

RETURN TO SPORT SAFETY PLAN

Dolphin Finswimming Club



[Abstract](#)

The Dolphin Finswimming Club prioritizes the health and safety of its athletes and facility staff. This document summarizes the changes to how the Club will operate during the evolving COVID-19 situation.

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Background

The Dolphin Finswimming Club (DFC) is required by The City of Port Coquitlam, and the provincial government to produce a 'Safety Plan'. DFC's Safety Plan meets its obligations to Return to Sport guidelines and responses to guidelines set by Provincial Health Officer (PHO), ViaSport, Lifesaving Society (LSS), BC Recreation and Parks Association (BCRPA).

There are two broad levels of protection summarized in this document; Elimination and Administrative protections. It follows ViaSport's Return to Sport Guidelines as well as guidelines set by The City of Port Coquitlam.

This Safety Plan will be shared with all members of DFC and The City of Port Coquitlam.

First Level Protection (Elimination)

Effective immediately;

1. Group practices will be limited to 6 swimmers, and training groups will be kept consistent for the entire season
2. Shared equipment will no longer be available unless there is a defined and easy to follow procedure and opportunity to clean the equipment between use

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Secondary Level Protection (Administrative)

COVID-19 Safety Manager: Tom Prelowski, Director, Coach

COVID-19 Safety Support Personnel: Adam Prelowski, Head Coach

Anita Prelowska, Assistant Coach

Implementation of effective hygiene practices

Reminders to participants: You should not participate or come to the facility if you don't feel well or are displaying symptoms of COVID-19.

Athletes will be required to follow effective hygiene practices as outlined by PHO.

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1. PRIORITY 1 - Wash your hands with soap and water for at least 20 seconds before entering your training environment.
2. PRIORITY 2 – Practice physical distancing – keep a minimum distance of at least 2M/6ft from team members and participants.
3. PRIORITY 3 – Self isolate and quarantine immediately if you feel any symptoms of COVID-19 such as fever, trouble breathing, dry cough, fatigue, sore throat and aches and pains.
4. Avoid touching your eyes, nose, or mouth with unwashed hands.
5. Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands, or sneeze/cough into your elbow.
6. If soap and water are not available, use an alcohol-based hand sanitizer.
7. Clean and disinfect frequently touched objects and surfaces.
8. Stay informed. Information is changing frequently.
9. Practice physical distancing – keep a minimum distance of at least 2M / 6ft from fellow participants and coaches.
10. Where and when possible, athletes should self-assess and self-facilitate any minor first aid requirements to avoid contact with a coach/leader
11. Equipment should not be shared between athletes.

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New Policies & Procedures

New Waiver / Liability Release

Athletes will be required to read and sign the new Waiver and Liability Release (with COVID-19 Declaration – see appendix) prior to attending practices.

Mandatory Pre-Screening

Athletes will be required to sign the COVID-19 Participant Agreement (see appendix) and self-monitor every day. Athletes who fit the following will be required to self-isolate for 14-days and not participate in practices.

- Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
- Anyone directed by Public Health to self-isolate.
- Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must

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- Anyone who has visited a COVID-19 high risk area, region or location
- Anyone who has come into contact with someone who has COVID-19, and/or experiencing symptoms of COVID-19, and/or is self-quarantining after returning to Canada.

Participant Group Sizes and Behavioral Expectations

Swim (Indoor and outdoor):

- 6 swimmers per double lane starting on opposite ends of lane; 3 swimmers at each end of the pool
- Alternating efforts to ensure efforts start and end on the same end of the lane
- Resting swimmers stay in the middle of the wall between lane ropes
- Avoid touching or hanging on lane ropes
- When passing a swimmer:
 - o Keep your head up to avoid colliding with other swimmers
 - o Breathe on the side away from the swimmer; do the same when you are being passed

Run:

- Due to the increased velocities and breathing rates, **social distancing increases to 10m.**

Training

- Athletes living together or respecting provincially recommended social bubble guidelines should indicate this to the coach so they can train together and in closer proximity

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Communications

- Pre-practice communications and updates will be done virtually to minimize the amount of time athletes congregate before, during and after practice

Monitoring and Reporting

Athletes who become ill should contact their coach

- Individuals who may start to feel while participating. It includes the following:
 - o Sick individuals should report to first aid (or designated individual), even with mild symptoms.
 - o Sick individuals should be asked to wash or sanitize their hands, provided with a mask, and isolated. The athlete will be requested to go straight home. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.]
- If the individual becomes severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill participant has come into contact with.

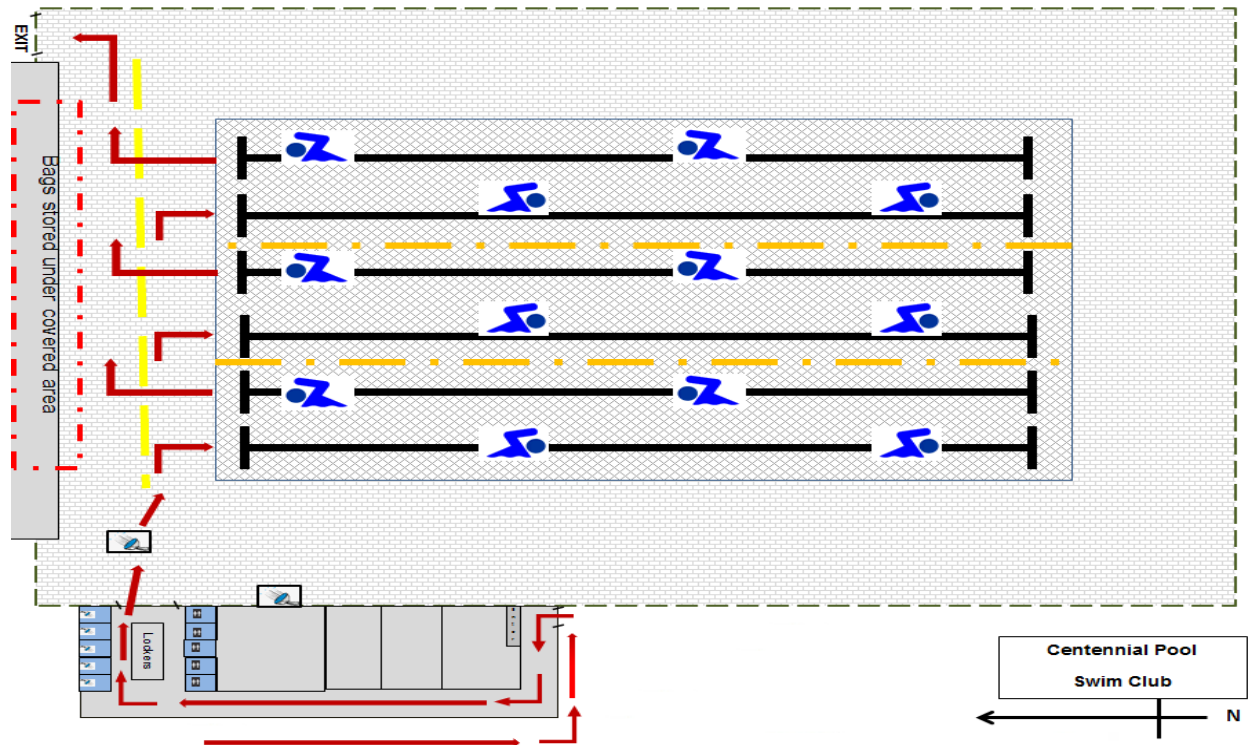
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Entering, Exiting the Facility, Traffic Flow

All members of the Club will follow the City's guidelines and regulations regarding entering, exiting and traffic flow throughout the facility.

City's guidelines for Centennial Pool:



Ongoing Risk Management

Ongoing monitoring of guidelines from ViaSport, LSS, BCRPA and orders from the PHO, and guidelines from the municipality will continue. As updates occur, the safety plan and procedures will be reviewed and update as necessary.

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Appendix

COVID – 19 PARTICIPANT AGREEMENT

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants of Dolphin Finswimming Club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

- I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m (6Ft) away from others.
- I agree to not share any equipment during practice times.
- I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

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Name (swimmer): _____

Signature: _____
(Parent / Guardian if under 19 years of age)

Name of Parent / Guardian: _____
(if signed by Parent / Guardian)

Date: _____
(mm / dd / yyyy)