



English Bay Swim Club

Dear EBSC Swim Club Member:

The EBSC Executive has prepared a '**Return to Swimming Plan**' as required by the Provincial Health Officer following guidance documents provided by Swim BC and Swimming Canada. This Plan incorporates the most current understanding of Vancouver Aquatic Centre operations guidelines. The attached "**Return to Swimming Plan**" has been developed for our club in order to ensure that:

- Health and safety of all individuals is a priority;
- Activities are in alignment with provincial health recommendations;
- Modifications to activities are in place in order to reduce the risks to swimmers, coaches, pool staff and the general public;
- Our sport is united and aligned on a plan to reopen throughout the province.

This "**Return to Swimming Plan**" may be updated periodically as the EBSC Executive evaluates its procedures and as new policies or guidelines are implemented by VAC and/or the public health authorities.

If you choose to participate, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home and notify the coach and/or the EBSC COVID-19 Director;
- If you have traveled outside of Canada, you are not permitted to attend a practice until you have self-isolated for a minimum of 14 days;
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home and notify the EBSC COVID-19 Director;
- Wash your hands before participating;
- Comply with physical distancing measures at all times;
- Avoid physical contact with others, including shaking hands, high fives, etc.;
- Enter and leave the facility in a timely fashion, according to the rules specified by the Vancouver Parks Board and VAC.

Each participant must make their own decision as to whether it is in their best interest to resume participation in club activities at this time. Should you choose to join and swim with us, we require your full cooperation with our "**Return to Swimming Plan**". Likewise, if you choose to resume swimming with EBSC, we ask that you take personal responsibility for minimizing your exposure, and thus the team's exposure, to COVID-19 by following, outside of the pool, the advice of the Provincial Health Officer.

EBSC has prided itself on being a flexible swim club. This pandemic has forced us to adopt more rigid policies and procedures to ensure the safety of the team and public. We appreciate your diligence and patience as EBSC embarks on an unprecedented 2020-2021 season.

Sincerely,

The 2020/2021 EBSC Executive

Brian Iliscupidez (Co-Coordinator)

Gilles Beaudin (Co-Coordinator)

Tim Smith (Treasurer)

Steve Ogden (Registrar)

Nicholas Duprey (Meets Coordinator)

Amélie Ha (Communications Coordinator)

Jason Abelson (Secretary)

Anna Hermanos (Social Coordinator)

Laura-Lee Findlater (Member At Large)



English Bay Swim Club

Return to Swimming Plan

V1 September 12, 2020

Overview

1. The EBSC Executive has ratified this Return to Swimming Plan and submitted it to Swim BC. This plan was developed in accordance with the guidelines published by Swim BC and Swimming Canada.
2. This plan has been developed in consultation with staff at Vancouver Aquatic Centre (VAC). This plan will be updated subject to ongoing management decisions by VAC and City of Vancouver staff.
3. All coaches have been made aware of this plan and have agreed to their involvement in the re-opening process. Coaches will not coach if they feel unwell. Coaches will be provided with personal protective equipment.
4. All members who wish to participate in practices must give their consent to participate by signing the EBSC Participant COVID waiver form during the online registration process.
5. EBSC has appointed a COVID-19 Director and that person shall have their email on the website for contact along with the EBSC Return to Swimming Plan. The current EBSC COVID Director is Gilles Beaudin (coco@englishbay.org).
6. Swimmers **must not swim** if they feel unwell for any reason, or if their immediate household family members are exhibiting COVID-19 symptoms. The EBSC Illness Policy outlines actions to take in the event a member is ill or has been exposed to COVID-19.
7. All members must familiarize themselves with the contents of this Return to Swim Plan. This plan and supporting documents will be hosted on the EBSC website. Swimmers will be required to review this Plan prior to online registration.

Physical Distancing Requirements

Prior to Practice

1. Swimmers are required to pre-book their practice time via the TeamUp online booking system. Details regarding practice reservations will be provided under separate cover.
2. Prior to coming to the facility, each member is asked to self-assess their health state using the [BC COVID-19 Self-Assessment Tool](#).

Facility Access and Check-In

1. Access to VAC is via the east doors across from the parking lot. Swimmers will not be able to enter VAC prior to 10 minutes before the start of their session.
2. A check-in volunteer will be stationed outside the east doors prior to practice to check in swimmers. **Swimmers must be checked in no later than 10 minutes prior to practice.**
3. The check-in volunteer will ask for verbal confirmation that swimmers are symptom-free and will confirm swimmer attendance against the roster administered through TeamUp. Accurate attendance records are crucial for contact tracing:
 - Swimmers will not be allowed to swim in place of someone who cannot attend their reserved spot.
 - Drop-in swimmers will not be permitted.
4. Swimmers are asked to maintain 2 m distance from others queuing outside the facility and are encouraged to wear face masks inside of the facility while using change rooms.
5. Swimmers can use change rooms for 10 minutes prior to start of practice. Please follow facility signage for foot traffic flow.
 - It is recommended that swimmers arrive in their swimsuits to facilitate shorter change room access time.
 - Swimmers can use lockers (and are encouraged to bring their own locks) and can bring their bags on deck.
6. Upon exiting the change rooms, swimmers are to congregate on the north side of the deck (i.e. guard room side) across from the practice area while remaining two metres apart.
 - EBSC will be using the centre block of lanes for all practices times except Sunday, when we will use the east block of lanes.
7. Swimmers will be organized into lanes. Depending on lane attendance and practice area, lane mates may be asked to separate and start from opposite ends of the lane.

Workout Delivery

1. Swimmers must not congregate on deck around the whiteboard for workout instruction. Coaches will not be delivering workout details while the swimmers are on deck.
2. Coaches will be wearing masks. Each coach will be provided with their own set of whiteboard markers and erasers.
3. Swimmers will commence a short preliminary warm-up upon entering the pool.

4. The coaches will deliver the rest of the warmup/workout via the whiteboard and/or verbal direction once swimmers have completed the preliminary warmup. Swimmers are to congregate at the lane end whilst maintaining 2 m distance, per the configuration shown in Figure 1. Two swimmers can congregate at the wall, the next two swimmers two metres back, etc.
5. After receiving workout instructions and depending on lane attendance, lane mates may be asked to start the set from opposite ends of the lane.
6. Coaches will tailor workouts to facilitate lane organization and distancing.

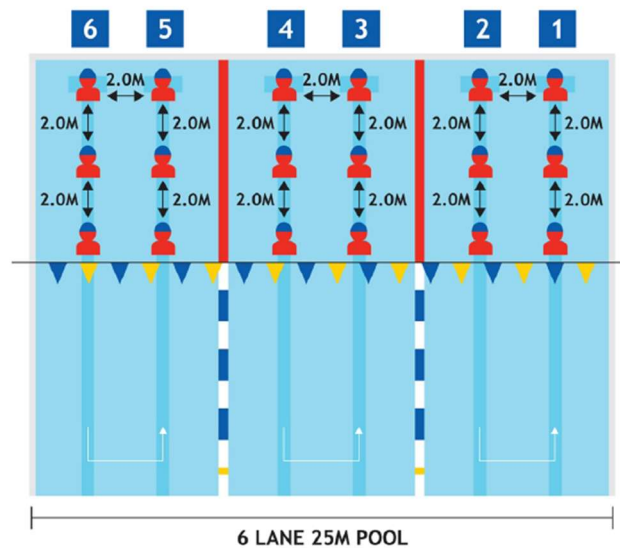


Figure 1: Swimmer configuration for workout instruction.

In the Pool

1. Initially, practices will be tailored so that no equipment will be required. After an evaluation period, equipment may be re-introduced, and it will be the responsibility of the swimmer to provide their own equipment.
 - There will be no EBSC or VAC owned equipment available for shared use until further notice.
 - Snorkels are not permitted to be used at the pool at any time. Swimmers must use goggles.
 - Swimmers will not be able to store their equipment bags at the facility (i.e. on south wall) as it interferes with foot traffic flow.
2. Initially, there will be a maximum of 6 swimmers per double lane for short-course (25 m or 25 yard) practices (Figure 2). Long-course (50 m) lanes will not be available until further notice. The Parks Board will be evaluating lane capacity on a continuous basis.
3. Upon completion of a set, swimmers can congregate at the end of the lane per Figure 1 to receive instructions for the next set. Depending on lane attendance, lane mates may be asked to start the next set from opposite ends of the lane.
4. Lane assignments and fitness level of the swimmer will be continually assessed by coaches to ensure that the integrity of the lane remains intact.

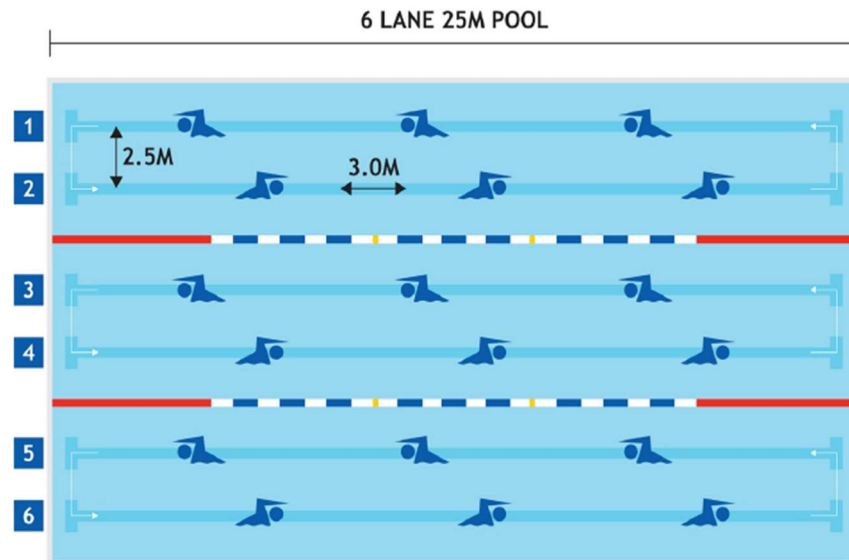


Figure 2: Short-course (25 m or yd) lane set-up.

End of Practice

1. The hot tub and sauna will remain closed and will not be available for swimmers before or after practice.
2. If equipment use is reinstated, swimmers will be asked to take their equipment home.
3. Swimmers may use change rooms for 10 minutes after practice. Change rooms will be sanitized by VAC staff between user groups while they are in the pool.
4. Swimmers will have 10 minutes to leave the facility upon the conclusion of practice. Lingering on deck to stretch or converse with the next user group is not allowed. Swimmers are to follow facility signs for foot traffic flow and exit the facility via the east doors.

Health of Swimmers:

1. Reminder: swimmers must not swim if they feel unwell. Complete the [BC COVID-19 Self-Assessment Tool](#) prior to practice.
2. Hand Hygiene: wash hands upon arrival. Avoid touching high volume touch areas like hand rails and doors, diving blocks.
3. Avoid touching eyes, nose, or mouth.
4. Do not spit in the water.
5. Do not blow your nose in the water.
6. No sharing of personal equipment.
7. Notify the COVID Director if your health or the health of a family member changes at any time.

Outbreak Plan:

Any swimmer, coach or household family member that develops any symptoms of COVID-19 must notify the group coach and the EBSC COVID-19 Director immediately.

1. The EBSC COVID-19 Director will notify facility administration if any swimmer or coaching staff member reports they are suspected or confirmed to have COVID-19. The current EBSC COVID-19 Director is Gilles Beaudin (coco@englishbay.org).
2. The EBSC Executive will pause training for the club in accordance with the guidelines set out by Swim BC and the Provincial Health Officer.
3. If a club member, coach or family member/household occupant thereof contracts COVID-19 symptoms, EBSC will implement the EBSC Illness Policy and advise individuals to:
 - Self-isolate;
 - Monitor symptoms daily, report respiratory illness and not return to activity for at least 10 days following the onset of COVID-19 symptoms;
 - Use the COVID-19 self-assessment tool ([BC COVID-19 Self-Assessment Tool](#)) to determine if further assessment or testing is needed.
4. In the event any swimmer or coach has had to leave a practice, EBSC will notify the facility administration immediately to permit proper disinfectant protocols to be followed;
5. In the event of a suspected case or outbreak of influenza-like-illness, the COVID-19 Director will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at our local health authority.
6. Implement EBSC Illness Policy and enhanced measures.
7. Should a Medical Health Officer contact our club, EBSC will cooperate in the contact tracing by ensuring attendance sheets are available.

Waivers:

Members will be prompted to complete the EBSC Participant COVID waiver in addition to the regular Club/MSABC waiver at the time of online registration. Members must read and make sure they understand the waiver.