

COVID-19 Safety Plan – Indoor Group Training in Water

Sep 10, 2020 | VERSION I

RISK ASSESSMENT

- We have assessed the risks in the following Training Environments:
Nanaimo Aquatic Center Indoor Pool

COVID-19 SAFETY MANAGER

We have designated the following person as our Club's COVID-19 Risk Manager:

Name: Katya MacDonald

Email: nanaimodiamonds@outlook.com

Cell: 250-741-6337

COVID-19 Safety Support Personnel:

We have designated the following people as COVID-19 Safety Support Personnel (individuals trained to support the on-site delivery of the safety protocols outlined herein such as monitoring the health of participants, physical distancing, cleaning, use of PPE, etc.)

Name:	Email:	Role:
Tami Hirasawa	diamondsfundraising4@gmail.com	COVID-19 Safety Support Personnel
Shino Elliott	shinoelliott@gmail.com	COVID-19 Safety Support Personnel
Nicole Barberie	nicbirch@hotmail.com	COVID-19 Safety Support Personnel

GENERAL SAFETY PRACTICES IN OUR CLUB

- ✓ Implementation of Daily Healthy Monitoring Questionnaire & Attestation for all individuals
- ✓ Implementation of Daily Attendance log
- ✓ Coaches will wear masks at all times
- ✓ Athletes will wear masks on arrival and departure of training
- ✓ Parents and spectators are asked to refrain from attending practices
- ✓ All individuals will sanitize their hands on arrival and prior to departing the training environment
- ✓ Maintain physical distance at all times within the training environment
- ✓ Follow get in-train-get out policy
- ✓ Follow Club's Athlete and Coaches Code of Conduct
- ✓ Follow Club Illness Policy

- ✓ Follow All provincial Health Authority Guidelines
- ✓ Follow the Facility COVID guidelines

SUPPLIES ON HAND AT EACH LOCATION

- ✓ Disinfectant Wipes
- ✓ Non-medical disposable masks
- ✓ Hand sanitizer
- ✓ Disposable latex gloves
- ✓ Touchless thermometer

PARTICIPANTS

Identify who will participate in club activities at this stage of return to artistic swimming.

Outdoor Group Training in Water						
Age Group	Rec	Ltd Comp	PS	Adaptive	NS	Comp
10 & Under			x			
12 & Under			x			
15 & Under			x			
18 & Under						
Junior						
Senior						
University						
Masters						

OUR TRAINING GROUPS & COHORTS

Identify how your training groups will be established and who is to be included (individuals do not need to be identified)

		Recommended Standards		
		BCAS	Facility	Club
Maximum Groups Numbers (include all athletes, coaches, and personnel connected to the group)	Training Group Size – outdoor on land	12	space dependent	12
	Training Group Size – indoor on land	n/a	n/a	n/a
	Training Group Size – outdoor in water	12	n/a	n/a
	Training Cohort Size – outdoor in water	Space dependent	n/a	n/a
	Training Group Size – indoor in water	12	6 swimmers per lane	maximum of 12 swimmers plus coach and COVID safety officer on deck
	Training Cohort Size – indoor in water	space dependent	space dependent	24 swimmers in 4-8 lanes of pool
	Lap Swimming – max lane capacity	6	6	3-6

- Subject to change based on provincial guidelines

PROTOCOLS

Identify areas where there may be risks, either through close physical proximity or through contaminated surfaces, and the protocols to mitigate the risk.

A. FACILITIES – Indoor Group Training in Water				
CIRCUMSTANCE	PHYSICAL DISTANCING	RULES & GUIDELINES	CLEANING PROTOCOLS	PPE
<i>Drop off/Pick up</i>	<i>Stagger drop off and pick up times to avoid gathering as a group and ease flow of traffic through the building. Enter building through equipment room entrance Exit building on either side of diving boards, as per facility plan.</i>	<i>Get in-Train-Get out policy: Athletes will arrive ready to participate so as to avoid using the change rooms unnecessarily, and leave the facility immediately after practice All athletes carry their own equipment No sharing of equipment (swimsuits, goggles, nose clips etc)</i>		
<i>Entering the facility</i>	<i>Prior to entering the facility, the COVID Safety Officer will check in each participant to ensure they are healthy, the sign the athlete or coach attestation Participants will line up 2 m apart as they wait to enter the facility and follow facility plans for distanced entry.</i>	<i>Any athlete who is showing signs or symptoms of COVID must not be allowed in the facility as per BCAS Guidelines</i>	<i>All participants will wash or sanitize their hands upon entering and exiting the facility</i>	<i>Mask will be worn the COVID Safety officer, swimmers coaches upon entering and exiting facility</i>
<i>During training</i>	<i>All participants will remain 2 m apart throughout training and follow facility flow diagrams Coaches will remain on deck 2 m from others</i>	<i>No sharing of equipment. All athletes must bring their own equipment Follow facility flow diagrams Parents and non-essential visitors are not allowed on deck at the pool unless there is an emergency</i>		<i>Coaches will wear masks before, during and leaving training</i>
<i>Equipment</i>	<i>All swim bags will be kept 2 m apart in an area separate from other facility user groups</i>	<i>All athletes need to bring their own equipment in a closed swim bag.</i>	<i>Any item that is used from the facility (ex floaty belt or kick board) will be only used by one participant per day. Each</i>	

			<i>item will be cleaned prior to use and storage</i>	
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B. PROGRAM DELIVERY – Indoor Group Training in Water

CIRCUMSTANCE	PHYSICAL DISTANCING	RULES & GUIDELINES	CLEANING PROTOCOLS	PPE
<i>Working in teams</i>	<p><i>All participants will be kept in their training group to keep exposure limited</i></p> <p><i>All participants will remain 2 m apart before, during and after training and will respect others' individual training spaces and follow facility markings</i></p>	<p><i>Once training groups (teams) have been established, there will be no switching of team members during the swim season.</i></p> <p><i>The Club will not keep any lost & found items</i></p> <p><i>The Covid Safety Officer, Coaches and swimmers will ensure that pool space is used appropriately to ensure physical distance can be maintained at all times (minimum of 2-5m² but may need to be greater depending on the exertion level and training being done).</i></p>	<i>Athletes will be responsible for cleaning their own equipment.</i>	
<i>Communication with Coaches</i>	<i>Coaches will remain on deck and keep 2 m apart</i>		<i>Only one coach will use the microphone at time. The sound equipment will be cleaned after each coach uses it.</i>	<i>Coaches will mask while using the microphone</i>
<i>Using the bathroom</i>	<i>Only one athlete per team allowed to use the bathroom at a time to maintain distancing</i>		<i>Athletes reminded to wash their hands after using the bathroom</i>	

C. SHARED EQUIPMENT – Indoor Group Training in Water

IDENTIFY CIRCUMSTANCE	PHYSICAL DISTANCING	RULES & GUIDELINES	CLEANING PROTOCOLS	USE OF MASKS
<i>sound system</i>	<i>only one coach at a time will operate the sound system & be responsible for setting it up and putting it away</i>		<i>sound system will be cleaned after each user and after practice</i>	<i>coaches will wear masks while using mic</i>

D. MANAGING COVID-19 – Indoor Group Training in Water

IDENTIFY CIRCUMSTANCE	PHYSICAL DISTANCING	RULES & GUIDELINES	CLEANING PROTOCOLS	USE OF MASKS
<i>Facility Cleaning</i>	.		<i>Will refer to Nanaimo Aquatic Centre facility cleaning protocols and cleaning logs.</i>	
<i>Managing individuals with COVID-19 symptoms</i>	<i>Participant should not attend training if they have symptoms. Participant will not be allowed into the facility if they have symptoms Isolate the individual immediately</i>	Notify parent to come pick up athlete Athlete will follow Healthlink BC	<i>Any surfaces potentially touched by the individual are cleaned by facility staff and/or club staff</i>	
<i>Return to sport after illness</i>		An athlete will be allowed to return to sport once medically cleared, based on the most up to date guidelines from the provincial health authority.		
<i>Health monitoring</i>		<i>All participants complete the daily health monitoring questionnaire and attestation anyone with symptoms is required to stay home and will not be allowed to enter the training environment</i>		

CLUB COVID-19 ILLNESS POLICY

Add or link your COVID-19- illness policy here.

EDUCATION & TRAINING PLAN

Include the plan for orienting each of these groups to the new practices at your Club and the responsibilities of each group.

Staff & Coaches	Mandatory orientation prior to start of season. Employees will be briefed on the Facility and Club's WorkSafe BC Safety Plan, and this plan will be implemented and followed in all workspaces. Will follow Club illness policy and Coaches Code of Conduct
Volunteers	Mandatory orientation and training prior to being allowed to volunteer. Adherence to club illness policy.
Athletes	Mandatory orientation and daily Health and Safety monitoring and completion of BCAS Athlete Attestation Will follow Club Illness policy and Athlete Code of Conduct
Parents	Review of Club Illness Policy and Athlete Code of Conduct with signature. Mandatory orientation prior to start of season, Frequent communication via email

COMMUNICATIONS PLAN

Include your plan for sharing information now and in the future for each group; include information about how you will share information about a positive case or an outbreak.

Website	N/A
Staff & Coaches	Regular meetings with Head Coaches, coaches and board executive, Will follow Provincial Health Authority Guidelines on information sharing regarding a positive case or outbreak of COVID-19
Volunteers	Regular updates and ongoing communication with volunteers and the board Will follow Provincial Health Authority Guidelines on information sharing regarding a positive case or outbreak of COVID-19
Athletes	Athletes communicate directly with coaches, COVID Safety Officer Will follow Provincial Health Authority Guidelines on information sharing regarding a positive case or outbreak of COVID-19
Parents	Regular ongoing email updates to parents from Board and coaches Will follow Provincial Health Authority Guidelines on information sharing regarding a positive case or outbreak of COVID-19
Health Officials	Mandatory reporting of suspected and confirmed cases to BC Public Health and Island Health Will follow Provincial Health Authority Guidelines on information sharing regarding a positive case or outbreak of COVID-19
BCAS	ongoing communication between BCAS and Nanaimo Diamonds Board.

MONITOR & UPDATE

Include your plan for monitoring and updating each component of this plan as appropriate.

Facilities	Continually update our safety plan as Facilities change their plans in consultation with BCAS and BC Provincial Health Officer.
Programs	Will monitor and update depending on the Nanaimo Parks and Rec guidelines and BCAS Guidelines
Hygiene & Cleaning	Update and monitor hygiene and cleaning protocols to ensure accuracy
Participants	Regular check-in with participants to ensure their health and mental well-being.
BCAS Updates	Regular communication with updates depending on changes within the province and with CAS.
Government Updates	Keep updated with government guidelines and safety protocols. Possible use of ALERT app if implemented in BC.