



Gander Lakers 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 guidelines provided by Swimming Canada, Government of Newfoundland and Labrador and the Joseph R Smallwood Arts and Culture Centre. Parents should review the Swimming Canada document with their swimmer and direct any question to the head coach before attending practice.

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

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

- Swimmer and Parent/Guardian Commitment (attached)
- Waiver and Assumption of risk (attached)
- Swimming NL Acknowledgment and Assumption of Risk, which can be found here:
https://na2.documents.adobe.com/public/esignWidget?wid=CBFCIBAA3AAABlqZhDZzgWuMIWf4i_mEkxNHgDG5xSzPzZXFpjOQCeQKq86Se-P6RpJfa7IMnySjAlpf9Y*

The Joseph R Smallwood Arts and Culture Center will be reopening in a phased approach. GLSC supports the facility's phased approach and will adjust our guideline based on the evolving recommendations going forward.

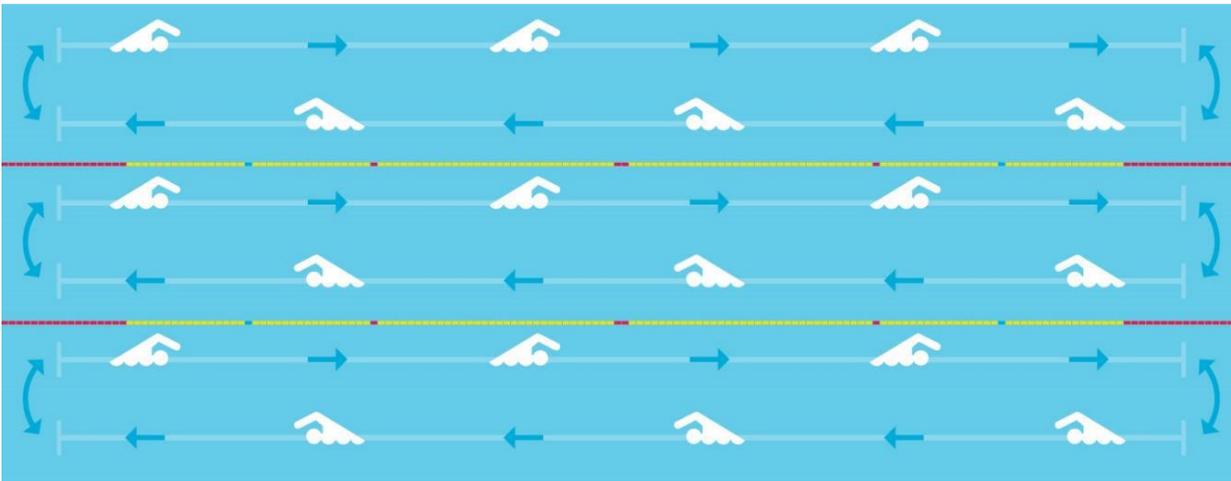
GLSC will be divided into 2 groups to allow proper physical distancing at the facility. Platinum (17 swimmers) and Gold/Silver (16 swimmers) will practice during different sessions, capacity for 18 swimmers per group. Schedule is yet to be determined and will be communicated later. Dryland sessions and Bronze swimmers will resume during later phases of the facility reopening.

Swimmers are to arrive at 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 only socialize with their teammates while still maintaining physical distancing, 2 meters apart. Activation will be held outside, weather permitting. If weather is not favorable, activation will be on deck at the swimmers marked location.

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. Choose appropriate footwear for outdoor activation and carry outdoor footwear onto pool deck.

The pool deck will have designated areas every 2 meters where swimmer 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 single file 2 meters apart and get in the water.

There will only be 2 lane dividers in the water, creating 3 double lanes. Swimmers are to stand on the black lines, 2 meters apart where the coach will provide instruction for the upcoming practice. 6-7 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 while standing on the black lines 2 meters apart, 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 GLSC 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 1 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



Swimmer 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 other 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 Head Coach, Graham Tweedie should any of the conditions change.

If the swimmer responds “NO” to all questions, they will be permitted to swim at the first training session. It is then the parent and swimmer’s 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 swimmers who refuse 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 travel outside of Atlantic Canada

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 of Atlantic Canada within the last 14 days?

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 Gander Lakers' Swimmer and Parent Commitment on _____.

I further acknowledge that I have received a copy of and understand The Gander Lakers' Swimmer and Parent/Guardian Commitment and agree to abide by its terms. I agree that I will inform Head Coach, Graham Tweedie, should any of the conditions change.

Dated this ____ day of _____ 2020.

Parent /Guardian Name

Parent/Guardian Signature

For the Swimmer:

I, _____, acknowledge having received and read the Gander Lakers' Swimmer and Parent Commitment on _____.

I further acknowledge that I have received a copy of and understand The Gander Lakers' Swimmer and Parent/Guardian Commitment and agree to abide by its terms. I agree that I will inform Head Coach, Graham Tweedie, should any of the conditions change.

Dated this ____ day of _____ 2020.

Swimmer Name

Swimmer 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 Gander Lakers Swim Club (the "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.

Swimmer's 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 liabilities, 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 _____ 2020.

Parent /Guardian Name

Parent/Guardian Signature

Swimmer Signature (if over 19)