

UBC Thunderbirds Sport Clubs COVID-19 Return to Activity Safety Plan

Version 1 | September 19th, 2020

Club: Artistic Swimming

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COVID-19 RETURN TO ACTIVITY DISCLAIMER

Once approved, it is expected that all elements of the Return to Activity Safety Plan is adhered to at all times. If the Risk Managers, Safety Support Personnel, Coaches or any members of the club feel as though the Club is not able to adhere to safe practices, the Club should withhold from participation immediately and contact the Sport Clubs Coordinator immediately. If it is found that the club is not participating in accordance to the policies and procedures set out by our Provincial Health Authority, the respective Provincial Sport Organization, the University of British Columbia and the Department of Athletics and Recreation, the club may be suspended from activity temporarily or indefinitely. Any questions about the following plan or any aspect of a safe return to sport should be directed at the Sport Clubs Coordinator.

COVID-19 SAFETY MANAGER

We (the Club) have designated the following Executive as our Club's main COVID-19 Risk Manager:

Name: Fannia Xu

Email: artisticswimming.sc@ubc.ca & fannia_xu@outlook.com

Cell: (604)-652-7800

COVID-19 Safety Support Personnel:

We (the Club) 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.). At minimum, one of these individuals needs to be present at ALL club activities with more than one club member at the session.

Name:	Email:	Cell:	Role:
Nicole Exley	exleyne@outlook.com & artisticswimming.sc@ubc.ca	(587)-434-6136	Finance Officer: provide general COVID-19 safety support; facilitate the club's sanitation protocols; manage & purchase appropriate cleaning supplies
Zara Herbert	zaraherbert@gmail.com & artisticswimming.sc@ubc.ca	(778)-822-9272	Travel & Safety Officer: provide general COVID-19 safety support; manage the first aid supply kit; trained in Standard First Aid & new Lifesaving Society COVID-19 course
Lisa Koyama-Wong	liskoyamawong@gmail.com & artisticswimming.sc@ubc.ca	(604)-240-1684	Marketing & Communications Officer: provide general COVID-19 safety support; update members & community by continually updating the club's website and social media handles

GENERAL GUIDELINES FOR TSC

HYGIENE

General Hygiene

- Avoid touching eyes, nose & mouth
- Cough and sneeze into your elbow or sleeve
- Regularly clean and disinfect frequently touched surfaces or equipment
- Do not share food, drinks, utensils, etc.

Hand Hygiene

- All individuals will sanitize or wash their hands upon arrival and prior to departing the training environment
- Wash your hands often with soap and water for at least 20 seconds
- Using soap and water is the most effective way of reducing the spread of infection
- If a sink, soap and water is not available, use hand sanitizers
- When using sanitizers, apply a coin-sized amount and thoroughly cover hands

PHYSICAL DISTANCING

- Implement physical distancing measures in all training areas and activities
- Establish occupancy limits for all sessions, training and any common areas
- Physical distancing is one of the most effective ways of reducing the spread of COVID-19
- Maintain at least 2 metres or 6 feet between yourself and others
- Increase the distance between people when being physically active
- Avoid entering busy or crowded spaces
- Greet others with a wave instead of a handshake or hug

PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Athletes will wear masks on arrival and departure of training, as well as during training/warm up/cool down or any other time where it is possible to wear masks (regardless if it is possible or not to physically distance)
- Coaches will wear masks at all times
- Coaches will wear gloves when operating shared equipment

OTHER DAY TO DAY GUIDELINES

- Implementation of Daily Health Monitoring Questionnaire & Attestation for all individuals as per the BC COVID-19 Survey (<https://bc.thrive.health/>)
- Implementation of Daily Attendance log for contact tracing (via TSC Qualtrics Survey)
- Parents and spectators are not permitted to attend practices

PRIOR TO PARTICIPATION

1. BE INFORMED

Make sure all staff and athletes are up-to-date on current info on COVID-19

- Follow BC CDC and Canada Public Health guidelines

Staff and athletes should know the following before returning to participating

- Signs & symptoms of COVID-19
- What to do if you are sick or have been in contact with someone who has tested positive for COVID-19
- Risks associated with participation
- How to prevent the spread of COVID-19
- If you have any underlying health conditions or live with someone who does

2. SCREENING

All staff and athletes are required to complete a daily screening assessment prior to participating in any in person activity.

- The screening tool can be accessed here: <https://bc.thrive.health/>
- Executives and/or coach(es) must confirm at the beginning of any session that athletes are have completed the assessment and answer properly to the following questions:
 - a. Have you completed the self assessment today? Correct answer: Yes
 - i. If they answer “No”, they must leave the facility and complete the assessment.
 - b. Are you experiencing any symptoms of COVID-19? Correct answer: No
 - c. Have you been in contact with anyone who has tested positive for COVID-19?
- Executives and/or Coaches will record all attendees and indicate that all the personnel (coaches, staff and athletes) have answered currently to the 3 questions listed above.

3. ATTENDANCE LOG

All staff and athletes are required to report their attendance prior to participating in any in person activity to allow for contract tracing should an instance of illness occur.

- Executives will ensure that all athletes are logged on the survey provided by the Thunderbirds Sport Clubs office

GENERAL SAFETY GUIDELINES

ILLNESS POLICY

- Anyone with COVID-19-like symptoms must stay home and self-isolate for a minimum of 14 days
- Anyone who has returned to Canada must-self isolate before returning to training
- Anyone who has been in contact with a person who has been diagnosed with COVID-19 must self-isolate before returning to participating with a Sport Club
- If an individual is unsure or has any questions around this policy, please refer to the BC CDC website

POSITIVE CASE RESPONSE

If a staff or participant develops symptoms of COVID-19 while participating, the following will take place:

- The individual with symptoms will be instructed to immediately isolate as the facility permits
- The executives or coach(es) will contact the centralized first aid attendant at the respective facility
- The symptomatic individual will be asked to return home (as long as they are well enough to do so) and follow the at home instructions from the BC CDC
- The executives or coach(es) will contact the Sport Clubs Coordinator immediately

FIRST AID/INCIDENT RESPONSE

Note: A First Aid Kit with the proper PPE (Personal Protective Equipment) must be available at all times, either provided by the facility or provided by TSC and brought with the Sport Club.

Implementation for Minor First Aid (ie. a cut)

- The first aid kit will be carried by the coach/other first responder
- The responder will sanitize their hands, they will collect the first aid supplied from the bag and leave for the athlete to manage their own wound while practicing physical distancing
- If a first aid kit is opened at any point the executives must notify the Sport Clubs Coordinator

Implementation for Emergency (ie. an unconscious athlete, cardiac arrest, heat related illness, anaphylaxis, etc.)

- First responder (coach or executive) recognizes the emergency and calls 9-1-1
- Additional individual notifies first aid contact at the facility
- Additional individual notified the Sport Clubs Coordinator by calling as soon as you are able
- First responder leaves the phone on speaker beside the patient and follows directions from the 9-1-1 dispatch person
- First responder sends additional individual to retrieve AED and PPE
- One individual will assess the scene, don PPE and provide care on field until the emergency responders arrive
- Once the situation is dealt with, the first responder will disinfect and/or dispose of any necessary equipment

Symptom Development on Site

- The individual with symptoms will be instructed to immediately isolate as facilities permit
- The executives/coach will contact the central first aid attendee at the facility
- If no first aid attendee is on site, 8-1-1 (Health Link BC) should be called immediately
- The individual will then be asked to return home (as long as they are well enough to do so) and follow the at home instructions from the BC CDC.
- The executives/coach notifies the Sport Clubs Coordinator of the individual with symptoms
- The individual should then consult the BC COVID-19 Self-Assessment Tool, available on the BC CDC site and follow recommendations made by the online tool.
- Should the individual test positive, they will be asked to follow instructions from the Provincial Health Authority
- The Sport Clubs Coordinator will work with the executives/coaches to execute a tracing protocol to notify all persons who may have come in contact with that individual

SUPPLIES REQUIRED TO BE ON HAND

- Disinfectant Wipes (Provided by the Club)
- Non-medical disposable masks (Provided by the individual OR TSC)
- Gloves (Provided by the Club)
- First Aid Kit (Provided by TSC, unless using the UBC Tennis Centre, UBC Student Recreation Centre, or **UBC Aquatic Centre**)
- Hand sanitizer (Provided by the individual or the Club)

PARTICIPANTS

For tracking and contact tracing protocols.

All individuals attending sessions, including staff, coaches and all student athletes must be documented as participating through the survey, as built out by the Sport Clubs Coordinator. Starting October 5th, 2020, new and returning competitive university athletes in the advanced stream and returning competitive university athletes in the novice stream will be allowed to participate in training activities that are being offered in-person.

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). If individuals will all be training independently, please identify this on the plan.

GROUP TITLE/NAME	NUMBER OF INDIVIDUALS	RULES & GUIDELINES FOR SEPARATION	CLEANING PROTOCOLS	PPE	NOTES
Try-Out Group A	13 (11 athletes & 2 coaches)	Athletes will maintain 2m social distance between each other, will not share equipment	All touch points will be wiped down after contact. Facility will sanitize equipment storage baskets	Athletes will wear masks when entering and exiting facility	Some members of this group go lane swimming together
Try-Out Group B	9 (7 athletes & 2 coaches)	Athletes will maintain 2m social distance between each other, will not share equipment	All touch points will be wiped down after contact. Facility will sanitize equipment storage baskets	Athletes will wear masks when entering and exiting facility	Some members of this group live together

**Our training groups & cohorts will be updated shortly following team try-outs in October.*

PROTOCOLS

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

We are proposing to train at the following facility:

Please select all that apply:

- UBC Facility (SRC, ARC, Tennis Centre, Aquatic Centre, UBC Fields, etc.)
- Non-UBC Facility (Any facility not run by UBC's Department of Athletics & Recreation)

We are proposing training in the following training environments:

Please select all that apply:

- Indoor Training in Water
- Indoor Training on Land/Court/Another Surface
- Outdoor Training on Water
- Outdoor Training on Land/Court/Field/Another Surface*

*if necessary

A. FACILITIES – UBC Aquatic Centre					
CIRCUMSTANCE	PHYSICAL DISTANCING	RULES & GUIDELINES	CLEANING PROTOCOLS	PPE	BARRIERS & PARTITIONS
Club meeting point/check in point (North side of MacInnes Field, near the entrance of the Aquatic Centre)	Athletes/coaches must stay a minimum of 2m apart from each other and the COVID-19 Risk Manager or designated Safety Support Personnel	Only one athlete may approach the COVID-19 Safety Manager at a time. All other athletes should stay a minimum of 2m behind	Athlete holds up proof of virtual self-assessment form submission for verification	Masks must be worn during all check in procedures	If available, a barrier will be used to promote physical distancing
Entering and exiting the training facility	Athletes and coaches will stay a minimum of 2m apart	Athletes and coaches will adhere to the facility's guidelines and utilize approved entrances and exits	Touch points (ex. doors) will be wiped down after use. Athletes and coaches must sanitize hands after touching touch points	Masks must be worn by all participants	
Equipment storage	Athletes will place personal belongings at least 2m apart	Athletes and coaches will adhere to the facility's guidelines on storing personal belongings if	Athletes should bring an external bag (ex. mesh bag) for all equipment used during training	Athletes/coaches wear masks while storing their	Boxes will be provided by the facility to separate

A. FACILITIES – UBC Aquatic Centre					
CIRCUMSTANCE	PHYSICAL DISTANCING	RULES & GUIDELINES	CLEANING PROTOCOLS	PPE	BARRIERS & PARTITIONS
		present. Athletes are instructed to bring minimal equipment and to label personal items or have them otherwise easily identifiable as their own		equipment in the designated area	athletes' belongings
Washrooms, changerooms, and showers	Athletes will maintain 2m physical distance between each other when using these facilities	Athletes will adhere to the facility's guidelines regarding the use of these facilities		Athletes should wear masks while changing or using the washroom	Individual changing stalls act as barriers to physically separate individuals

B. PROGRAM DELIVERY					
CIRCUMSTANCE	PHYSICAL DISTANCING	RULES & GUIDELINES	CLEANING PROTOCOLS	PPE	BARRIERS & PARTITIONS
Club meetings & social events	Held virtually on Zoom to promote physical distancing and allow for remote participation				
Deck warm up, strength & conditioning, cardio, flexibility, landrill	Held outside in an open area (ex. a grass field) or virtually on Zoom	If held in person, individuals must maintain 2m physical distance between each other	Athletes will disinfect any personal equipment that is used in person	Athletes and coaches will wear masks at all times	
Coaches	Coaches will maintain 2m physical distance between each other at all times	Coaches should stay on opposite sides of the deck and refrain from contact as much as possible		Coaches will wear masks at all times	
Lane swimming	Swimmers should maintain 2m physical distance while swimming in the lanes	Limit two swimmers per lane, or four per double-wide lane. Individuals will be assigned to specific lanes based on individual			

B. PROGRAM DELIVERY					
CIRCUMSTANCE	PHYSICAL DISTANCING	RULES & GUIDELINES	CLEANING PROTOCOLS	PPE	BARRIERS & PARTITIONS
		skill level. Swimmers must swim in a designated direction to encourage distancing and prevent collisions			
Synchro-specific training	Maintain 2m distance between swimmers	Swimmers should stay 2m apart when on the wall or otherwise resting			

C. EQUIPMENT					
IDENTIFY CIRCUMSTANCE / SHARE EQUIPMENT	PERSONNEL USING THE EQUIPMENT	RULES & GUIDELINES	CLEANING PROTOCOLS	PPE	NOTES
Sound system	Coaches	Only one coach per day will operate the sound system & be responsible for setting it up and putting it away. If both coaches must use it, it must be disinfected between uses	The sound system will be cleaned before and after each practice. Disinfectant wipes will be kept with the sound system. Any point of contact in the storage room will be disinfected after each use	Coaches will wear masks when using the mic	Sound system will be stored in Storage K. Only one coach will be responsible for accessing the storage room. If possible, the facility should open the room prior to practice time
Tapper	Coaches	Each coach will be responsible for bringing their own tapper	The tappers will be disinfected using disinfectant wipes at the beginning and end of each practice		Coaches will bring their own tappers to and from practice
Individual Equipment (Goggles, Swim Cap, Nose Clip, Water Bottle etc.)	Athletes & Coaches	Athletes and coaches are not permitted to share any personal equipment			Athletes must swim without equipment if they forget to bring it, or if their equipment breaks

C. EQUIPMENT					
IDENTIFY CIRCUMSTANCE / SHARE EQUIPMENT	PERSONNEL USING THE EQUIPMENT	RULES & GUIDELINES	CLEANING PROTOCOLS	PPE	NOTES
Personal PPE (Masks & hand sanitizer)	Athletes & Coaches	Masks must be worn at all times. If an athlete does not bring a mask, they are not permitted to enter the facility or participate in practice			
Club PPE (Sanitizing Wipes)	Coaches & executives	Coaches will notify the executive if more wipes are needed	Sanitizing wipes need to be used before and after handling any shared equipment (sound system)		Wipes will be stored in Storage K with the sound system

D. MANAGING COVID-19					
IDENTIFY CIRCUMSTANCE	PHYSICAL DISTANCING	RULES & GUIDELINES	CLEANING PROTOCOLS	USE OF MASKS	BARRIERS & PARTITIONS
Managing individuals with symptoms	The individual is isolated immediately and instructed to self-quarantine for 14 days	The entire training group including the individual with symptoms is suspended and instructed to self-isolate. The Sport Clubs Coordinator is immediately notified	Any surfaces potentially touched by the individual are disinfected by facility staff and/or club executives		
Managing a positive case or outbreak	All in-person artistic swimming activities are suspended for a minimum of 14 days	All participants are instructed to self-isolate and monitor for symptoms. The Sport Clubs Coordinator is immediately notified	Any surfaces potentially touched by the individual are disinfected by facility staff and/or club executives		
Return to training after COVID-19	Maintain 2m physical distance whenever possible and adhere to club guidelines with regards to physical distancing	The individual must have written clearance by a physician, a negative COVID-19 test and be symptom-free for 14 days before they are allowed back into the training environment	All touch points should be disinfected according to club guidelines	Masks must be worn when entering/exiting the facility and when training on land	

D. MANAGING COVID-19					
IDENTIFY CIRCUMSTANCE	PHYSICAL DISTANCING	RULES & GUIDELINES	CLEANING PROTOCOLS	USE OF MASKS	BARRIERS & PARTITIONS
Health monitoring	Individuals with symptoms of COVID-19 are instructed to isolate and are not allowed to take part in any in-person activities	All participants complete the daily health monitoring questionnaire and attestation prior to each practice. Anyone with symptoms will not be allowed to enter the training environment			Participants are instructed to complete their health monitoring questionnaires on their own prior to practice
Screening	Athletes should maintain 2m physical distance when verifying completion of the health screening	All athletes must complete the TSC virtual health screening no earlier than 1 hour prior to the practice start time			Participants must complete the health screening on their own just prior to practice
Contact Tracing		The COVID-19 Risk Manager will maintain a digital attendance log of all individuals present at each practice via the TSC questionnaire			

TRAINING & EDUCATION PLAN

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

Coaches	Coaches are required to attend a mandatory virtual club meeting on Zoom to learn about the club's COVID-19 safety plan and protocols. Coaches must complete the BCAS Return to Sport Attestation. All coaches must confirm with the Sport Clubs office that they have read, understand and agree to comply with the Club's Return to Activity plan.
Executives	Executives must meet and all understand the Return to Activity Safety Plan, and plan a mandatory virtual club meeting on Zoom to learn about the club's COVID-19 safety plan and protocols. Executives must virtually attend TSC Student Athlete Orientation.
Athletes	Athletes are required to attend a mandatory virtual club meeting on Zoom to learn about the club's COVID-19 safety plan and protocols. Athletes must complete the BCAS Return to Sport Attestation and obtain over 90% on the Return to Artistic Swimming quiz before returning to training. Athletes must virtually attend TSC Student Athlete Orientation.

COMMUNICATIONS PLAN

The following plan should be followed to information for each of the following listed groups of individuals.

Website	Our website will be regularly updated to include the latest versions of the COVID-19 safety plan, daily health monitoring questionnaire, club illness policy, and participant waivers. The club will also provide links to additional COVID-19 resources provided by BCAS and CAS. Contact information for the executive will be updated to reflect their roles as the COVID-19 risk manager and safety support personnel.
Coaches	Coaches will receive regular updates to the COVID-19 safety plan and protocols via email and/or phone. Should they have concerns about the club's health and safety plan, they are encouraged to contact the Thunderbirds Sport Clubs Coordinator COVID-19 risk manager and safety support personnel.
Athletes	Athletes will receive regular updates to the COVID-19 safety plan and protocols, and any changes to the plan on a regular basis. Should they have concerns about the club's health and safety plan, they are encouraged to contact the COVID-19 risk manager and safety support personnel.
Parents	Parents who wish to be updated about the club's COVID-19 safety plan and protocols can contact the COVID-19 risk manager or safety support personnel to be added to the email distribution list. They are encouraged to contact the COVID-19 risk manager and safety support personnel with any concerns about the club's health and safety plan.
Health Officials	Should a positive case of COVID-19 occur within our club, the COVID-19 risk manager or safety support personnel will notify the regional and provincial health authority immediately.
PSO	Should a positive case of COVID-19 occur within our club, the COVID-19 risk manager or safety support personnel will notify BCAS immediately.
UBC	Should a positive case of COVID-19 occur within our club, the COVID-19 risk manager or safety support personnel will notify the Sport Clubs Coordinator immediately.

MONITOR & UPDATE

The following plan should be followed for monitoring and updating this plan.

Facilities	The COVID-19 Risk Manager and Safety Support Personnel will stay up to date on updates to the facility guidelines on COVID-19 by regularly monitoring the facility website. In addition, they will pay close attention to email correspondence from the facility managers regarding updates to the novel coronavirus pandemic. Updates will be made to this safety plan in accordance with information that is newly released.
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Programs	Program delivery remains flexible and should be adapted based on new information that is incoming from the facility, the PSO, UBC, or provincial and federal government. Should there be a positive case within any of our programs, they will immediately be suspended and all individuals involved will be instructed to self-isolate.
Hygiene & Cleaning	All hygiene and cleaning protocols will be continuously updated to be aligned with the facility, the PSO, UBC, and provincial/federal government's standards.
Participants	Training group size allowances will be continuously updated to be aligned with the facility, the PSO, UBC, and provincial/federal government's standards. Participants are required to adhere with guidelines imposed by the facility, PSO, UBC, and provincial/federal government.
PSO Updates	The COVID-19 Risk Manager and Safety Support Personnel will stay up to date on updates to the BCAS guidelines for returning to sport by regularly monitoring the COVID-19 resource page on the BCAS website. In addition, they will pay close attention to email correspondence from BCAS regarding updates to the novel coronavirus pandemic. Updates will be made to this safety plan in accordance with information that is newly released.
Government Updates	The COVID-19 Risk Manager and Safety Support Personnel will stay up to date on government updates to the novel coronavirus pandemic by closely monitoring official government websites and local news. Updates will be made to this safety plan in accordance with information that is newly released.
UBC Updates	The COVID-19 Risk Manager and Safety Support Personnel will stay up to date on updates to the university and facility's guidelines for returning to sport by regularly monitoring university broadcast emails as well as official university websites. Updates will be made to this safety plan in accordance with information that is newly released.

SPORT RISK ASSESSMENT

The nature of the sport as well as the season will be considered when looking at approving a club to return to activity.

Sport	Risk Score based on Own the Podium Risk Assessment	Opportunity & Priority 1 – Greatest opportunity and priority to return to activity 2 – Moderate opportunity and priority to return to activity 3 – Based on nature of activity, low opportunity and priority level to return to activity immediately
Cycling Equestrian Table Tennis Tennis (M/W) Triathlon Alpine Skiing* Nordic Skiing*	Low	1
Sailing Artistic Swimming	Moderate	2
Lacrosse Quidditch Ultimate (M/W)	High	3

Appendix H from viaSport BC – Activities by Sport Type featuring TSC Teams

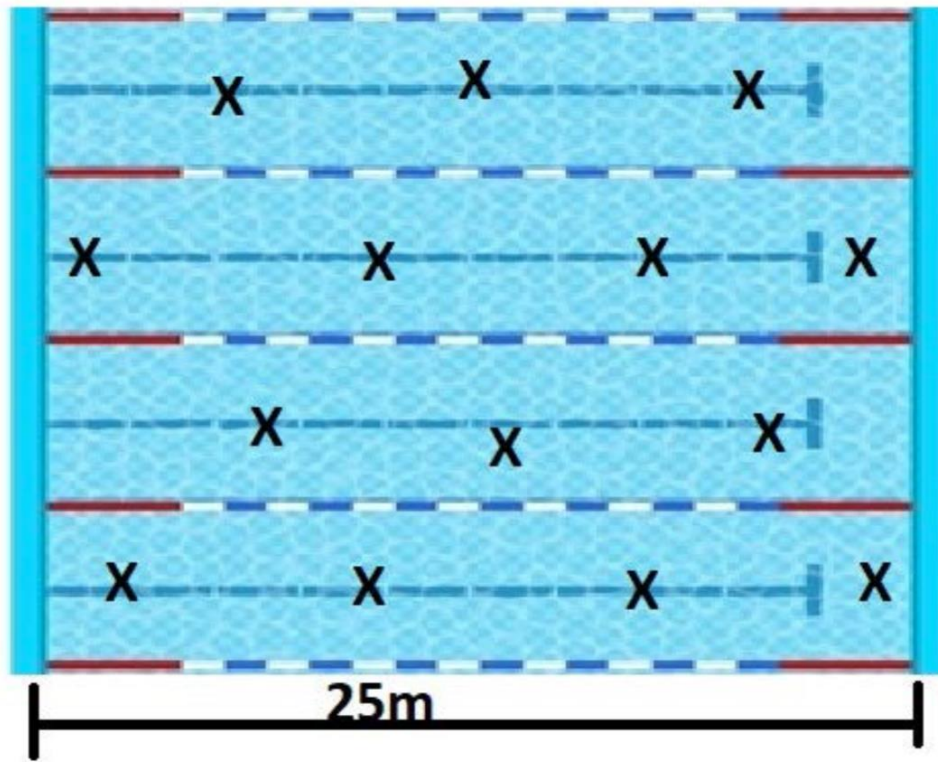
Due to the differences among sport in the amount and intensity of contact, the chart below outlines how Phase 3 guidelines apply across different sport types. While this chart outlines the opportunity for introduction of certain activities, sport organizations should still follow the guidelines of their Provincial Sport Organizations, continue to assess risk and look to slowly phase-in activities. Not all sports will move at the same speed due to variances in the ability to access facilities, the ability and resources to implement safety protocols and additional considerations related to participant groups, especially those that are considered vulnerable populations.

Sport Type	TSC Sport Clubs	Application of viaSport Activity Chart
<p>Group A Individual sports that can maintain physical distancing OR Sports done in pairs or small teams (up to 10) where there is no contact with those outside your pair/team</p>	<p>Alpine Skiing, Artistic Swimming, Nordic Skiing, Cycling, Equestrian, Sailing, Table Tennis, Tennis, Triathlon</p>	<p>Contact – Maintain physical distancing. Where physical distancing is not possible within a pairing or small team, avoid switching partners/teams for training and competitive activities.</p> <p>Cohort – In disciplines where physical distancing cannot be maintained modifications may be required or cohorts should be introduced.</p> <p>Competition - Pairs or small teams may compete against other pairs/teams but should maintain physical distancing with their opponents</p>
<p>Group B</p>	<p>N/A</p>	<p>N/A</p>
<p>Group C</p>	<p>Lacrosse, Quidditch, Ultimate</p>	<p>Contact – Maintain physical distancing. Where physical distancing is not possible within a pairing or small team, avoid switching partners/teams for training and competitive activities. For the training or game environment rules should be modified to minimize physical contact.</p> <p>Cohort – In disciplines where physical distancing cannot be maintained modifications may be required or cohorts should be introduced.</p> <p>Competition - Pairs or small teams may compete against other pairs/teams but should maintain physical distancing with their opponents</p>
<p>Group D</p>	<p>N/A</p>	

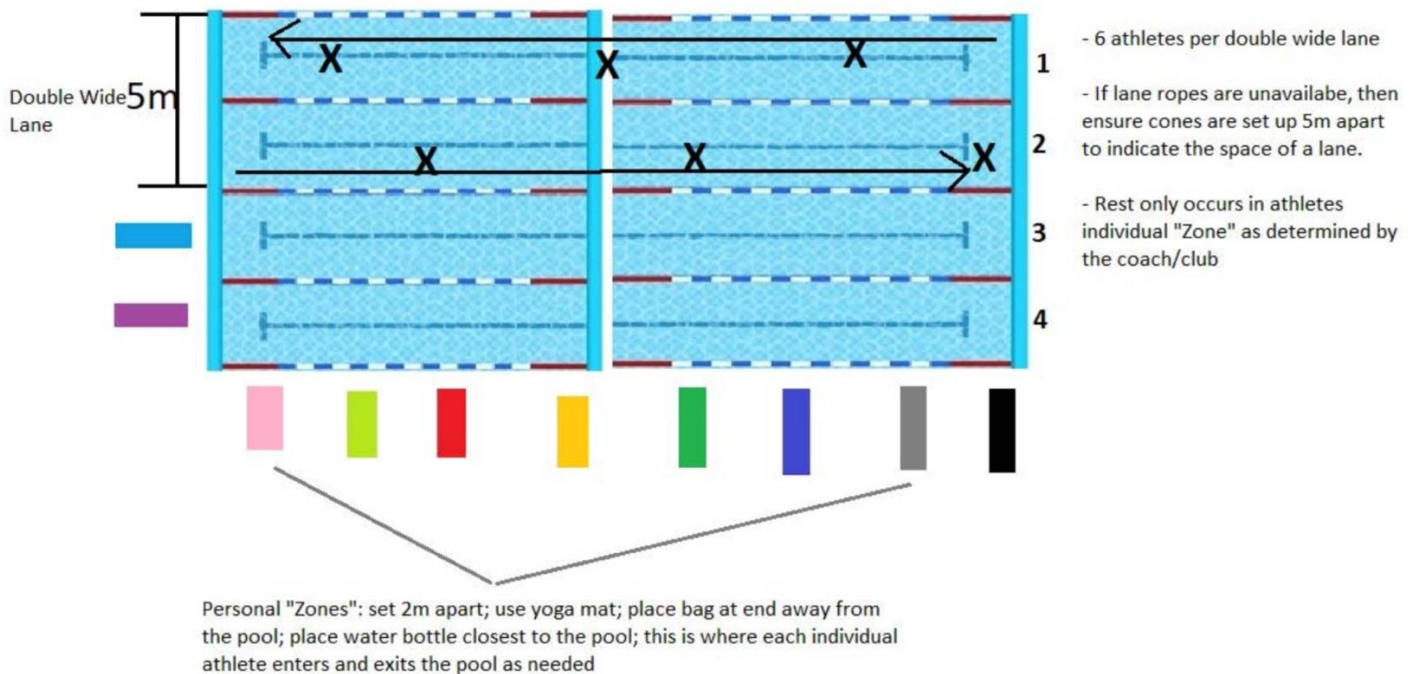
APPENDIX I – TRAINING COHORT GUIDELINE DIAGRAMS

Adapted from Appendix 14 of the Return to Artistic Swimming Guidelines V3 released by BCAS on September 14th, 2020.

TECHNICAL/STATIONARY TRAINING (adapted from the Alberta Artistic Swimming Return to Artistic Swimming Guidelines)

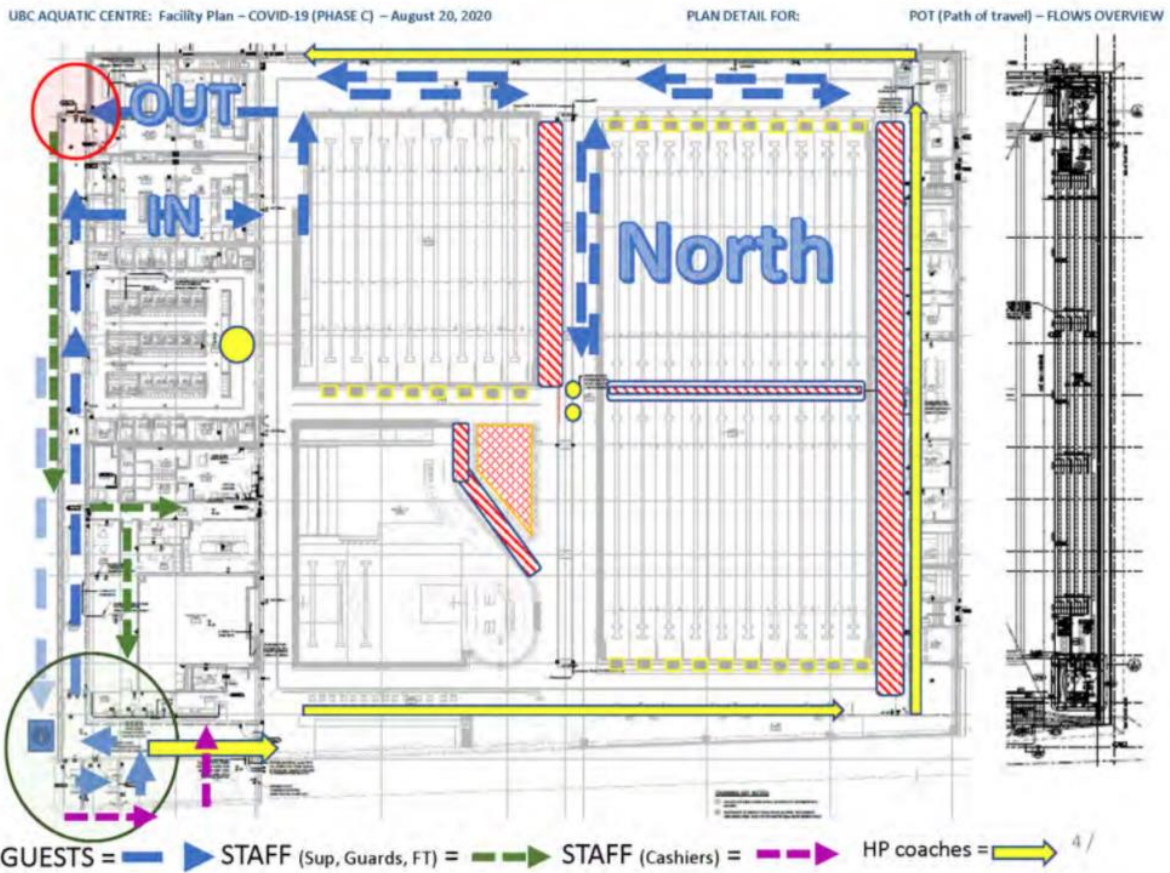


LAP SWIMMING (adapted from the BC/YK Lifesaving Society Guidelines for Reopening BC's Pools & Waterfronts)



APPENDIX II – UBC AQUATIC CENTRE COVID-19 FLOOR PLAN

Diagrams supplied by the UBC Aquatic Centre in the August 27th, 2020 update to the site’s COVID-19 Safety Plan.



APPENDIX III – UBC AQUATIC CENTRE COVID-19 RENTAL POLICIES

Adapted from the UBC Aquatic Centre COVID-19 Rental Policies for 3rd Party Groups V5 released on September 15th, 2020.

General Policies for all Rental Groups

- Anyone with symptoms of COVID-19 should not participate in programming at the facility; anyone travelling from an international destination (including the USA) should be quarantined for 14 days upon arrival into the country;
- Only those groups with a confirmed booking will be allowed into the facility – and this at their designated date/time (no walk-in's will be permitted); Entry will be granted 15min prior to start time and rentals must exit immediately following the conclusion of the booking.
- Rental groups must provide a full list of attendees per session including athletes, coaches and IST
- Registered participant lists must be sent into the Operations Coordinator one week prior to the start of the rental to have on file for Aquatic Centre check in. Only those on the registered participant list for the organization will be allowed in during the booked rental timeslot.
- Each participant / coach / staff will be asked to complete a waiver
- Each participant / coach / staff is required to wear a face covering upon arrival, within the facility to / from their assigned pool space and for departure from facility
- No spectators in the facility only those who are registered to swim
- No dryland training inside the facility
- Each participant is asked to bring their own filled water bottle; water fountains are closed.
- Follow all directional pathways for entering and exiting the facility
- Please ensure physical/social distancing is maintained at all times
- Swimmers are to arrive swim ready - No access to benches, storage rooms, lockers, UBC AC pool equipment or change room facilities
- Personal items must not be shared
- No personal swim equipment is allowed in the facility with the exception of one pair of goggles and one swim cap
- Group contact / leader will advise facility contact should any group participants develop symptoms consistent with COVID-19
- Must adhere to all rules and procedures as directed by the UBC Aquatic Centre staff

Staff Contact

- If you have any questions or concerns prior to your rental please contact Christine Saunders at christine.saunders@ubc.ca or Stephane Delisle at stephane.delisle@ubc.ca
- Additionally you can contact the UBC Aquatic Centre general inbox at aquatic.centre@ubc.ca

Scheduled Booking Times / Arrival on Site

- Please arrive no earlier than 15 minutes prior to the start of your rental and no later than 5 minutes to the start of your rental
- Please complete the [BC COVID-19 Self-Assessment Tool](#) prior to your arrival at the UBC Aquatic Centre; The group lead/primary contact/coach will be asked to confirm upon arrival and prior to entry that all group members have completed this step and answered “no” to all of the Self-Assessment Tool questions
- Please line up outside (see floor indicators / signage for details or updates as all plans are subject to change)
- Front Desk staff will be there to greet you at the outdoor check in desk as well as the front desk in lobby.
- At the outdoor check-in desk please confirm your name and the organization you are with
- Front Desk staff will ask a series of COVID-19 screening questions, if passed you will proceed through the front doors and head towards the front desk gate where you will again confirm your name and organization with the front desk staff at the desk.
- Follow the directional pathway leading into the assigned Universal change room and to the assigned pool area
- Please continue to maintain social distance between each member of your group as you enter the facility

Policies for Participation

- All personal items are to go directly into a bin provided at the entrance of the pool deck. Bins must be placed in the spaces available at the assigned pool tank. Please keep bins physically distant from another swimmers' bin(s). Personal items are not to be left anywhere else in the facility
- Cleansing shower must be taken prior to entering the water. Please following the directional signage for on-deck shower access
- Swimmers per lane: Only four (4) swimmers per double-lane (25m short course) or six (6) - eight (8) swimmers per double-lane (50m long course); Maximum of 20 swimmers per 25m tank or 40 per 50m tank at one time
- In the event of a first aid incident guests will be asked to follow the direction of the UBC Aquatic Centre Lifeguards

Exiting the Facility

- At the end of the training session each swimmer will exit the pool from their designated lane
- Swimmers are asked to towel off and gather their personal items from their bin and drop the bin off at the exit on the pool deck.
- Swimmers and coaches will follow the directional pathway from the tank they are swimming and exit the facility via the Universal change room and exit the North West doors
- Please continue to maintain social distance between each member of your group as you exit the facility

APPENDIX IV – PARTICIPANT RELEASE OF LIABILITY

Adapted from Appendix 7A of the Return to Artistic Swimming Guidelines V3 released by BCAS on September 14th, 2020.

Release of Liability, Waiver of Claims, and Indemnity Agreement

Adapted from Ontario Artistic Swimming and approved by DLA Piper

WARNING! Please read carefully

By signing this document, you will waive certain legal rights, including the right to sue

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a participant, or the guardian of a participant who is a minor (the “Participating Minor”), in the sport of artistic swimming and the spectating, orientation, instruction, activities, competitions, programs, and services of British Columbia Artistic Swimming and UBC TSC Artistic Swimming (collectively the “Activities”), the undersigned acknowledges and agrees to the terms outlined in this document.

Disclaimer

2. British Columbia Artistic Swimming, UBC TSC Artistic Swimming and their respective Directors, Officers, committee members, members, employees, coaches, trainers, therapists, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the “Organization”) are not responsible for any injury, personal injury, damage, property damage, expense, loss of income, or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including but not limited to, the negligence of the Organization.

I have read and agree to be bound by paragraphs 1 and 2.

Description and Acknowledgement of Risks

3. I understand and acknowledge that
 - a. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution, or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops and online training), which may require remote or independent training outside of a sport-specific facility owned, leased, operated or otherwise controlled by the Organization (“Remote Training”), and which may have different foreseeable and unforeseeable risks than in-person programming;
 - c. The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the fitness or abilities of any individual participant, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and
 - d. The novel coronavirus, SARS-CoV-2, which causes the disease COVID-19 (collectively “COVID-19”), has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that any participants will not become infected with COVID-19. Further, participating in the Activities, including any Remote Training, could increase the risk of contracting COVID-19.

4. I am participating, or enrolling the Participating Minor for participation, in the Activities including any Remote Training, voluntarily. In consideration of the Organization allowing this participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities and Remote Training. The risks, dangers, and hazards include, but are not limited to:
- a. Contracting COVID-19 or any other contagious disease or illness;
 - b. Privacy breaches, hacking, technology malfunction or damage;
 - c. Executing strenuous and demanding physical techniques;
 - d. Dryland training including weights, Pilates, running, dance, bands, circus school and massage;
 - e. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - f. Exerting and stretching various muscle groups;
 - g. Dehydration and exhaustion;
 - h. Physical contact with other participants including spotters whose role is to enhance safety and learning;
 - i. Failure to act safely or within the participant's own ability or designated areas;
 - j. Tripping hazards, loud noises, and colliding with the pool, pool bottom, walls, stands, equipment, or with other participants;
 - k. Entering the water by either diving or jumping;
 - l. Artistic swimming techniques including boosts and lifts;
 - m. Extended time underwater;
 - n. Spending extended times in chlorinated water which may lead to bacterial infections or rashes;
 - o. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - p. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the body or to general health and well-being, including permanent or temporary disability, or death;
 - q. Abrasions, sprains, strains, fractures, or dislocations;
 - r. Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma, damage to teeth or dental work, hearing damage or ocular damage
 - s. Spinal cord injuries which may result in permanent paralysis;
 - t. Negligence of other persons, including other spectators, participants, or employees;
 - u. Travel to and from competitive events and associated non-competitive events, which are an integral part of the Activities; and
 - v. Negligence on the part of the Organization, including failure by the Organization to take reasonable steps to safeguard or protect participants from the risks, dangers and hazards associated with participation in the Activities or Remote Training.

I have read and agree to be bound by paragraphs 3 and 4.

Terms

5. In consideration of the Organization allowing me or the Participating Minor to participate in the Activities, including any Remote Training, I agree:
 - a. That when I, or the Participating Minor, practice(s) or train(s) pursuant to a Remote Training activity, I am responsible for the Remote Training environment, including the surroundings and the location and equipment;
 - b. That my mental and physical condition, or that of the Participating Minor, is appropriate to participate in the Activities, including any Remote Training, and I assume all risks related to my mental and physical condition and that of the Participating Minor under my care;
 - c. To comply with the rules and regulations for participation in the Activities;
 - d. To comply with the rules of the facility or equipment;
 - e. That if I observe an unusual significant hazard or risk, I will remove myself or the Participating Minor from participation and bring my observations to the attention a representative of the Organization immediately;
 - f. The risks associated with the Activities and Remote Training are increased when I am impaired, and I will not participate if impaired in any way;
 - g. That it is my sole responsibility to assess whether any Activities, including Remote Training, are too difficult for me or the Participating Minor under my care. By commencing an Activity, or allowing a Participating Minor to commence an Activity, I acknowledge and accept the suitability and conditions of the Activity;
 - h. That COVID-19 is contagious in nature and I or the Participating Minor may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and
 - i. That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me or the Participating Minor to participate, I agree:
 - a. That the sole responsibility for my safety and that of the Participating Minor under my care remains with me;
 - b. To ASSUME all risks arising out of, associated with or related to the participation;
 - c. That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities;
 - d. To WAIVE any and all claims that I may have now or in the future against the Organization;
 - e. To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation or that of the Participating Minor in the Activities;
 - f. To FOREVER RELEASE AND INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I or the Participating Minor have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, or that of the Participating Minor, including my decision to allow the Participating Minor to participate in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
 - g. To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to exposure to or infection by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization;

- h. That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
- i. That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me or the Participating Minor from the risks, dangers and hazards associated with the Activities; and
- j. This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of British Columbia and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

- 7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of British Columbia and further agree that the substantive law of the Province of British Columbia will apply without regard to conflict of law rules.

I have read and agree to be bound by paragraphs 5-7.

Acknowledgement

- 8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Participant Name:

Please PRINT

Parent/Guardian Name:

if Participant is a minor

Signature:

(Participant or Parent/Guardian if individual is a minor)

Date:

(dd/mm/yy)

APPENDIX V – PARTICIPANT CONSENT FOR EMERGENCY MEDICAL TREATMENT

Adapted from Appendix 7B of the Return to Artistic Swimming Guidelines V3 released by BCAS on September 14th, 2020.

Consent for Emergency Medical Treatment

Adapted from Ontario Artistic Swimming and approved by DLA Piper

I, _____, give permission to the officials and coaches of British Columbia Artistic Swimming to make decisions concerning medical care and treatment, and where necessary to authorize such care and treatment in emergency situations.

I understand that the officials and coaches of British Columbia Artistic Swimming will make every reasonable effort, in the circumstances, to contact me regarding my child's/ward's medical status in the event an emergency arises. If I cannot be reached in an emergency, I hereby give my permission to the licensed physician, dentist, athletic therapist, nurse, or other medical professional whose services might be required to provide medical care and treatment.

By signing here, I indicate that I have the understanding and capacity to communicate health care directives for my child/ward and that I am fully informed as to the contents of this document and understand the full import of this grant of powers to the officials and coaches of British Columbia Artistic Swimming.

Participant Name:

Please PRINT

Parent/Guardian Name:

if Participant is a minor

Signature:

(Participant or Parent/Guardian if individual is a minor)

Date:

(dd/mm/yy)