

UVIC ARTISTIC SWIMMING CLUB COVID-19 Safety Plan

UVIC Artistic Swimming Club Safety Plan will be posted in the McKinnon pool.

The UVIC Artistic Swimming Club Safety Plan outlines the measures that will be followed to keep members, coaches, staff, volunteers and visitors safe. It aligns with orders and guidance provided by public health authorities, ViaSport and BC Artistic Swimming, Canada Artistic Swimming and the University of Victoria.

The primary objective is to prevent the transmission of Covid-19. The secondary objective is to ensure the ability to track possible transmission in the case of an outbreak.

Measures will be updated in accordance with BC Public Health guidance.

Summary of ROLES AND RESPONSIBILITIES

Everyone:

- Stay up-to-date on BC public health recommendations.
- Abide by/support UVic, ATRS/Club and BC Artistic Swimming procedures, protocols, and guidelines to keep our community safe.
- Complete UVic Covid-19 training: <https://coursespaces.uvic.ca/enrol/index.php?id=80260> and forward the certificate of completion to the sports clubs programmer via email (jwright@uvic.ca).
- Complete self-assessment (screening) before attending any session. Do NOT come if you respond YES to any of the screening questions. STAY HOME if you are feeling unwell.
- Follow BC public health guidance on personal hygiene and physical distancing.
- Wash your hands when you arrive and before you leave for 20 seconds - at a minimum – or use hand sanitizer.

Coaches/Club Executives:

- Check in with Facility attendant prior to each session.
- Get coaching equipment ready.
- Ensure there is sufficient disinfectant, cloths, and hand sanitizer available.

Athletes:

- Complete the COVID 19 Pre-Screen using the BC Self Assessment App daily PRIOR to coming to campus.
- Train and Go. Please do not socialize at the facility before or after practice. Respect physical distancing guidelines.
- Do not share water bottles, personal gear, food etc.

Designated Roles and Responsibilities

Screeener – Cassie Truss

- Responsible for ensuring that participants are symptom and have completed the BC Self-assessment tool prior to entering the space. <https://www.thrive.health/health-canada-self-assessment-tool>

Activity Tracker – Jintia Ross-Van Mierlo

- Responsible for tracking the date, time and names of all participants at a given session

Activity Coordinator – Cassie Truss/Joey Niezen

- Responsible for keeping all individual date information together.

Social Distancing Monitor – Joey Niezen

- Responsible for ensuring that participants remain 2m apart and follow sport specific requirements

Sanitizing Champion – Jintia Ross-Van Mierlo/Joey Niezen

- Responsible for ensuring that any/all equipment is cleaned before and after use.

Education and Communication

Latest available guidance on the COVID-19 outbreak, along with links to BC CDC, and BC Artistic Swimming (<https://www.bcartisticswimming.ca/>) websites, will be posted in McKinnon facility.

Coaches/Club Execs & Sports Clubs Programmer will monitor local and provincial briefings daily or as provided. Relevant adjustments to safety measures will be discussed with Associate Director, Sport and ATRS Facility Staff as necessary.

Before returning to training, Sports Clubs Programmer and/or Associate Director, Sport will review COVID-19 transmission routes, best practices for reducing transmission, and the UVIC Artistic Swimming Safety Plan with all Artistic Swimming club members, assistant coaches, and volunteers. Key messages will be reinforced through onsite signage and verbal reminders. Coaches and Club Executives will also ensure that all student-athletes and volunteers have completed the UVic COVID-19 Training Course.

Coaches, staff and volunteers will be required to read the UVIC Sports Clubs Safe Work Plan and Vikes Artistic Swimming COVID Safety Plan (posted at McKinnon pool and circulated to all athletes via email) and will receive verbal instructions on cleaning from the coaches and club designated sanitizing champion.

Suggestions and concerns: Athletes, coaches, staff and volunteers may make suggestions or express concerns by emailing the Sports Clubs Programmer at jwright@uvic.ca.

Public Health Awareness

Public health communication on COVID-19, including symptoms and measures to reduce transmission, are posted on signs onsite.

Athletes, coaches and staff will be required to review and agree to safety measures prior to their first session.

Information on self-isolating, self-monitoring and quarantine will be provided via links to the BC CDC website.

Screening

Vikes Athletics and Recreation requires that all Club student-athletes use the BC Self-Assessment app each training day. <https://bc.thrive.health/covid19/en>

Athletes, coaches, staff and volunteers will be required to complete the BC Self-Assessment tool prior to arriving on campus for their scheduled training session. For athletes, this will be recorded on a excel document (when they acknowledge that they have completed the screening check, they will be “checked in” and allowed in the gym).

Anyone who is feeling unwell MUST stay home.

TRAINING GROUPS AND COHORTS

Training groups will consist of the members of each team, to a maximum of 9 persons including the team’s coach. The training groups will have designated spaces of the pool at specified times during the practice and will not intermingle. Within each training group, the members will maintain 2m distance from one another at all times. All participants must sign a Club Participant Agreement acknowledging their acceptance of COVID-19 specific risks and complete the daily health monitoring questionnaire prior to each in-person training activity.

		Recommended Standards		
		BCAS	McKinnon	Club
Maximum Groups Numbers (include all athletes, coaches, and personnel connected to the group)	Training Group Size – on land			8
	Training Cohort Size – on land			14
	Training Group Size – indoor in water			8
	Training Cohort Size – indoor in water			14
	Lap Swimming – max lane capacity			1

PROTOCOLS

A. Arrival

I. Outdoor land training arrival

- Daily health checks must be completed online prior to the start of each in-person training session and sent to COVID manager via email.
- Participants are encouraged to stay in their vehicles until the start of their training session.
- Participants are encouraged to go to the washroom prior to arrival.
- All personnel are required to wear masks upon arrival.
- Athletes and coaches are to meet only in the designated area for their health check, maintaining a

- physical distance of 2 meters while waiting for their turn.
- Athletes and coaches must have their attendance recorded, daily health check submitted by the COVID manager.
- Athletes must arrive with the appropriate fitness attire for the weather.
- Athletes and coaches will wash and/or sanitize their hands before the start of each training session.
- Only one swim bag will be permitted to training sessions.
- Athletes must keep their bag and equipment in their designated zone.
- Athletes and coaches must come to training sessions with their water bottle filled.

II. Outdoor water training arrival – Cadboro Bay Beach

- Daily health checks must be completed online prior to the start of each in-person training session and sent to COVID manager via email.
- Participants are encouraged to stay in their vehicles until the start of their training session.
- Participants are encouraged to go to the washroom prior to arrival.
- All personnel are required to wear masks upon arrival.
- Athletes and coaches are to meet only in the designated area for their health check, maintaining a physical distance of 2 meters while waiting for their turn.
- Athletes and coaches must have their attendance recorded, daily health check submitted and by the COVID manager.
- Athletes must arrive with their bathing suits on under their clothes.
- Athletes and coaches will enter the pool deck one at a time, maintaining a physical distance of 2 meters while waiting for others to enter the pool deck
- Athletes will set up their equipment around the perimeter of the pool in their designated zone, 2 meters apart, for all water training.
- The equipment lead will sanitize and set up the equipment at the start of the water session.
- Athletes and coaches will wash and/or sanitize their hands before the start of each training session.
- Only one swim bag will be permitted to training sessions.
- Athletes must keep their bag and equipment in their designated zone.
- Athletes and coaches must come to training sessions with their water bottle filled.
- Locker rooms are not to be used during training sessions

B. Program Delivery

I. Outdoor land training – Cadboro Bay Beach-

- Coaches are to wear masks at all times.
- Only the equipment lead will use the club equipment during the training sessions.
- Athletes will remain in their designated zone at all times.
- Should an athlete or coach need to use the washroom during a training session, they must wash and/or sanitize their hands and all touched surfaces before returning to the land or pool session.
- No food will be permitted during training sessions
- All athletes must have their own equipment for any drills during land training sessions.

II. Outdoor water training

- Coaches are to wear masks at all times.
- Only the equipment lead will use the club equipment during the training sessions.
- Athletes will remain in their designated zone at all times.

- Should an athlete or coach need to use the washroom during a training session, they must wash and/or sanitize their hands and all touched surfaces before returning to the land or pool session.
- No food will be permitted during training sessions
- All athletes must have their own equipment for any drills during water training sessions.
- Athletes will stay in their designated lanes for all lap swimming.
- Athletes will remain 6 meters apart and staggered for all stationary artistic swimming drills.

C. Departure

I. Departing from outdoor land training

- All equipment must be taken away from the training area.
- Athletes must leave the training area in their fitness attire. Changing will not be permitted.
- Coaches MUST sanitize all touch points prior to leaving the training area.
- All participants must sanitize their hands prior to leaving the training area.
- All equipment and attire used during the training session must be sanitized after the session.
- Athletes and coaches must leave the training area as quickly as possible at the end of the training session.
- Athletes and coaches must leave one at a time and maintain 2 meters of physical distance as they are leaving.

II. Departing from outdoor water training

- All equipment must be taken away from the pool deck.
- Athletes must leave the pool in their towels/parkas/cover. Changing will not be permitted.
- Please bring appropriate attire to wear following training sessions to adhere to the weather
- Coaches MUST sanitize all touch points prior to leaving the pool.
- The equipment lead must sanitize all equipment used prior to leaving the pool.
- All participants must sanitize their hands prior to leaving the pool.
- All equipment and attire used during the training session must be sanitized after the session.
- Athletes and coaches must leave the pool as quickly as possible at the end of the training session.
- Athletes and coaches must leave one at a time and maintain 2 meters of physical distance as they are leaving.

McKinnon Pool Entrance/Exit

- Leave 20 minutes between sessions to prevent overlap and allow for sanitizing of equipment and high touch surfaces.
- Swimmers will not arrive early to their practice times. A screener will be positioned outside the main entrance to the pool.
- Swimmers to enter the gym with appropriate physical distancing and will be greeted by the attendance tracker who will confirm that the athlete has completed the COVID Pre-Screen and check off their attendance at the session.
- Once cleared by the screener and attendance tracker, swimmers will be allowed to enter the change room.

Equipment

- Underwater stereo

Cleaning protocols:

The stereo will be sanitized at the beginning of each session, and at the end of each practice session by the sanitizing champion who will have access to cleaning equipment supplied by the club.

TRAINING ENVIRONMENTS

All training environments will be held with at most 14 participants and 2 coaches at maximum. The groups will consist of at most 8 members for experienced team and 6 members for the novice team, and at most 1 coach per team. The teams will have staggered start times and leave times to avoid any inter-team contact.

Note: While we believe we can safely accommodate 14 swimmers at any one practice, we anticipate numbers to be closer to 8-12 swimmers and 1 coach.

IN-PERSON LAND TRAINING IN-PERSON

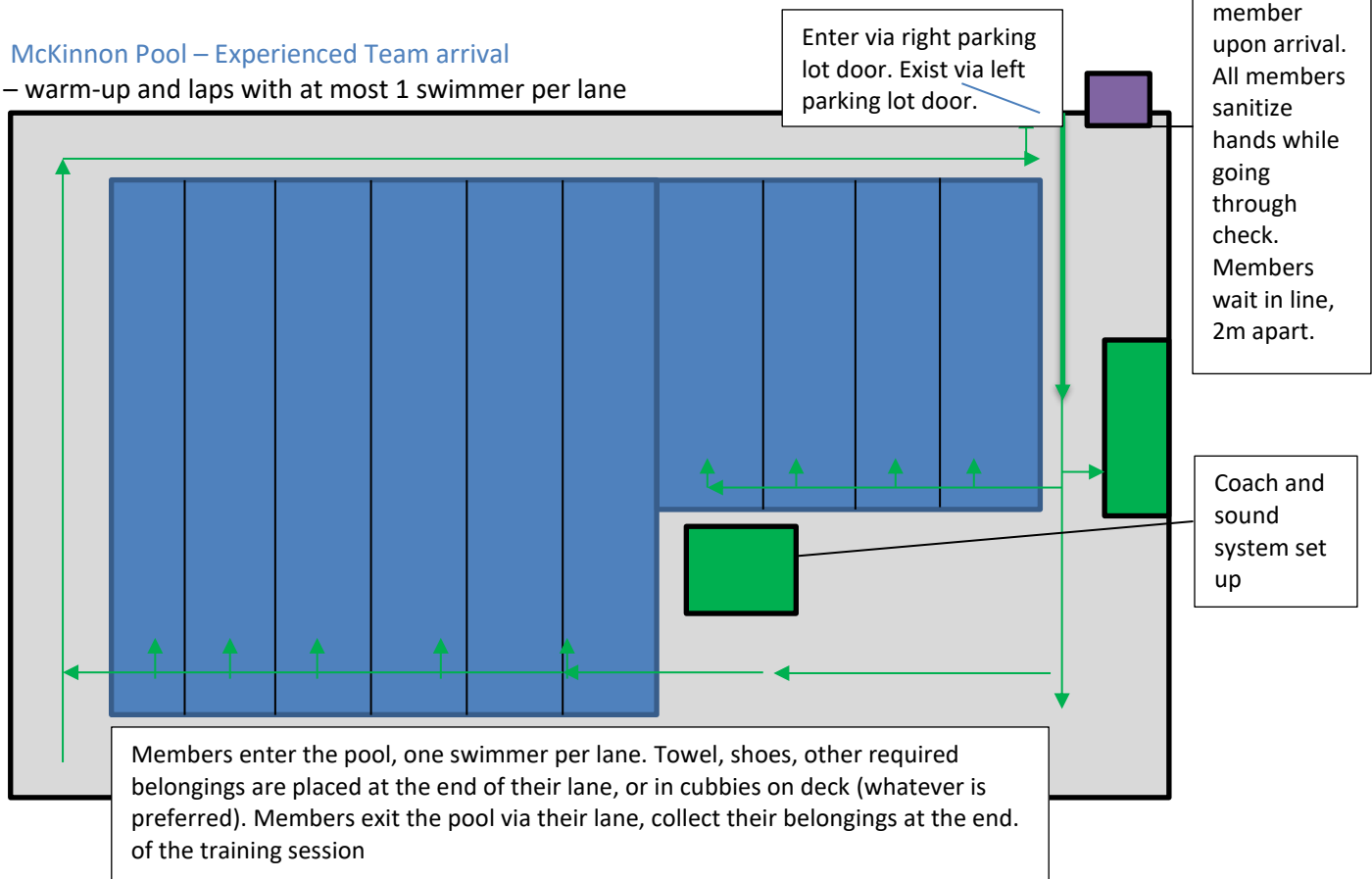
May be held in the Quad or similar green space, or at Cadboro Beach or elsewhere off campus. Indoor training would be held in the McKinnon Dance Studio or similar.

IN-PERSON WATER TRAINING

McKinnon pool

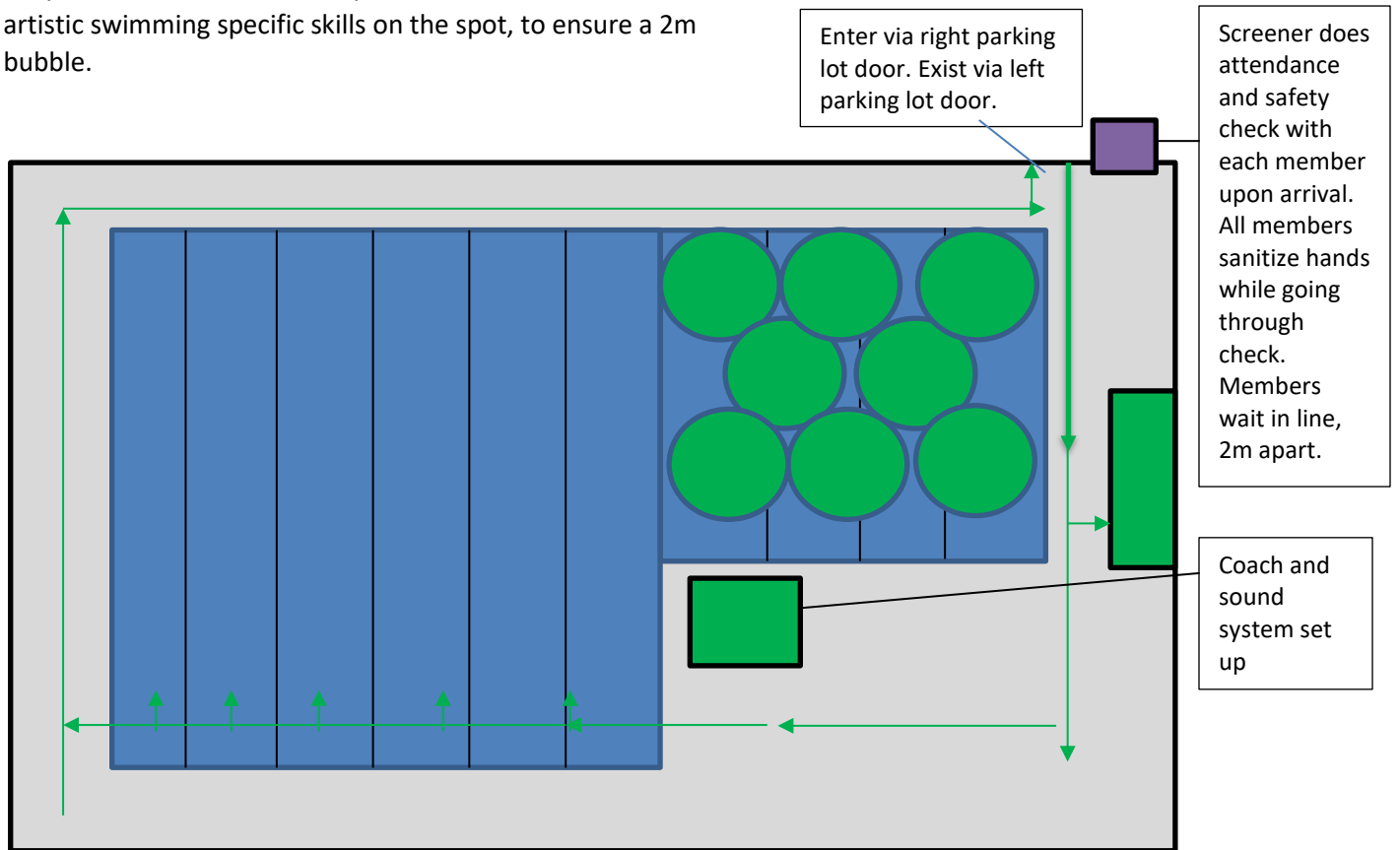
WATER TRAINING ENVIRONMENT LAYOUT

McKinnon Pool – Experienced Team arrival
– warm-up and laps with at most 1 swimmer per lane

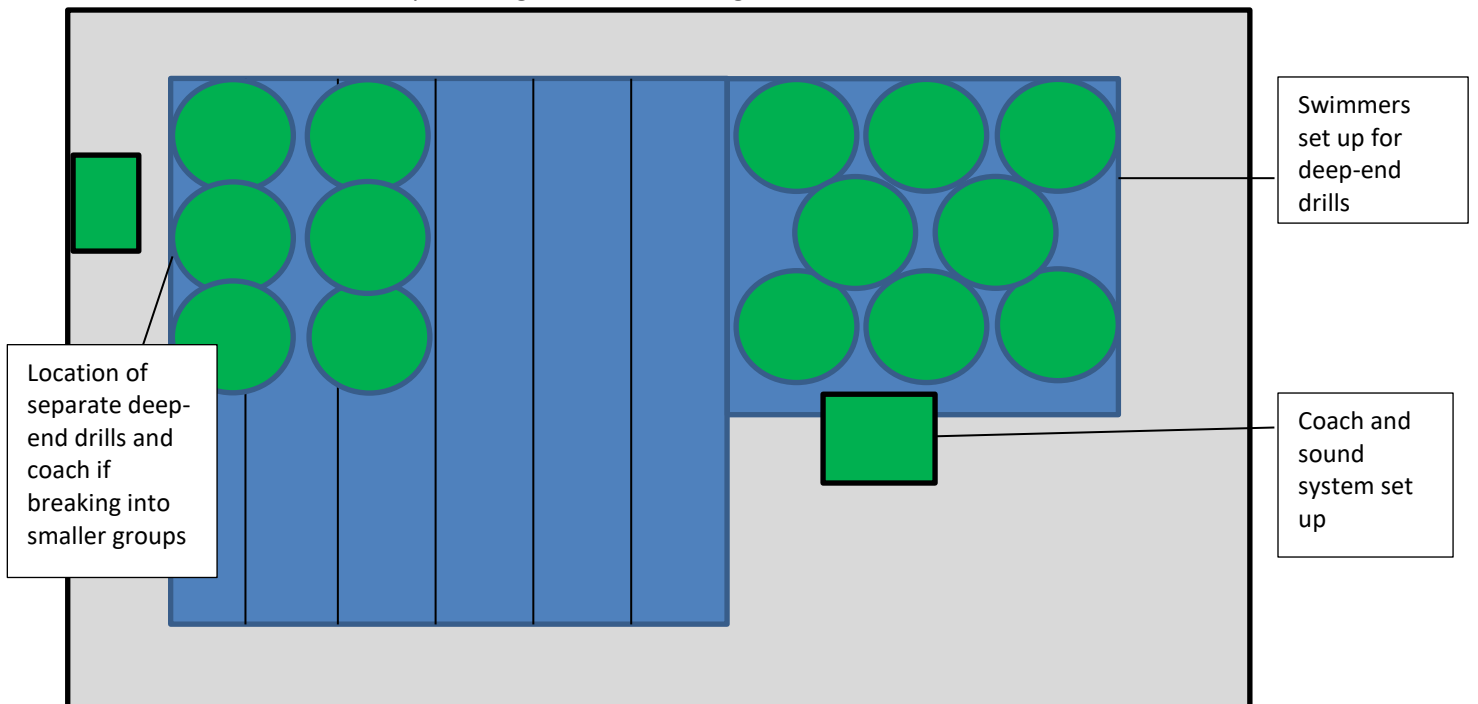


McKinnon Pool – Novice team arrival

- warm-up and laps for novice team in main swimming area – 1 swimmer per lane
- Experienced swimmers are spread out in the dive tank for artistic swimming specific skills on the spot, to ensure a 2m bubble.

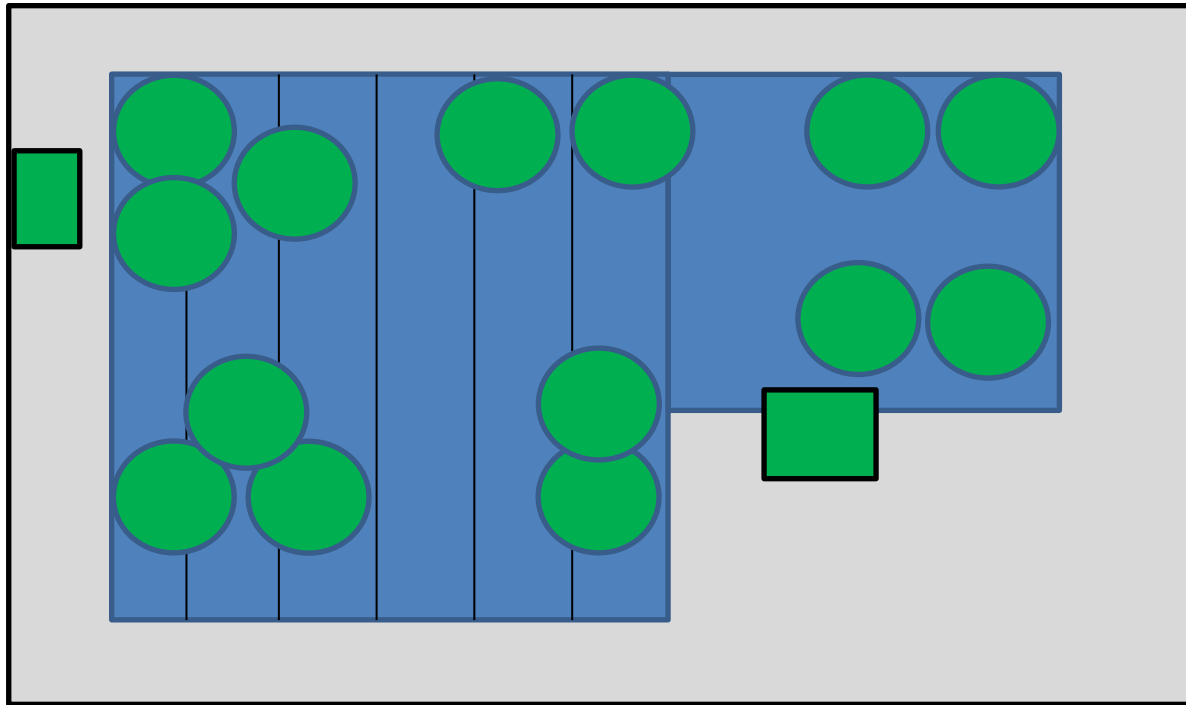


McKinnon Pool – both teams practicing artistic swimming skills



McKinnon Pool – small group set-up for duets, solos, and trios

-rotation to be held in



EQUIPMENT NEEDED FROM UVIC

- Disinfectant (Oxivir) spray bottles
- Individual towels for wiping touched equipment.
- “Clean” & “dirty” towel bins (ie. similar system to FWC)
- Liquid hand sanitizer stations

Outbreak Plan

- 1) The Purpose of the “Outbreak Action Plan” is to aid in the contact tracing of those individuals who may have come into contact directly or indirectly with an infected individual. It is the responsibility of the entire community to ensure we are keeping accurate records of those individuals who are coming into contact with one another to help keep us all safe.
 - (1) All athletes & coaches attending training sessions must be active members of the Vikes Artistic Swimming Club with current and up-to-date contact information on file in Fusion our ATRS data base.
 - (2) The coach (or club designee) will keep a record of the date of each training session held, along with a listing of all athletes who attended the session, with verbal confirmation that they completed the COVID pre-screen.
 - (3) Any individual(s) experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath) are not be permitted to attend practice or training venues. If symptoms begin while at a training venue or within 14 days of having attended a training venue, the individual must leave immediately and contact their local public health office for recommendations.

- (4) Any individual experiencing any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath) must NOT attend practice and self-isolate until cleared by BC Public Health. Contact UVIC Health Services (ph: 250-721-721-8563) to book an appointment or contact their family physician/primary care provider and/or Health Link BC at 8-1-1 for more information.
- (5) Any individual who has been told to self-isolate at home, due to having come in contact with someone with symptoms of COVID-19, are NOT permitted to attend practice or training venues.
- (6) If the affected individual had contact with any other athletes or coaches in the past 14 days, the BC Public Health Authority will follow up with all impacted.
- (7) If a coach has an athlete that is diagnosed with COVID-19, all in-person training for that athlete's training group must be discontinued for a period of 14 days.

Symptoms of illness arise during practice

- 1) Isolation room is the Visiting Team Field Room (CARSA B133) – as per CARSA site safety plan
- 2) Should an athlete develop symptoms of COVID-19 during a practice:
 - a. Put on a mask;
 - b. Leave immediately (if support is required staff will contact their emergency contact for support).
 - c. Go straight home and self-isolate.
 - d. Contact UVIC Health Services (ph: 250-721-8563) to book an appointment or their family physician, primary care provider and/or Health Link BC at 8-1-1
 1. If symptoms are severe, EMS will be contacted (Campus Security first if on campus, EMS then Campus Security if off campus)
 2. Any equipment touched by the athlete will be immediately disinfected by the coach. The Isolation room will be cleaned and disinfected as per facility protocol.
 - e. Should a club member develop symptoms of COVID-19 during a practice:
 1. That practice session will be immediately terminated.
 2. Athletes will be required to leave immediately and instructed to begin self-monitoring for symptoms.

Resources and Additional information

Canada Artistic Swimming: <https://artisticswimming.ca/wp-content/uploads/2020/08/COVID-Compliance-Checklist-EN-final.pdf>

BC Artistic Swimming: https://www.bcartisticswimming.ca/docs/bcas_return_to_sport_guidelines_v1_-_final.pdf

<https://www.viasport.ca/return-sport>

BC COVID 19 App and self-assessment tool: <https://bc.thrive.health/>

Self-isolation <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>