



KAMLOOPS SUNRAYS COVID-19 SAFETY PLAN





Kamloops Sunrays COVID-19 Safety Plan Checklist – October 13 2020 V7

Risk Assessment:

- We have assessed the risks for in-person training at Brook-Westsyde Pool. New policies and procedures have been put into place as per the below document.

- We have designated the following individual as our Club's COVID-19 Risk Manager:
 - Individual #1:
 - Name: Allison Macphee
 - E-mail: allie.mike.macphee@gmail.com
 - Cell #: (778) 257-0632
 - Occupation: RN
 - Individual #2:
 - Name: Linnea Manuel
 - E-mail: linneanmanuel@yahoo.com
 - Cell #: (709) 730-2777
 - Occupation: Critical Care RN

- We have designated the following people as COVID-19 Safety Support Personnel:
 - Individual #1:
 - Name: Tina Naveri
 - E-mail: headcoach@kamloopssynchro.com
 - Cell #: (778) 938-4473
 - Role: Head Coach
 - Individual #2:
 - Name: Disa Fladmark
 - E-mail: disa_fladmark@hotmail.com
 - Cell #: (604) 218-7166
 - Role: Assistant Coach
 - Individual #3:
 - Name: Mandy Curtis
 - E-mail: kamloopssunrays.president@gmail.com
 - Cell #: (250) 319-7795
 - Role: President/Parent
 - Individual #4:
 - Name: Kerry Cardwell
 - E-mail: bangersandsmash.kc@gmail.com
 - Cell #: (250) 879-1245
 - Role: Board Member/Parent



GENERAL SAFETY PRACTICES IN OUR CLUB:

- Implementation of Daily Healthy Monitoring Questionnaire & Attestation for all individuals.
- Implementation of Daily Attendance log.
- Athlete and coaches temperature will be taken prior to the start of each training session.
- Coaches will be provided a COVID-19 safety kit. The kit must be brought to every in person training session. The kit will include sanitizing spray, hand sanitizer, measuring tape, thermometer and mask.
- Athletes must have a mask and hand sanitizer in their bag at all times.
- Masks MUST be worn if physical distancing is not possible
- Parents and spectators are not permitted in the Westsyde facility (does not apply to Risk Manager)
- Personal Hygiene before and after eating or drinking should be followed including washing hands and/or using hand sanitizer.
- No sharing of snacks, food or beverages.
- ~~No food is permitted during the training session.~~
- Water bottles are required at each training session and must be filled prior to arriving at the pool. (No water fountains are available to fill water bottles)
- All individuals will sanitize their hands on arrival and prior to departing the training environment.
- Athletes are required to have their own individual equipment, which they will keep in a mesh bag that travels to and from practice with the individual.
- Athletes and coaches are required to wash/sanitize all attire and equipment after every training session.
- Once a training session is completed, athletes and coaches are expected to leave as soon as possible.

SUPPLIES ON HAND AT EACH TRAINING SESSION:

- Disinfectant Spray (Provided by KSSSC)
- Personal Masks
- Hand Sanitizer

PARTICIPANTS:

Any athlete registered with KSSSC and BCAS. Recreational athletes who have completed Swim Kid levels 1-5 (or the equivalent) MUST have a parent in the water supporting their participation. Parents who are in the water with their child must be registered in the CAS e-Reg System as a Volunteer in order to be covered by the BCAS insurance program.



OUR TRAINING GROUPS & COHORTS:

Our provincial stream and national stream athletes will be training together in a group of 12 maximum (including athletes, coaches, COVID risk manager). Athletes will be required to maintain a minimum distance of 2 meters at all times. Athletes will use their individual mats as their “space”. In the athletes individual space, athletes will keep their mat, bag, water bottle, swim bag ect.

MAXIMUM GROUP NUMBERS:

		BCAS	Kamloops Sunrays	City of Kamloops
Training Group Size	Outdoor – On Land	12 (athletes/coaches)	12 (athletes/coaches)	N/A
Training Group Size	Indoor – On Land	Physical distancing must be maintained.	Physical distancing must be maintained.	Physical distancing must be maintained.
Training Group Size	Outdoor – In Water	12 (athletes/coaches)	12 (athletes/coaches)	50 People Max
Training Cohort Size	Outdoor – In Water	Space Dependent	12 (athletes/coaches)	50 People Max
Training Group Size	Indoor – In Water	12 (athletes/coaches)	12 (athletes/coaches)	30 People Max
Training Cohort Size	Indoor – In Water	Space Dependent	12 (athletes/coaches)	30 People Max
Lap Swimming	Max Lane Capacity	6	3	3

A - ARRIVING AT THE POOL:

- Daily health checks MUST be completed online prior to the start of each in-person training session. Athletes that do not have a completed online health check will NOT be permitted to attend that practice.
- Parents are to drop athletes off at the designated drop off at the front of the building (Spectators are not permitted as per the City of Kamloops)
- Coaches will take each athletes temperature and record along with attendance.
- Athletes are to arrive no earlier than 20 mins before their scheduled practice.
- Athletes must arrive with their bathing suits on under their clothes.
- Athletes are to meet the coach in the lobby.
- Training group will enter the pool area through the glass doors and assemble at the deep end of the pool.
- Athletes are required to stand in line, 2 meters apart, **donning a mask** for their daily temperature check.
- Coaches will use a measuring tape to ensure athlete areas are 2 meters apart.
- Athletes will set up their yoga mats in their designated indoor area, min 2 meters apart, for their land warm-up. Masks are required.**
- Athletes will be required to clean their equipment and yoga mats with sanitary spray prior to the start of each training session.
- Athletes and coaches will wash and/or sanitize their hands before the start of each training session.



- Athletes will be required to clean their equipment and yoga mats with sanitary spray after they have completed their dry land warm-up.
- Athletes must wear a mask when moving from their designated land space to their designated deck space.
- Coaches must wear a mask when moving from one designated area to another and when social distancing is not possible.
- In a single file line, coaches will direct the athletes to their individual space on the pool deck where they will set up their equipment needed for the training session. (This will be their personal zone for each training session)
- Athletes will enter and exit the pool at their designated zones.
- Athletes will refrain from crossing another athletes zone.
- Only one swim bag, mesh equipment bag and yoga mat will be permitted on the pool deck.

B – PROGRAM DELIVERY:

- Restrictions on maximum daily in-person training time removed provided all participants respect physical distancing and wear a face mask when not in the water.
- Coaches are required to use sanitary spray to clean facility equipment (ie chairs) and club equipment (ie microphones) before and after each training session, or after each use should equipment be shared by two coaches.
- Athletes will be required to clean their mats and equipment with sanitary spray before leaving the pool area.
- Reduce some physical distancing measures within specific parameters. Activities and interactions with close physical proximity or contact may represent no more than 25% of the in-person training time.
- Permit limited contact within a training group following the BCAS Return to Sport guidelines.
- Should an athlete or coach need to use the washroom during a training session, they must wash and/or sanitize their hands before returning to the land or pool session.
- Participation in indoor land training is now permitted providing physical distancing measures are in place and all participants wear a face mask.
- Coaches must wear a mask when social distancing is not possible.
- Highlights and joined activities (as defined by FINA) may NOT be trained until further notice from BCAS.

C – LEAVING THE FACILITY:

- Yoga mats and equipment must be sanitized before leaving the facility.
- Athletes must leave the facility as quickly as possible, at the end of the practice.
- Athletes and coaches are asked to leave through the change rooms.



- Changing is now permitted with a max amount of time of 15 mins.
- Coaches **MUST** sanitize all touch points (ie. Sound system, cage, locks ect)
- Athletes and coaches must maintain social distancing and wear a mask until they are outside of the facility.

D – MANAGING COVID-19:

- All participants must complete the daily health monitoring questionnaire prior to the start of each practice. **Please note: Via Sport has not removed runny nose or sore throat from the Signs and Symptoms list at this time.**
- Anyone with **mild-major** symptoms of COVID-19 are required to stay home.
- Anyone with **2 or more** symptoms will **NOT** be allowed to enter the training environment.
- Facility cleaning will be completed regularly as per the health code and City of Kamloops regulations.
- Should any athlete, family member, or coach **have 2 or more symptoms (even mild symptoms)** of COVID-19 they **MUST** report their illness to the COVID-19 Risk Manager immediately.
- If any member reports contraction of COVID-19, everyone in the training group must self-isolate for 14 days.
- Should anyone in the training group test positive for COVID-19, return to sport is undetermined at this time.

CLUB COVID-19 ILLNESS POLICY: (Adapted from viaSport’s BC Return to Sport Guidelines)

Definitions:

“Individual” refers to and includes an employee, coach, volunteer, athlete, participant, or parent/spectator. **“Training environment”** refers to any in-person group training activities or events that take place either indoors or outdoors.

1. Disclosure

Inform an individual in a position of authority (e.g. coach, team manager, COVID-19 Risk Manager) **immediately** if you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuff or runny nose, loss of sense of smell, headache, muscle aches, fatigues, and/or loss of appetite.

2. Assessment

- a. Individuals must conduct self-assessments on an ongoing basis and prior to joining or participating in any training environment to consider if they are experiencing any symptoms or signs of COVID-19. If individuals are unsure, they are directed to administer the [BC COVID-19 Self-Assessment Tool](#).
- b. The Club’s COVID-19 Risk Manager or individual appointed and trained by the COVID-19 Risk Manager will complete a Daily Wellness Check with all participant, including checking their body temperature prior to individuals entering the training environment.



- c. **The COVID-19 Risk Manager, team manager, and coaches will visually monitor athletes and other participants 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 training event.**

- 3. If an individual 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 during training activities, they should be sent home immediately and direct them to contact 8-1-1 or a doctor for further guidance.**
 - c. **No individual may join or participate in a training activity, event, or training environment if they are symptomatic.**

- 4. If an individual tests positive for COVID-19**
 - a. **The individual will not be permitted to return to training or any artistic swimming activities until they are free of the COVID-19 virus.**
 - b. **Any individual who is in the same training group or has participated in a training activity or event with the infected individual will also be removed from the training environment for at least 14 days to ensure the infection does not spread further.**
 - c. **Close off, clean and disinfect any surfaces that could have potentially been infected/touched by the infected individual.**

- 5. If an individual has been tested and is waiting for COVID-19 test results**
 - a. **As with the confirmed case, the individual must be removed from the training environment.**
 - b. **Public Health agencies/authorities advise that any person who has even mild symptoms to stay home and call their Regional Health Authority.**
 - c. **Other individuals who may have been exposed will be informed and removed from the training environment for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.**
 - d. **Close off, clean and disinfect any surfaces that could have potentially been infected/touched by the infected individual.**

- 6. If an individual has been in contact with someone who is confirmed to have COVID-19**
 - a. **Individuals must advise the COVID-19 Risk Manager, coach, or manager if they reasonably believe they have been exposed to COVID-19.**
 - b. **Once the contact is confirmed, the individual will be removed from the training environment for at least 14 days or as otherwise directed by public health authorities. Individuals who may have come in close contact with the individual will also be removed from the training environment for at least 14 days.**
 - c. **Close off, clean and disinfect any surfaces that could have potentially been infected/touched by the infected individual.**

- 7. Conditions Requiring Quarantine or Self-Isolation**
 - a. **An individual who has travelled outside of Canada or the province within the last 14 days is not permitted to enter the training environment and must quarantine and self-isolate.**
 - b. **An individual with any 2 symptoms of COVID-19 is not permitted to enter any part of the training environment and must quarantine and self-isolate. An individual with any one of fever, vomiting or diarrhea is not permitted to enter any part of the training environment.**



- c. An individual from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the training environment and must quarantine and self-isolate.
- d. An individual 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 training environment.

EDUCATION AND TRAINING PLAN:

- Coaches, athletes, COVID-19 Risk Manager and Executive members are required to complete Mandatory BCAS online training before practices can resume. - COMPLETE
- Coaches online training session with head coach - COMPLETE
- Zoom meeting for all club members with head coach - COMPLETE
- Detailed e-mail will be provided with the policies and procedures for the first practice – COMPLETE
- Waivers must be completed and brought to the first training session in a Ziploc bag. - COMPLETE
- First practice will be re-teaching the athletes and coaches the new policies and procedures for indoor facilities. (Lead by head coach) – COMPLETE
- Zoom meeting with Recreational athletes and parents with head coach.
- First practice for Recreational athletes and parents, will be teaching the athletes and coaches the new policies and procedures for indoor facilities. (Lead by head coach)
- Recreational athletes must complete waivers. Waivers must be brought to the first training session in a Ziploc bag.
- Recreational athletes must complete the online athlete attestation.

COMMUNICATION PLAN:

- All information regarding COVID-19 policy and procedures will be e-mailed to each family and will be posted on the website.
- Should one or more of our members test positive for COVID-19, the Risk Manager will report the infection to the **Head Coach, Club Executive** and BCAS.

UPDATING:

This document is a live, working document and will be updated on a regular basis. If any updates are required, the changes will be highlighted in yellow and sent to the members in a timely manner.