none"><li>• Meet with small numbers of people</li><li>• Maintain distance between you and people</li><li>• Size of room: the bigger the better</li><li>• Outdoor over indoor</li></ul>	<ul style="list-style-type: none"><li>• Spacing within rooms or in transit</li><li>• Room design</li><li>• Plexiglass barriers</li><li>• Movement of people within spaces</li></ul>

### **Disclaimer**

- While the Provincial Government has limited the liability risk to teams during the COVID-19 ([BC Liability protection announcement](#)), safety for everyone is still first and foremost.
  - It is up to each and every person to reduce the infection, or spread of COVID-19
  - It is the responsibility of each and every person to assess the risk, and decide their own personal risk of participation within the team
- While all efforts are made to provide the best possible information available, members should understand that this is a live document and updates or changes may happen
  - Currently this document is based off [BC Restart Plan](#) “Phase 3”
- WRASA will do its best to keep the membership up to date with the ever changing environment, however it is the responsibility of the membership to stay informed

## GENERAL INFORMATION FOR ALL MEMBERS

### **How Coronavirus Spreads**

- Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:
  - respiratory droplets generated when they cough or sneeze
  - close, prolonged personal contact, such as touching or shaking hands
  - touching something with the virus on it, then touching the mouth, nose or eyes before washing the hands
- Current evidence suggests person-to-person spread is efficient when there is close contact

(Source used - [Government of Canada public health](#))

### **Symptoms of COVID-19**

- The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. These symptoms include
  - 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
- People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe. Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people, those with compromised immune systems or chronic health conditions.

(Source used - [Swim BC - Return to Swimming](#))

- For a complete understanding about COVID-19, please refer to one of the many credible sources including:
  - [Fraser Health](#)
  - [BC Centre for Disease Control](#)

### **WRASA COVID-19 Officer**

- WRASA has created a **WRASA COVID-19 Officer** position. This person is responsible for:
  - monitoring the overall health of the team
  - keeping apprised of COVID-19 updates within the province
  - assist in the development of WRASA's plan, education and enforcement

## SWIMMERS

### **Health Questionnaire**

- Swimmers are required to complete the [WRASA Health Questionnaire](#) each day before attending all workouts.
  - Legal guardians will need to complete for swimmers aged 12 and under.
  - Swimmers that do not have the questionnaire completed prior to attending the workout will not be able to participate in dryland or water sessions that day.
  - [WRASA Health Questionnaire](#) must be completed within 24 hours prior to the practice start time. The deadline is 1 hour before the practice begins.
- If swimmers answer YES to any question on the health questionnaire they must:
  - Not attend the workout under any circumstance.
  - Inform WRASA COVID-19 Officer and Head Coach.
  - Follow WRASA Illness and Positive Test Protocols (Appendix A).
- Coaches will review questionnaire results daily to confirm all questions have been answered and that any abnormal responses are noted to the COVID-19 Officer and Head Coach.

### **Best Practices for Athletes**

1. Prior to participating in any session, athletes and parents must participate in a Zoom orientation meeting to address guidelines and protocols.
2. Keep a minimum of 2 meters from anyone outside their household at all times.
  - Swimmers are not to assist other swimmers outside their household with equipment such as goggles, caps, suits, etc...
  - Coaches will not be performing physical manipulations/corrections on athletes.
  - The coach will wear a mask during each dryland and workout session. In a medical emergency, the coach will wear gloves in addition to a mask.
  - Swimmers will maintain appropriate distance from facility staff members throughout the duration of the time spent at the facility.
3. Avoid greeting others with actions (handshakes, hugging, high fives, etc.) that involve physical contact.
4. Do not share food, drinks, or equipment with teammates.
5. Avoid touching their eyes, nose, and mouth.
6. Frequently wash hands with soap and water or, if not accessible, use hand sanitizer.
  - Hand sanitizer is part of an athletes required equipment.
7. Cough or sneeze into sleeves.
8. Athletes must follow the entry and exit policies for Sunnyside Outdoor Pool (Appendix D) and Grandview Heights Aquatic Center (Appendix E).
9. Athletes must follow the directions of the WRASA coaches and facility staff with regards to physical distancing procedures in place.
  - Failure to follow staff direction, facility procedures, and WRASA procedures may result in the removal of the athlete from the group training environment.
  - Athletes must follow physical markers (cones, signs, lines, stickers, etc...) that indicate appropriate spacing while on deck or in dryland areas.
10. Athletes are to act responsibly and promote appropriate behaviour on social media with their peers.
11. Athletes are encouraged to remain in the local community throughout Phase 3.

## **Arrival Protocol**

- **Swimmers should arrive no earlier than 10 mins before their scheduled dryland time.**
  - Swimmers that arrive earlier are asked to remain in the vehicle until the appropriate time or wait in the designated Holding Zones until their allotted Dryland Zone is open.
  - Swimmers who are being dropped off will leave their car at the assigned parking lot and proceed to their designated Dryland Zone (Appendix D, SSOP) or Holding Zone (Appendix E, GHAC).
    - Should swimmers drive to the pool themselves, they will park their car at their assigned parking lot for the duration of the practice.
  - 9 and under swimmers must be escorted by parents to the Dryland Zone.
- Upon arrival, swimmers will proceed to a well-marked designated area (Dryland Zone or Holding Zone) and be met by a coach as indicated in Figure 1.1 (Appendix D) and Figure 2.1 (Appendix E).
  - Coaches will verify that the [WRASA Health Questionnaire](#) for that day has been filled out.
  - If not completed that swimmer is unable to participate that day.
- **Arrive wearing bathing suits under dryland gear and runners.**
- **Only one swim bag is allowed (no equipment bag). Swimmers must put equipment in swim bag.**
- **Swimmers should use washroom facilities at home before arriving at the pool location.**
- Physical distancing rules are always in effect.

## **Equipment**

- Swimmers must ensure that they are dressed appropriately for dryland and swimming activities. This includes all weather conditions.
- Required equipment includes:
  - Cap and goggles (2 pairs)
  - Pull buoy and fins
  - Swimsuit (swimmers must be wearing suit upon arrival)
  - Water bottle (swimmers must have a water bottle prefilled at home before arrival)
  - Garbage bag (for rainy days)
  - Sunscreen (applied before arrival to pool)
  - **Hand sanitizer**
  - Dryland workout attire
  - Runners
  - Rain gear
  - Towel and/or parka
- **The only swim equipment accepted are pull buoys and fins** (no mesh bags, etc...).
- The use of snorkels will not be permitted at any time.
- Swimmers are asked to place their swim bag in designated spots as noted in Appendix D, Figure 1.2 and 1.3, and then move to assigned lanes and slot allocation.
- Swimmers will not be permitted to share equipment.

## **Dryland Protocols**

- Athletes will be spaced at least 3 meters apart in the designated Dryland Zone.
- Athletes will place their bag next to themselves and arrange themselves in a circle or lines, as directed by the coach. Cones will be laid out.
- At the end of session, athletes will leave in a single file line, following the path outlined in Figure 1.1 (Appendix D) and Figure 2.1 (Appendix E).

## ***Lane Assignments and Density***

- Lane density (number of swimmers in the pool) has been determined by a number of factors, including physical distance requirements, city policies, and other regulatory bodies.
  - At this time WRASA will operate at a maximum capacity of 4 swimmers per single lane at Sunnyside Outdoor Pool (SSOP) and at Grandview Heights Aquatic Center (GHAC).
    - Pending City of Surrey approval, capacity may be increased to 5 swimmers/lane at SSOP.
- Swimmers' lane assignment and lane placement (within the lane) has been determined by the coaches, creating the best "training lane" available.
  - Each swimmer is assigned to a group. Their lane placement and position consists of a lane number (1,2, or 3) and a letter (A, B, C, D, E).
  - Swimmers must stay in their respective allocated placement as noted in Appendices D and E.
  - Swimmers will **not** be able to overtake each other during workouts.
  - Coaches will continually assess lane and group placements and will make changes to ensure sufficient social distancing measures if necessary.
- Group size has been determined by maintaining physical distance requirements, creating a safe training environment, and the ability and maturity of swimmers. All dryland and water workouts have been capped at 4 swimmers/single lane. A group of 12 swimmers will occupy a triple lane, while a group of 8 swimmers will occupy a double lane.

## ***Post Swimming Protocol***

- Swimmers are not allowed to access the changing rooms or showers.
- Swimmers must leave the pool immediately and follow exit procedures in Appendices D and E.
  - Swimmers are not allowed to linger on the pool deck or in the Dryland Zone.
  - Swimmers must walk to designated pick-up parking lots.
- Protocol for leaving early:
  - If swimmers need to leave early from SSOP, they must inform their coach and get picked up from Parking Lot 3 outlined in Figure 1.1 (Appendix D).
  - If swimmers need to leave early from GHAC, they must inform their coach ahead of time so the guards can coordinate an early dismissal. Swimmers will get picked up from the parking lot outlined in Figure 2.1 (Appendix E).
- As per Safe Sport guidelines and club policy, **NO DECK CHANGING is permitted.**
  - Swimmers must remove dryland clothing in designated Dryland Zones before entering pool vicinity.
- Swimmers must take all swim equipment home with them after each session to be sanitized.

## PARENTS

### **Health Questionnaire**

- The daily [WRASA Health Questionnaire](#) is the WRASA version of the BC COVID-19 Self-Assessment Tool.
- Swimmers are required to complete the WRASA Health Questionnaire each day before attending any workouts that day.
  - Legal guardians need to complete the questionnaire for 12 and under swimmers.
- If swimmers answer YES to any question on the health questionnaire they must:
  - Not attend the workout under any circumstance.
  - Inform WRASA COVID-19 Officer and Head Coach.
  - Follow WRASA Illness and Positive Test Protocols (Appendix A).
- **Swimmers that do not have the questionnaire completed before the practice before will not be able to participate in dryland or water sessions that day.**
- Coaches will review questionnaire results daily to confirm all questions have been answered and that any abnormal responses are noted to the COVID-19 Officer and Head Coach.

### **Best Practices for Parents**

1. Prior to participating in any session, **athletes and parents must participate in a Zoom orientation meeting to address guidelines and protocols.**
2. Keep a minimum of 2 meters from anyone outside their household at all times.
  - This includes coaches and facility staff members.
  - Parents are not to assist other swimmers outside their household with equipment such as goggles, caps, suits, etc...
2. Avoid greeting others with actions (handshakes, hugging, high fives, etc.) that involve physical contact.
3. Do not share food, drinks, or equipment with others.
4. Avoid touching their eyes, nose, and mouth.
5. Frequently wash hands with soap and water, or if not accessible, use hand sanitizer.
  - Hand sanitizer is part of every athletes' necessary equipment.
6. Cough or sneeze into sleeves.
7. Follow the directions of the WRASA coaches and facility staff with regards to physical distancing.
  - Failure to follow staff direction, facility procedures, and WRASA procedures may result in the removal of the athlete from the group training environment.
8. Parents are unable to watch workouts in order to keep numbers down and mitigate risk of exposure.
  - BC is in Phase 3 and the gathering of people is still restricted.
  - This will allow WRASA to maximize the number of athletes participating.

### **Drop off and Pick up**

- 1 hour before each workout (and within the 24 hour window of the practice start time), parents must have completed the WRASA Health Questionnaire for their swimmers aged 12 or under and/or ensure that the questionnaire has been completed by their children who are over the age of 12.
  - Swimmers that have not completed this daily questionnaire will not be able to participate in workouts.
- Parents are asked to drop off and pick up swimmers from the parking lot in designated areas only.
- **Please keep the window of drop off and pick up to 10 min before and after workouts each day.**
- If parents and swimmers arrive early, please stay in the vehicle until the appropriate time.
- Parents who are dropping their swimmers off more than 10 mins after their dryland start time are asked not to come.
- Keep a minimum of 2 meters from anyone outside their household at all times.

### **Communication**

- **There will be no in person meetings set until further notice.**
  - Any required parent/swimmer meetings will be conducted via Zoom with a third-party present.
- Email will be the primary method of communication.
  - Ensure primary account email is an email that is checked on a regular basis.
  - Ensure that the email is verified and is receiving club emails, beyond billing emails.
  - It will be the responsibility of families to ensure that they keep their primary contact email up to date.

### **Protocols for Maintaining a Safe Training Environment**

- While all efforts are being made to mitigate the risks of a COVID-19 infection, parents are asked to help monitor the health of their swimmers on a daily basis to help keep the risk to a minimum.
- If everyone continues to follow the “5 Principles,” the chance of a COVID-19 outbreak is low. However, if an outbreak occurs with any member of the WRASA team (Swimmers, Parents, Coaches), the team protocols for illness and/or positive tests is Appendix A.
  - If an athlete answers YES to any question on the WRASA Health Questionnaire they are not to attend the workout under any circumstances.
- Before in person participation all WRASA Members (swimmers and volunteers) will be required to update their registration agreement by signing the following documentation.
  - *INDEMNITY AGREEMENT (Under the age of 19)* (Appendix B)
  - *INDEMNITY AGREEMENT (19 years and older)* (Appendix B)
  - *SWIMMER PARTICIPATION AGREEMENT* (Appendix C)

## COACHES

### **General Notes**

During this time of “new normal”, it is more important than ever that coaches take a leadership role with the daily operations of the team, including health screening, attendance, and the general well-being of the team.

### **Health Screening**

- Coaches must complete the [WRASA Health Questionnaire](#) before every coaching shift.
- If a coach answers YES to any question on the health questionnaire they must:
  - Not attend the workout under any circumstance.
  - Inform WRASA COVID-19 Officer and Head Coach.
  - Follow WRASA Illness and Positive Test Protocols (Appendix A).

### **Best Practices for Coaches**

1. Prior to participating in any session, coaches must participate in a Zoom orientation meeting to address guidelines and protocols.
2. Coaches should arrive 15 mins before the 1st dryland session to set up.
  - Set up will include directional flow signs/markers, placement of bag markers, lane ropes, flags, pace clock etc...
3. Keep a minimum of 2 meters from anyone outside their household at all times.
  - Coaches are to refrain from assisting other swimmers outside their household with equipment such as goggles, caps, suits, etc.
  - Coaches will not be performing physical manipulations/corrections on athletes.
  - Coaches will wear a mask during the workouts session.
  - In a medical emergency, the coach will wear gloves in addition to a mask.
  - Coaches will maintain appropriate distance from other coaches and facility staff members throughout the entire duration of the time spent at the facility.
    - This includes pool storage areas when accessing equipment. Only 1 coach is allowed in the trailer at any given time, unless they need assistance moving the blocks or lane ropes.
2. Avoid greeting others with actions (handshakes, hugging, high fives, etc.) that involve physical contact.
4. Avoid touching their eyes, nose and mouth.
5. Frequently wash hands with soap and water or if not accessible, use hand sanitizer.
  - Hand sanitizer is available in the trailer for coaches' use.
6. Cough or sneeze into sleeve.
7. Coaches must follow the entry and exit policies for Sunnyside Outdoor Pool.
8. Coaches must follow the directions of facility staff with regards to physical distancing procedures in place.
  - Failure to follow staff direction, facility procedures, and WRASA procedures may result in the removal of the coach from the group training environment.
9. Coaches will ensure all athletes have left the Dryland Zone or pool facility before leaving themselves.
10. Coaches are encouraged to act responsibly and promote appropriate behaviour on social media with their peers.

## **WorkSafeBC Requirements**

- Mitigating of risk:
  - WRASA has taken all efforts to reduce risk and encourages all staff to forward any potential “issues” that have been missed or not addressed to the COVID-19 Officer and President.
  - When applicable, coaches will perform any administrative tasks from home (including writing out their practice plan on the whiteboard).
- Equipment provided:
  - Hand sanitizer for staff (swimmers are required to supply their own).
  - iPad (used for tracking attendance/check-ins and for storing session workouts).
  - PPE (mask and gloves).
    - Coaches are required to wear a mask while coaching under normal circumstances.
    - Coaches are required to wear gloves, in addition to a mask, if:
      - Their own safety is at risk.
      - They must break the physical distance of 2 meters.
      - Attending a first aid incident.
  - Whiteboard to write out practices (coaches are responsible for their own whiteboard markers).
- Equipment not provided:
  - Stopwatch.
  - Whistle (working outdoors may be required for first-aid situations).
  - Rain gear.
  - Whiteboard markers.

## **Facility Requirements**

- Coaches are required to ensure that swimmers follow any protocols, procedures, or policies that the facility has set out. This may include:
  - Ensure swimmers are clear of any dirt or grass before entering the pool deck and pool.
  - Coaches are responsible for setting up and taking down club pool equipment.
    - Lane ropes.
    - Flags.
    - Physical distancing markers.
    - Pace clock.
  - Only 1 coach is permitted in the storage room (trailer) at a time, unless they need assistance moving the blocks or lane ropes.

## **Monitoring and Attendance**

- Coaches are to ensure that all swimmers attending a workout have completed the WRASA Health Questionnaire before participating in the workout.
  - This can be done by checking the responses through Google Drive on a provided iPad.
  - Any abnormal responses by either a coach or swimmer must be reported to the WRASA COVID-19 Officer and Head Coach immediately.
  - Coaches are responsible for ensuring that swimmer responses remain confidential.
- Coaches are responsible to record daily attendance before dryland.
- After practice, coaches are responsible for uploading attendance records into Swim Manager and the Daily Health Questionnaire response spreadsheet as formal records.

## **Outbreak Response Procedure for Coaches**

- The WRASA Illness and Positive Test Protocols that apply to the athletes applies to coaches as well.
- All coaches are required to read through these protocols before participation in training sessions.

## **First Aid Expectations**

- In the event of a first aid incident, it is the responsibility of the coaching staff present to assist the lifeguards when at a facility (under their direction).
- In the event of a first aid incident during dryland, coaches must follow WorkSafeBC protocols and wear PPE. In the event of a major emergency, contact the lifeguards.
- Any incident must be recorded using the facility's incident report plan.
- Head Coach and the club President must be notified immediately.
- Gloves and a mask must be worn while attending any incident that involves a coach to be closer than 2 meters.

## **Program Flow**

- Group changeovers will vary depending on pool locations and number of lanes.
  - Swimmers will leave the pool deck (SSOP) or facility (GHAC) before the next group enters.
  - All parties must follow the schedule and protocol for each facility's entry and exit procedures.
- SSOP group changeovers for May/June schedule on **Tuesday** (arbitrary example):

### **White 1 and White 2**

- 5:30 am: Coaches arrive to set-up.
- 5:35-5:45 am: White 1 and White 2 are dropped off at Parking Lot 1 and Parking Lot 2, respectively. Swimmers will process to their designated Dryland Zone.
- 5:45-5:55 am: Coach leads activation.
- 5:55-6:00 am: Swimmers remove dryland gear and place it in their swim bag. White 1 swimmers proceed to marked spots on the pool deck led by their group coach. Once White 1 swimmers are positioned, White 2 swimmers proceed to marked spots on the pool deck led by their group coach.
- 6:00-6:55 am: White 1 swimming in triple lane. White 2 swimming in double lane.
- 6:55-7:00 am: Swimmers gather their equipment and clear the pool. White 2 will leave the deck and proceed to Parking Lot 2. Once White 2 has left the pool deck, White 1 will leave the deck and proceed to Parking Lot 1.

### **Blue 1 and Blue 2**

- 6:30 am: Coaches arrive to set-up.
- 6:35-6:45 am: Blue 1 and Blue 2 are dropped off at Parking Lot 1 and Parking Lot 2, respectively. Swimmers will process to their designated Dryland Zone.
- 6:45-6:55 am: Coach leads activation.
- 6:55-7:00 am: Swimmers remove dryland gear and place it in their swim bag. Once White Cohort has left pool deck, Blue 1 swimmers proceed to marked spots on the pool deck led by their group coach. Once Blue 1 swimmers are positioned, Blue 2 swimmers proceed to marked spots on the pool deck led by their group coach.
- 7:00-7:55 am: Blue 1 swimming in triple lane. Blue 2 swimming in double lane.
- 7:55-8:00 am: Swimmers gather their equipment and clear the pool. Blue 2 will leave the deck and proceed to Parking Lot 2. Once Blue 2 has left the pool deck, Blue 1 will leave the deck and proceed to Parking Lot 1.
- 8:00-8:15 am: Coaches clean up.

### **Green 1 and Green 2**

- 3:15 pm: Coaches arrive to set-up.
- 3:20-3:30 pm: Green 1 and Green 2 are dropped off at Parking Lot 1 and Parking Lot 2, respectively. Swimmers will process to their designated Dryland Zone.
- 3:30-3:55 pm: Coach leads dryland.
- 3:55-4:00 pm: Swimmers remove dryland gear and place it in their swim bag. Green 1 swimmers proceed to marked spots on the pool deck led by their group coach. Once Green 1 swimmers are positioned, Green 2 swimmers proceed to marked spots on the pool deck led by their group coach.
- 4:00-4:55 pm: Green 1 swimming in double lane. Green 2 swimming in double lane.
- 4:55-5:00 pm: Swimmers gather their equipment and clear the pool. Green 2 will leave the deck and proceed to Parking Lot 2. Once Green 2 has left the pool deck, Green 1 will leave the deck and proceed to Parking Lot 1.

### **Red 1 and Red 2**

- 3:45 pm: Coaches arrive to set-up.
- 3:50-4:00 pm: Red 1 and Red 2 are dropped off at Parking Lot 1 and Parking Lot 2, respectively. Swimmers will process to their designated Holding Zone until their Dryland Zone is open.
- 4:00-4:55 pm: Coach leads activation.
- 4:55-5:00 pm: Swimmers remove dryland gear and place it in their swim bag. Once Green Cohort has left pool deck, Red 1 swimmers proceed to marked spots on the pool deck led by their group coach. Once Red 1 swimmers are positioned, Red 2 swimmers proceed to marked spots on the pool deck led by their group coach.
- 5:00-6:25 pm: Red 1 swimming in triple lane. Red 2 swimming in double lane.
- 6:25-6:30 pm: Swimmers gather their equipment and clear the pool. Red 2 will leave the deck and proceed to Parking Lot 2. Once Red 2 has left the pool deck, Red 1 will leave the deck and proceed to Parking Lot 1.
- 6:30-6:45 pm: Coaches clean up.

## Appendix A

### WRASA ILLNESS AND POSITIVE TEST PROTOCOLS

- **Inform an individual in a position of authority (Head Coach, WRASA COVID-19 Officer) immediately if, the swimmer(s) 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.
- **Assessment:**
  - Swimmers will be required to respond to a pre-training health questionnaire before their practice/ activity to attest that they are not feeling any of the COVID 19 symptoms.
  - 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 practice/ activity.
  - If members are unsure, please have them use [the BC COVID-19 Self-Assessment Tool](#)
- **If a member is feeling sick with COVID-19 symptoms:**
  - They will remain at home and contact Health Link BC at 8-1-1.
  - If they feel sick and/or are showing symptoms while at practice they will be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
  - NO member may participate in a practice/activity if they are symptomatic.
- **If a member tests positive for COVID-19:**
  - The member will not be permitted to return to practice until they are free of the COVID-19 virus.
  - Any member who worked / practiced closely with the infected member will also be removed from club activity for at least 14 days.
  - Ensure work/practice area is closed off, cleaned and disinfected immediately and any surfaces that could have potentially been infected/ touched.
- **If a member has been tested and is waiting for the results of a COVID-19 test:**
  - As with the confirmed case, the member must be removed from the work/practice area.
  - The BCCDC advises any person who has even mild symptoms to stay home and call 8-1-1.
  - Other members who may have been exposed will be informed and removed from the work/practice for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
  - The work/practice space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have been potentially infected/ touched.
- **If a member has come in to contact with someone who is confirmed to have COVID-19:**
  - Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
  - Once the contact is confirmed, the member will be removed from the workplace/ practice for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the member will also be removed from the workplace for at least 14 days.
  - The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- **Quarantine or Self-Isolate conditions:**
  - Any member 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 member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - Any 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 member who is quarantined 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 B

### Indemnity Agreements

[Indemnity Agreement \(under the age of 19\)](#)

[Indemnity Agreement \(19 years and older\)](#)

## Appendix C

### WRASA Participation Agreement

This agreement applies to all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at Club activities.

All Participants of WRASA agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and the return to play (RTP) protocol.

- I agree to complete the daily WRASA Health Questionnaire prior to arriving at the pool.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social/physical distancing protocols of staying at least 2 meters away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/ guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Swimmer's Name: \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Participant (over 18 years of age): \_\_\_\_\_

Signature of Parent / Guardian (if participant is a minor): \_\_\_\_\_

## Appendix D

**Table 1: SSOP Specific Procedures**

Facility Bathing Load	<ul style="list-style-type: none"> <li>Phase 3: 30 people per facility maximum.</li> </ul>
Drop Off Location <b>(Figure 1.1)</b>	<ul style="list-style-type: none"> <li>Parking Lot 1: parking lot by playground (Red/White/Blue/Green 1).</li> <li>Parking Lot 2: gravel off 154 street (Red/White/Blue/Green 2 and 3).</li> </ul>
Dryland Location <b>(Figure 1.1)</b>	<ul style="list-style-type: none"> <li>Dryland Zone 1: east side of the pool (near baseball diamonds). <ul style="list-style-type: none"> <li>Red 1, White 1, Blue 1, Green 1</li> </ul> </li> <li>Dryland Zone 2: west side of the pool (near picnic table/tennis courts). <ul style="list-style-type: none"> <li>Red 2, White 2, Blue 2, Green 2/3</li> </ul> </li> <li>Swimmers will be positioned 3 meters apart. Cones will be set up.</li> </ul>
Entry Procedure: Deck <b>(Figures 1.2 and 1.3)</b>	<ul style="list-style-type: none"> <li>While still at the Dryland Zone, swimmers will remove clothing. Shoes can be worn while walking on deck for safety reasons.</li> <li>Swimmers will walk onto the deck with their group in a socially distanced line, always maintaining 3m distance. Groups will walk along the dashed lines outlined in <b>Figures 1.2 and 1.3</b>.</li> <li>Once swimmers arrive at the next open marker, they will place their swim bag against the fence and begin to put their cap and goggles on.</li> <li>Swimmers will wait at their bag until instructed by the coach to get in the water.</li> </ul>
Entry Procedure: Water <b>(Figures 1.2 and 1.3)</b>	<ul style="list-style-type: none"> <li>Red, White, and Blue cohorts (<b>Figure 1.2</b>): <ul style="list-style-type: none"> <li>If applicable, “E” swimmers will place their equipment at the respective ends of the pool and enter the water first.</li> <li>“B” and “C” swimmers will place their equipment at the respective ends of the pool and enter the water second.</li> <li>“A” and “D” swimmers will place their equipment at the respective ends of the pool and enter the water last.</li> </ul> </li> <li>Green cohort (<b>Figure 1.3</b>): <ul style="list-style-type: none"> <li>Order of entry: E swimmers (if applicable) → D swimmers → C swimmers → B swimmers → A swimmers</li> <li>Swimmers will place their equipment at the start end of the pool deck and then go to their “home base.”</li> </ul> </li> <li>Swimmers in a wall lane may choose to place their equipment along the length of the pool for convenience.</li> </ul>
Swimmer Position <b>(Figures 1.2 and 1.3)</b>	<ul style="list-style-type: none"> <li>2 groups will be present at all time slots.</li> <li>Red, White, and Blue cohorts (<b>Figure 1.2</b>): <ul style="list-style-type: none"> <li>Red 1, White 1, Blue 1 will occupy the triple lane.</li> <li>Red 2, White 2, Blue 2 will occupy the double lane.</li> </ul> </li> <li>Green cohort (<b>Figure 1.3</b>): <ul style="list-style-type: none"> <li>Green 1 will occupy the eastern 2 lanes (the side of the women’s washroom).</li> <li>Green 2/3 will occupy the western 2 lanes (the side of the men’s washroom).</li> </ul> </li> <li>Each group consists of 8-12 swimmers of similar speeds. <ul style="list-style-type: none"> <li>Swimmers will be given a lane (1, 2, or 3) and a position (A, B, C, D, or E). The lane position will be their “home base.”</li> </ul> </li> </ul>
Swimming: Start and Stop <b>(Figures 1.2 and 1.3)</b>	<ul style="list-style-type: none"> <li><b>Only 1 swimmer/lane can be on the end wall at a time.</b> <ul style="list-style-type: none"> <li>Single lane allows 1 swimmer on the end wall at a time.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Double lane allows 2 swimmers on end wall at a time.</li> <li>● Red, White, and Blue cohorts (<b>Figure 1.2</b>): <ul style="list-style-type: none"> <li>○ To start a set, every swimmer will start swimming at the same time. This setup ensures every swimmers gets to swim a full 50m without having to stop early.</li> <li>○ Swimmers whose “home base” is in the middle of the pool will swim “staple 50s.”</li> <li>○ Upon completion of the set, swimmers will return to their “home base” to rest, hydrate, and exchange equipment (if applicable).</li> </ul> </li> <li>● Green cohort (<b>Figure 1.3</b>): <ul style="list-style-type: none"> <li>○ To start a set, Swimmer A leaves their station while the remaining swimmers will move to the subsequent station. 10 seconds after the Swimmer A leaves, Swimmer B will leave (from start station 1). After Swimmer B leaves, the remaining swimmers move to the next station. 10 seconds later, Swimmer C leaves (again from station 1).</li> <li>○ Upon completion of the set, swimmers return to their marked stations to rest and hydrate.</li> </ul> </li> </ul>
Blocks	<ul style="list-style-type: none"> <li>● When using blocks, swimmers must provide their own hand sanitizer.</li> <li>● Before stepping on the blocks, swimmers will (#1) put on their goggles, (#2) hand sanitize their hands, (#3) adjust the ledge and grab the block.</li> <li>● Coaches will also have a sanitizing spray.</li> </ul>
Washroom Procedure	<ul style="list-style-type: none"> <li>● Washroom access is extremely limited. Swimmers should use the washroom at home before leaving their house.</li> <li>● Swimmers must give notice to their coach before using the washroom in order to notify the lifeguard to open the washroom.</li> <li>● 1 swimmer of each gender is allowed at a time in the washroom.</li> <li>● Must wash hands with soap before returning to the workout. If soap is not available they must use their hand sanitizer.</li> </ul>
Exit Procedure: Water (Figures 1.2 and 1.3)	<ul style="list-style-type: none"> <li>● Red, White, and Blue cohorts (<b>Figure 1.2</b>): <ul style="list-style-type: none"> <li>○ “A” and “D” swimmers will leave the water first.</li> <li>○ “B” and “C” swimmers will leave the water second.</li> <li>○ If applicable, “E” swimmers will leave the water last.</li> </ul> </li> <li>● Green cohort (<b>Figure 1.3</b>): <ul style="list-style-type: none"> <li>○ Order of exit: A swimmers → B swimmers → C swimmers → D swimmers → E swimmers (if applicable).</li> </ul> </li> </ul>
Exit Procedure: Deck (Figures 1.2 and 1.3)	<ul style="list-style-type: none"> <li>● Swimmers will dry off quickly and put on appropriate attire.</li> <li>● Swimmers will walk off the deck with their group in a socially distanced line, always maintaining 3m distance. Groups will walk along the dashed lines outlined in <b>Figures 1.2 and 1.3</b>.</li> </ul>
Handwashing Location	<ul style="list-style-type: none"> <li>● Swimmers are required to have their own hand sanitizer.</li> <li>● Sinks with soap available for restroom use only.</li> </ul>
Lightning/Clear Pool Procedure	<ul style="list-style-type: none"> <li>● Swimmers will clear the pool, proceed to their bag, and follow lifeguard instructions.</li> <li>● Maintain physical distancing at all times while clearing the pool and moving out of the facility.</li> </ul>
Pick Up Location	<ul style="list-style-type: none"> <li>● Parking Lot 1: parking lot by playground (Red/White/Blue/Green 1).</li> <li>● Parking Lot 2: gravel off 154 street (Red/White/Blue/Green 2 and 3).</li> <li>● Parking Lot 3 will be used for early dismissals.</li> </ul>

Figure 1.1: SSOP Satellite Image Dryland Zones and Parking Lots

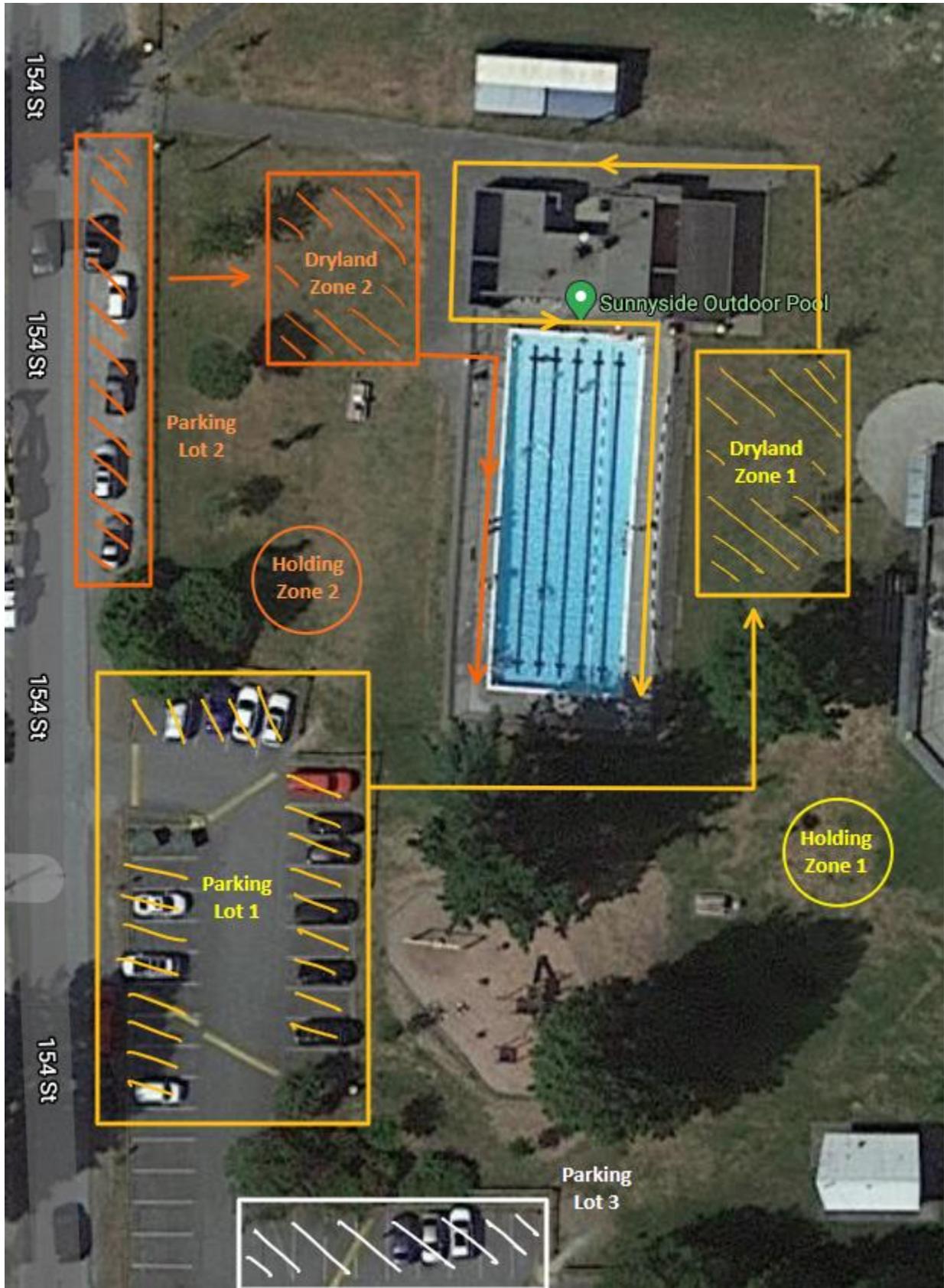


Figure 1.2: SSOP Swimmer Placement in Water (Red/White/Blue Cohorts)

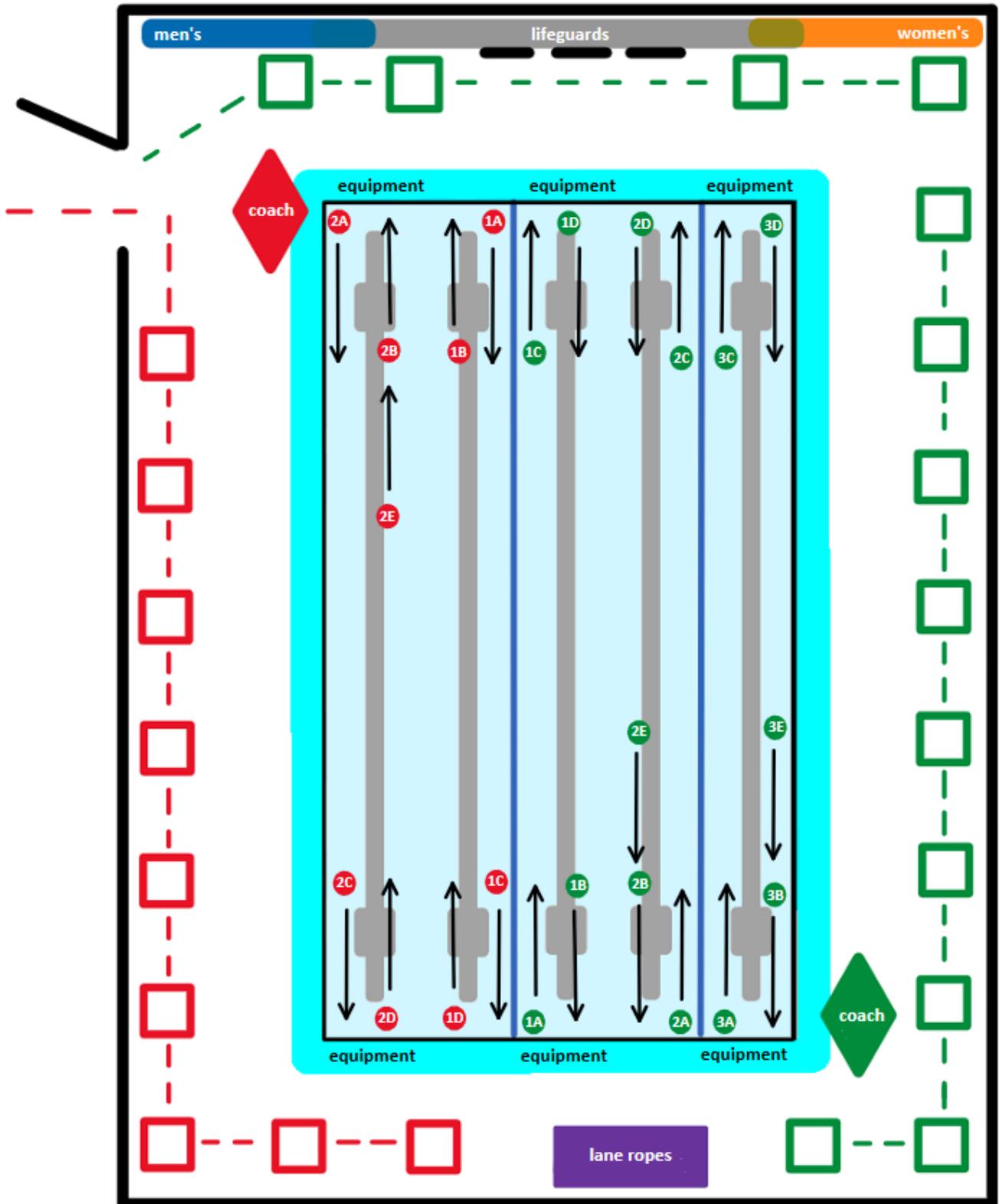
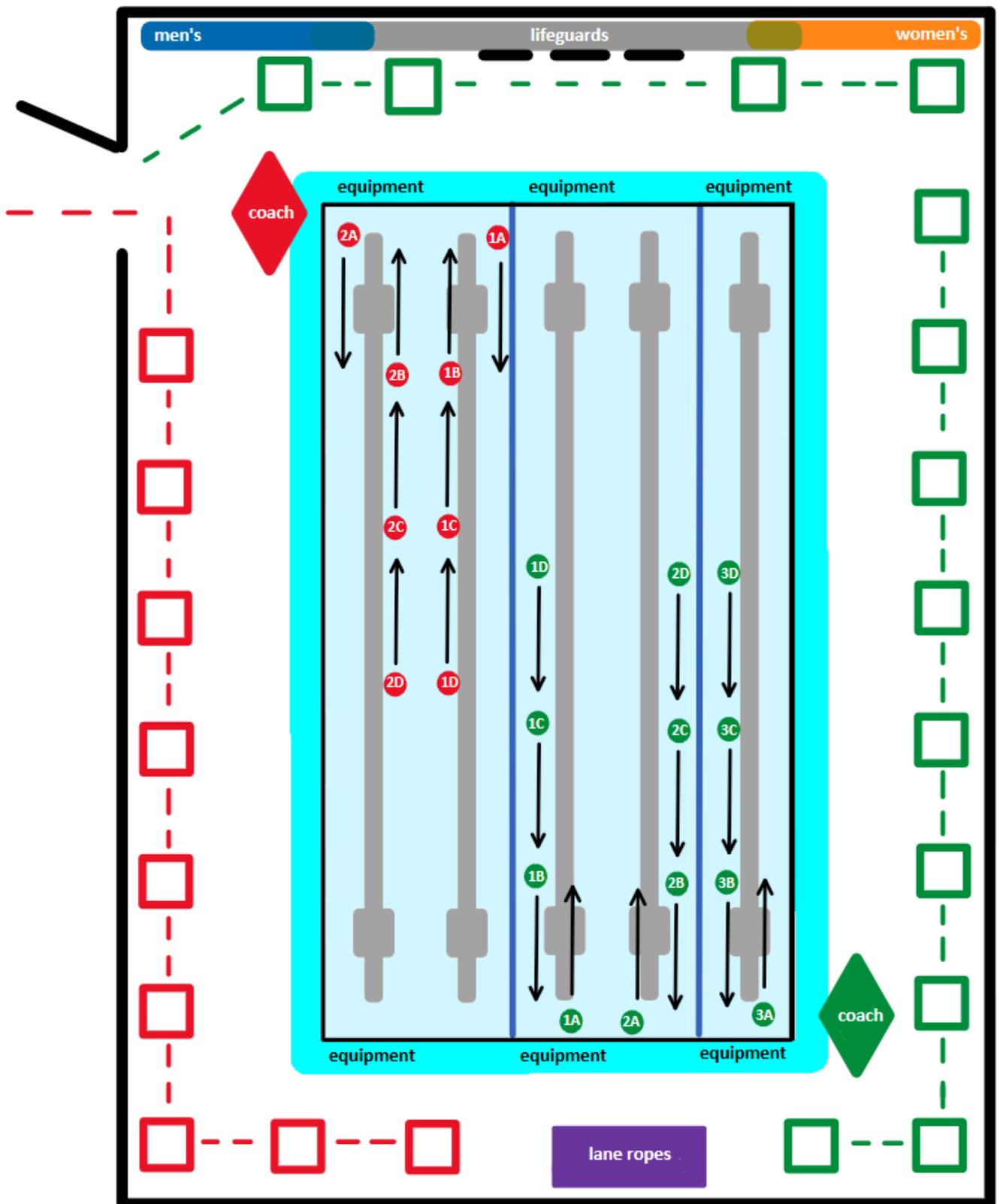


Figure 1.3: SSOP Swimmer Placement in Water (Green Cohort)



## Appendix E

**Table 2: GHAC Specific Procedures**

\*\*\*Disclaimer: All points in blue signify a different procedure than what is used at SSOP.

Facility Bathing Load	<ul style="list-style-type: none"> <li>Phase 3: Maximum 50 members from the same club in the facility.</li> </ul>
Masks	<ul style="list-style-type: none"> <li>Masks will be required to be worn when lining up outside prior to entering building, moving in and out of the facility, and on deck.</li> <li>Swimmers will leave masks at their bags before heading to their lane position. The mask will be the last article of clothing removed before entering the water.</li> <li>Swimmers will return to their bag and put masks on before leaving the deck. The mask will be the first article of clothing put on after getting out of the water.</li> </ul>
Drop Off Location (Figure 2.1)	<ul style="list-style-type: none"> <li>Main parking lot. Drop off zones are labelled.</li> <li>Do NOT occupy the Accessible Parking spaces, Motorcycle spaces or Parent and Tot spaces.</li> </ul>
Activation Location (Figures 2.1 and 2.2)	<ul style="list-style-type: none"> <li>In Holding Zones 1, 2, or 3 while waiting to enter the facility. Swimmers will be positioned 3 meters apart. OR</li> <li>On deck alongside the pool. Swimmers will be positioned 3 meters apart.</li> </ul>
Entry Procedure: Deck (Figures 2.1 and 2.2)	<ul style="list-style-type: none"> <li>Once on deck, outside shoes will have to be removed in designated area. Swimmers will need to wear slip on shoes that are quick to remove.</li> <li>Follow pathway marked by cones and lifeguard's instructions.</li> <li>Bags will be placed in the designated areas, either on the bleachers or on the ledge.</li> <li>Swimmers will wait at their bag until instructed by the coach to get in the water.</li> </ul>
Entry Procedure: Water (Figures 2.3 and 2.4)	<ul style="list-style-type: none"> <li>Once instructed, swimmers will move into their assigned lane and position.</li> <li>All swimmers will enter the water from the start side of the pool.</li> <li>Swimmers will place their equipment at the start end of the pool deck and then go to their "home base."</li> <li>Order of entry: D swimmers → C swimmers → B swimmers → A swimmers</li> </ul>
Swimmer Position (Figures 2.3 and 2.4)	<ul style="list-style-type: none"> <li>Red, White, and Blue cohorts (Figure 2.3)</li> <li>Green cohort (Figure 2.4)</li> <li>Each group consists of 8-12 swimmers of similar speeds. <ul style="list-style-type: none"> <li>Swimmers will be given a lane (1, 2, or 3) and a position (A, B, C, D, or E). The lane position will be their "home base."</li> </ul> </li> </ul>
Blocks	<ul style="list-style-type: none"> <li>When using blocks, swimmers must provide their own hand sanitizer.</li> <li>Before stepping on the blocks, swimmers will (#1) put on their goggles, (#2) hand sanitize their hands, (#3) adjust the ledge and grab the block.</li> <li>Coaches will also have a sanitizing spray.</li> </ul>

<p>Swimming: Start and Stop <b>(Figures 2.3 and 2.4)</b></p>	<ul style="list-style-type: none"> <li>● <b>Only 1 swimmer/lane can be on the end wall at a time.</b></li> <li>● Red, White, and Blue cohorts (<b>Figure 2.3</b>): <ul style="list-style-type: none"> <li>○ To start a set, every swimmer will start swimming at the same time.</li> <li>○ Swimmers whose “home base” is in the middle of the pool will swim “staple 50s.”</li> <li>○ Upon completion of the set, swimmers will return to their “home base” to rest, hydrate, and exchange equipment (if applicable).</li> </ul> </li> <li>● Green cohort (<b>Figure 2.4</b>): <ul style="list-style-type: none"> <li>○ To start a set, Swimmer A leaves their station while the remaining swimmers will move to the subsequent station. 10 seconds after the Swimmer A leaves, Swimmer B will leave (from start station 1). After Swimmer B leaves, the remaining swimmers move to the next station. 10 seconds later, Swimmer C leaves (again from station 1).</li> <li>○ Upon completion of the set, swimmers return to their marked stations to rest and hydrate.</li> </ul> </li> </ul>
<p>Washroom Procedure</p>	<ul style="list-style-type: none"> <li>● <b>Washroom access is extremely limited.</b> Swimmers should use the washroom at home before leaving their house.</li> <li>● Swimmers must leave the water from the start end, head to their bag, dry off, and put their mask on. Bringing a towel to the washroom is encouraged as it is in a dry area off deck.</li> <li>● Swimmers must give notice to their coach before using the washroom in order to notify the lifeguard to open the washroom.</li> <li>● 1 swimmer is allowed at a time in the washroom.</li> <li>● Must wash hands with soap before returning to the workout. If soap is not available they must use their hand sanitizer.</li> </ul>
<p>Exit Procedure: Water <b>(Figures 2.3 and 2.4)</b></p>	<ul style="list-style-type: none"> <li>● Red, White, and Blue cohorts (<b>Figure 2.3</b>)</li> <li>● Green cohort (<b>Figure 2.4</b>)</li> <li>● Order of exit: A swimmers → B swimmers → C swimmers → D swimmers.</li> <li>● Swimmers will put their mask on first! Swimmers will not put shoes on.</li> </ul>
<p>Exit Procedure: Deck <b>(Figures 2.1 and 2.2)</b></p>	<ul style="list-style-type: none"> <li>● Swimmers will dry off quickly and put on appropriate attire.</li> <li>● Swimmers will walk off the deck with their group in a socially distanced line, always maintaining 3m distance.</li> <li>● Once at the mat, swimmers will put on shoes before exiting doors in the designated area.</li> </ul>
<p>Handwashing Location</p>	<ul style="list-style-type: none"> <li>● Swimmers are required to have their own hand sanitizer.</li> <li>● Sinks with soap available for restroom use only.</li> <li>● Hand sanitizer machines are provided upon entry through all 3 doors.</li> </ul>
<p>Drop Off Location <b>(Figure 2.1)</b></p>	<ul style="list-style-type: none"> <li>● Parking lot. Drop off zones are labelled. <ul style="list-style-type: none"> <li>○ Do NOT occupy the Accessible Parking spaces, Motorcycle spaces or Parent and Tot spaces.</li> </ul> </li> </ul>

Figure 2.1: GHAC Satellite Image Holding Zones and Doors

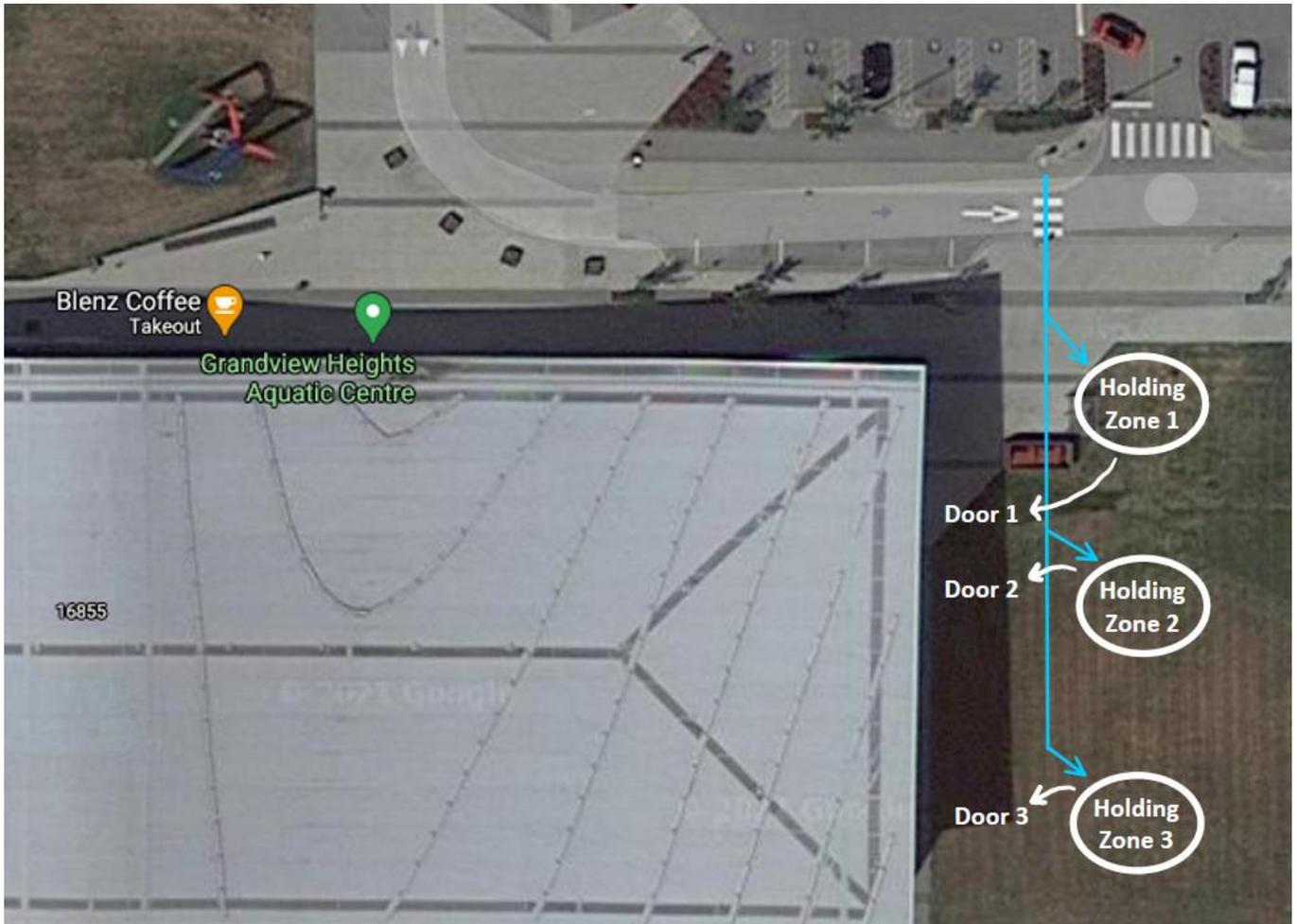
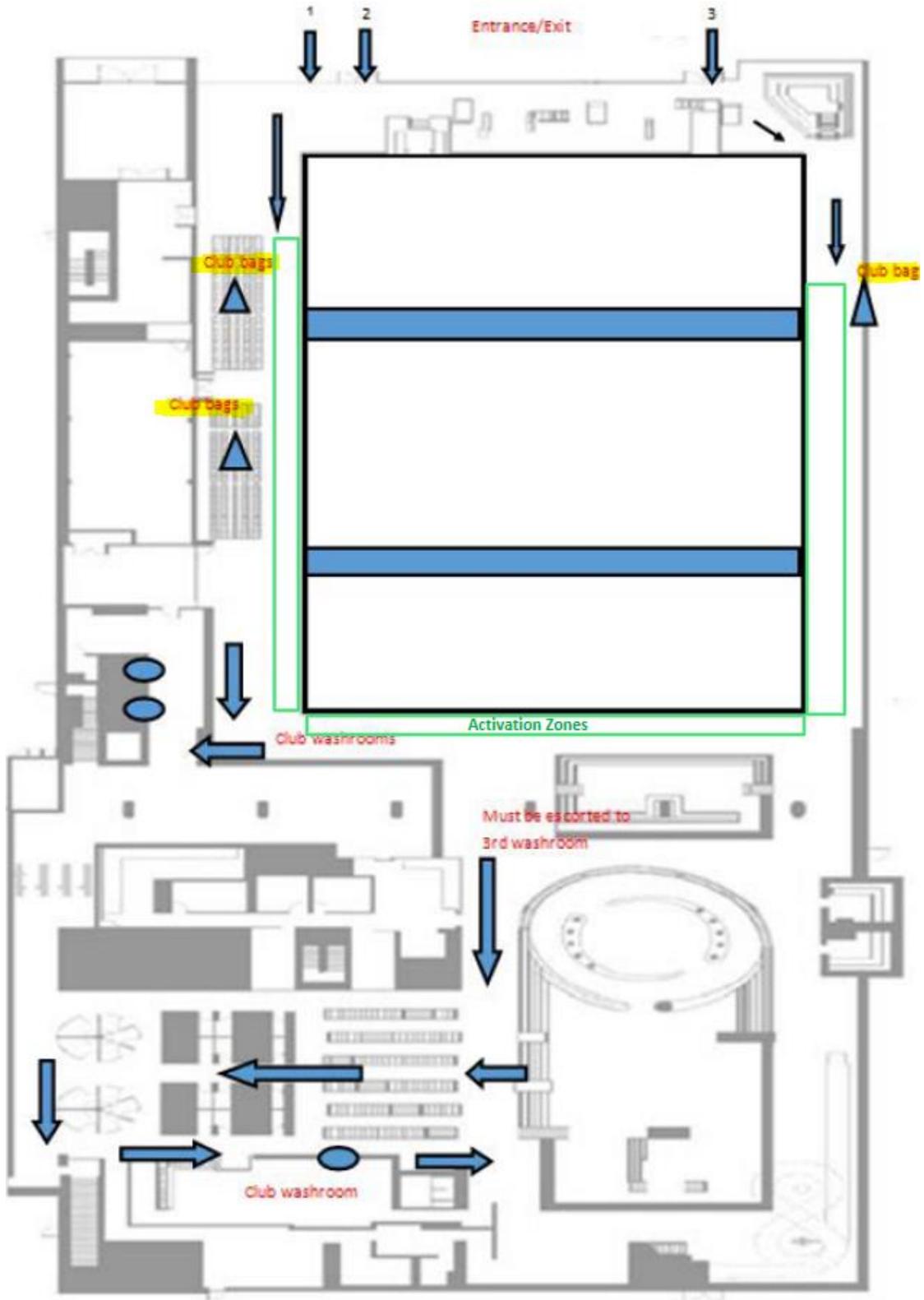
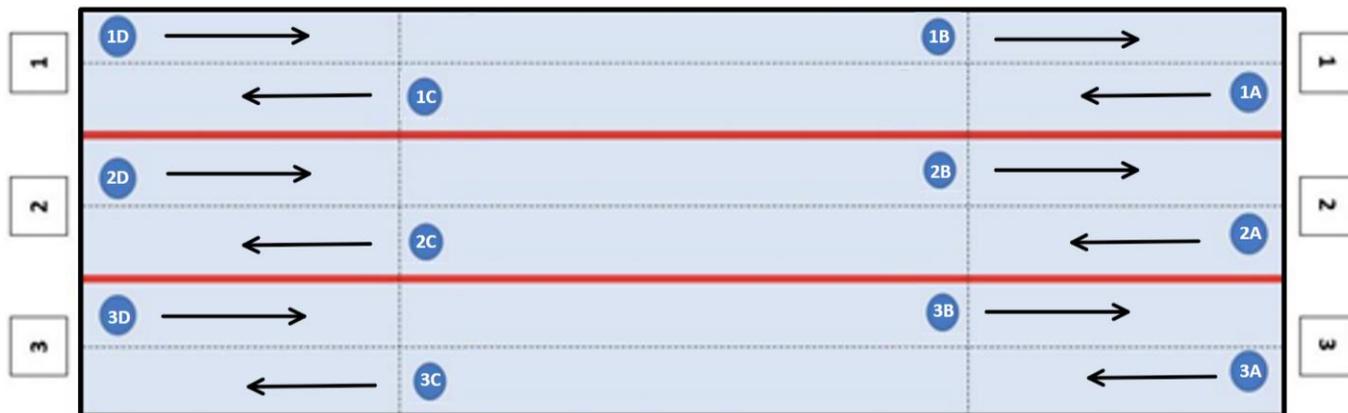


Figure 2.2: GHAC Birds-Eye View Pool Deck

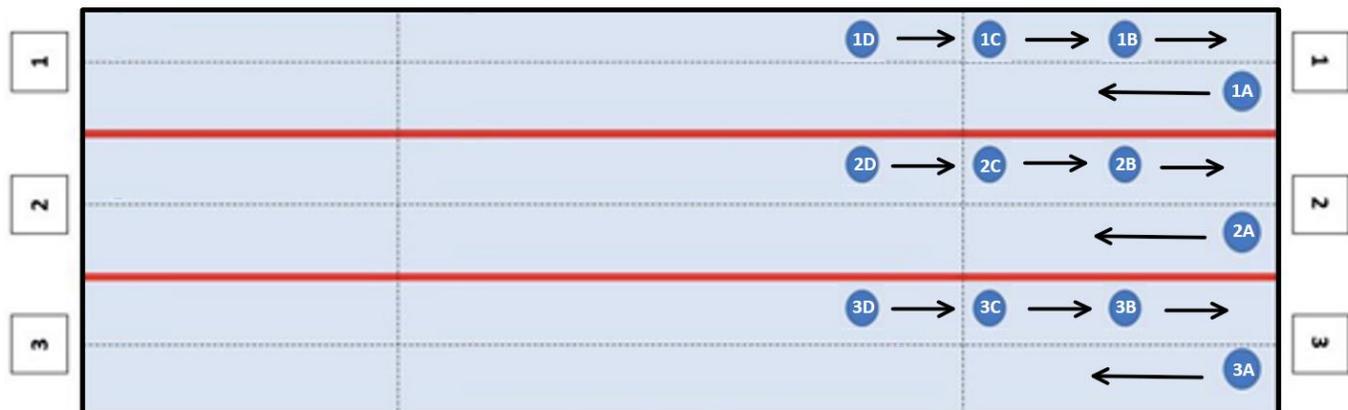


**Figure 2.3: GHAC Swimmer Placement in Water (Red/White/Blue Cohorts)**



**Swimmer A:** START AT WALL  
**Swimmer B:** APPROX. 5M AWAY FROM START WALL  
**Swimmer C:** APPROX. 20M AWAY FROM START WALL  
**Swimmer D:** 25M AWAY FROM START WALL

**Figure 2.4: GHAC Swimmer Placement in Water (Green Cohort)**



**Swimmer A:** START AT WALL  
**Swimmer B:** APPROX. 3M AWAY FROM START WALL  
**Swimmer C:** APPROX. 6M AWAY FROM START WALL  
**Swimmer D:** APPROX. 9M AWAY FROM START WALL