



Bay Roberts Sea Lions Return to Swim Plan

This document provides information for our swimming community; swimmers, parents, coaches and facility staff to protect everyone from exposure to COVID 19. This document has been drafted based on the guidelines provided by Swimming Canada, Government of Newfoundland and Labrador and the Bay Roberts Swimming Pool. Parents should review the Swimming Canada document with their swimmer and direct any questions to the head coach before attending practice.

<https://www.swimming.ca/content/uploads/2020/07/FAQ-Documents-V2-07102020.pdf>

Before entering the facility swimmers, parents and coaches must read and sign 3 documents;

- Swimmer and Parents/Guardian Commitment (attached)
- Waiver and Assumption of risk (attached)

The Bay Roberts Community Pool will be reopening June 2021. BRSL will follow the pool's guidelines and will adjust our guidelines based on the recommendations going forward.

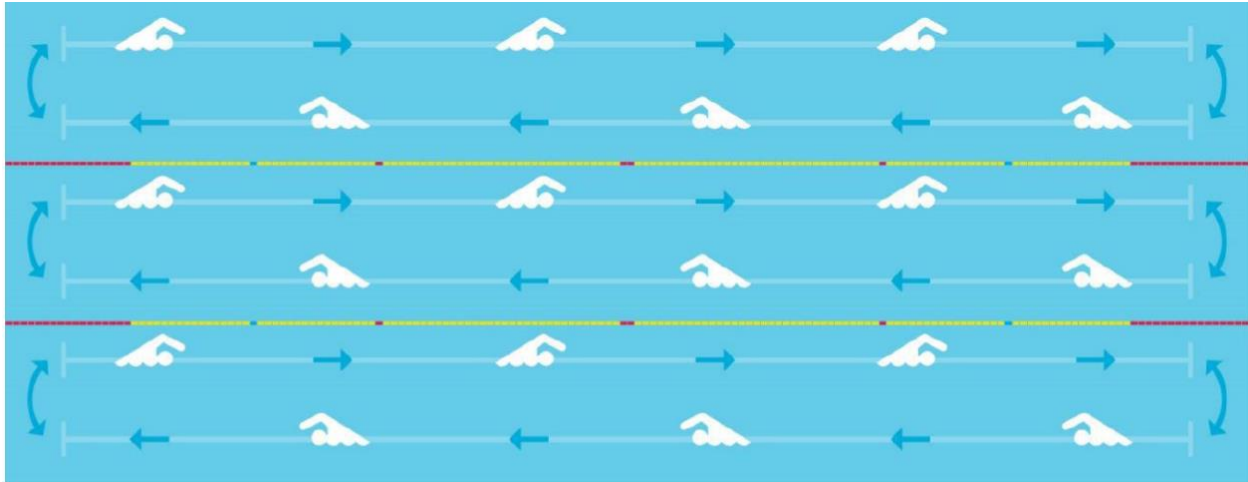
BRSL will be divided into four - five groups to allow proper physical distancing at the facility. There will be 30 swimmers per group. Schedule is yet to be determined and will be communicated later.

Swimmers are to arrive to practice 10 minutes early, ready to swim (training suit on) and wait outside for the coach. There will be no late entries allowed into any training sessions. Swimmers must practice proper swim hygiene by showering at home before they arrive at the facility. Swimmers must socialize with their teammates while maintaining physical distancing, 2 meters apart.

Once activated swimmers can enter the facility walking in single file, 2 meters apart. Remove their footwear in the pool lobby then enter the change rooms and proceed immediately to the pool deck carrying their outdoor footwear.

The pool deck will have designated areas every 2 meters where swimmers will place their swim bags, towels, water bottles and any additional clothing. Swimmers are only to walk around the pool deck in a clockwise manner. Once all swimmers are ready to swim, the swimmers proceed to the shallow end in a single file 2 meters apart and get in the water.

Swimmers are to stand on the black lines, 2 meters apart where the coach will provide instruction for the upcoming practice. 5 swimmers will be permitted per lane. Swimmers will be assigned to lanes based on ability.



Swimmers are to swim in the traditional counterclockwise pattern. Passing is not permitted until communicated by the coach, as this will help maintain appropriate physical distancing. Swimmers are always to maintain 2 meters distance from other swimmers. Rest is to be taken on the pool deck, in the same pattern as initial entry into the pool.

When practice is over, swimmers must return to their designated pool deck location, at which point they can dry off and prepare to leave the facility. Swimmers must shower at home. Once all swimmers are ready to leave the facility, they will proceed thru the appropriate change room, outdoor footwear is put back on in the lobby and proceed outside for pick up.

If a coach notices a swimmer exhibiting any of the symptoms listed in item 4 of the screening questions (attached), that swimmer shall be required to leave the facility immediately.

If a swimmer/coach test positive for COVID 19 BRSL will follow Swimming Canada's positive test protocol and the Provincial health guidelines, including a shutdown period.

Key points

- No sharing of water bottles
- Only one swimmer in the bathroom at a time
- There will be zero tolerance for swimmers who do not adhere to the guidelines outlined in this document.

- Parents are not to enter the facility only in case of emergency
- No sharing of equipment; swimmers are to only use their own equipment

Swimmers and Parent/Guardian Commitment

To facilitate a healthy and safe swimming environment during this current pandemic and minimize exposure, we will require that parents screen their swimmers for fitness for swim prior to a swimmer starting their training each day. The coaches will do the same for themselves. This will ensure all of our swimmers and coaches are well and contributing to the safety of all others swimmers and coaches.

Swimmers and parents are required to review and sign the following one-time agreement confirming swimmers will not come to training if they respond YES to any of the screening questions (below). Once the swimmer and a parent have reviewed the document they will need to sign accordingly confirming they understand the new protocol and agreeing that they will inform the head coach should any of the conditions change.

If the swimmers responds 'NO' to all questions, they will be permitted to swim at the first training session. It is then the parent and swimmers responsibility to evaluate responses prior to each subsequent training session.

If the swimmer answers 'YES' to any of the questions 1,2,3 and 4 then they will not be able to train, and the swimmer will be advised to contact their local public health authority.

Any swimmer(s) who refuses to be screened (or whose parent refuses to screen them) will not be permitted to attend training.

Screening Questions

1. Have you returned from or arrived from outside of Canada within the last 14 days? NOTE: This includes interprovincial.
2. Have you had close contact with/or cared for someone diagnosed with COVID 19 within the last 14 days?
3. Have you been in close contact with anyone who has travelled outside of Canada and returned within the last 14 days OR have you been in close contact with anyone who has travelled outside the province?
4. Are you currently experiencing any of the following?
 - Fever (or signs of a fever, including chills, sweats, muscle aches, lightheadedness)
 - Cough
 - Headache
 - Sore throat

- Painful swallowing
- Runny nose
- Diarrhea
- Loss of sense of smell or taste
- Unexplained loss of appetite
- Small red or purple spots on your hands and/or feet

Acknowledgement Forms

For the Parent/Guardian:

I, _____, parent/guardian of _____ acknowledge having received and read the Bay Roberts Sea Lions Swimmer and Parent commitment on _____.

I further acknowledge that I have received a copy of and understand the Bay Robert’s Sea Lions Swimmer and Parent/Guardian commitment and agree to abide by its terms. I agree that I will inform the head coach(s), should any of the conditions change.

Dated this ____ day of _____ 2021.

Parent/Guardian Name

Parent/Guardian Signature

For the Swimmer:

I, _____, acknowledge having received and read the Bay Robert’s Sea Lions Swimmer and Parent commitment on _____.

I further acknowledge that I have received a copy of and understand the Bay Robert’s Sea Lions Swimmer and Parent/Guardian commitment and agree to abide by its terms. I agree that I will inform the head coach(s), should any of the conditions change.

Dated this ____ day of _____ 2021.

Swimmers Name

Swimmers Signature

Waiver and Assumption of Risk

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person to person contact. As a result, federal and provincial governments and federal and provincial health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Bay Robert's Swim Club has put in place preventative measures to reduce the spread of COVID-19; however, the club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending training could increase your risk and your child(ren)'s risk of contracting COVID-19.

Swimmers Name: _____

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the club training program and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 during training may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the club's employees, volunteers, and swim team members and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at training or participation in the club's programming. On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the club, its employees, agents, and representatives, of and from the claims, including all liability, claims, actions damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of the club, its employees, agents and representatives, whether a COVID-19 infection occurs before, during or after participation in any club program.

Dated this _____ day of _____ 2021.

Parent/Guardian Name

Parent/Guardian Signature

Swimmer Signature (if over 19)