



KOOTENAY SWIM CLUB – COVID 19 RETURN TO SPORT PLAN CLUB MEMBER COMMUNICATION

Jun 28, 2020

Dear swimmers, guardians, coaches, and volunteers;

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way KOOTENAY SWIM CLUB

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 each of our swimmers;
- our sport is united and aligned on a plan to reopen throughout the province.

While we do hope things will return to normal in the not too distant future, currently this “Return to Swimming Plan” will be the new normal until we are advised otherwise by 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;
- If you have traveled outside of Canada, you are not permitted at 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;
- Wear your suit to practice (no changing at the pool);
- Wash your hands before participating;
- Bring your own equipment, water bottle and hand sanitizer;
- Comply with physical distancing measures at all time;
- Avoid physical contact with others, including shaking hands, high fives, etc.;
- Leave the facility as quickly as possible after you finish.

Our “Return to Swimming Plan” is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You



must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our “Return to Swimming Plan”.

Sincerely,
Shelley Berringer, Club President

Shelley Berringer

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces



KOOTENAY SWIM CLUB PARTICIPANT SUPPORT

1. Health of swimmer's protocols, the disclaimer will need to be reviewed with each participant and signed prior to each swim by the CKSC safety officer.
 - a) Illness Policy; (Appendix E)
 - b) Self-Assessments; Each swimmer will complete the BC COVID- 19 Self-Assessment Tool
 - c) Pre-training oral questionnaire;
 - d) Zero Tolerance for ill participants;
 - e) Personal Hygiene stations, will be set up at pool deck entry and next to shower
 - f) Personal Hygiene self-supported – personal or club supplied hand sanitizer where no hand washing station is provided
 - g) Coach PPE – will be provided by the club and available through our safety officer on deck
 - h) Completion of required forms (club, Swim BC and Swimming Canada);

2. Communication
 - a) Education process for all swimmers;
NO club member or family member should participate or come to the facility if:
 - You don't feel well or are displaying symptoms of COVID-19;
 - Someone in your household has COVID-19 or is showing symptoms of COVID-19;
 - You have travelled outside of Canada within the last 14 days;
 - Someone in your household has travelled outside of Canada in the last 14 days

 - b) Ongoing reminders and risks;
Consider your own risk – if you are at a higher risk of experiencing serious illness from COVID-19, consider limiting or avoiding participation in swimming activities for the time being. Masters swimmers and older adults in coaching roles will need to assess their risk of participation, particular consideration must be made to any underlying medical conditions.

3. Participant Group considerations
 - a) Maturity of swimmers
 - b) Ability to understand Return to Swim policies



FACILITY ACCESS AND USE

Public health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physically distance. This does not limit indoor sports from reopening, but it does increase the risk factor and therefore adds further consideration related to facility operations.

The Provincial Health Officer has banned gatherings of 50 or more. This ban is expected to remain in force until the end of the state of emergency. The ban applies to events which could result in people gathering closely together, but where the space is large enough to allow appropriate distancing between people, recreation facility guidelines state it is acceptable to have more than 50 people in attendance. Indoors, it is generally recommended that facilities should have a minimum of 5m² of “unencumbered floor space” per person. “Unencumbered floor space” means total floor space minus the amount of space taken by built-in fittings, counters, closets etc. Please refer to your facility operator for further guidance on capacity.

BC Recreation and Parks Association Guidelines outlines that user groups rented municipal facilities are required to have a COVID-19 Safety Plan that clearly demonstrates how activities will be provided to align with the directives of the PHO, local authorities and other relevant regulators (i.e. WorkSafe BC).

To mitigate risks related to the facility access the following controls should be considered in consultation with the facility operators – in the case of aquatic facilities, most of these measures will be put in place by the facility administration, they are included here for your reference and understanding:

1. Restricted Access

- a. Limit access to those that are essential to the approved activities
- b. Parents and spectators may be allowed but would need to be factored into the maximum group size and must adhere to physical distancing guidelines.

2. Points of Access

- a. Where appropriate, consider designated drop-off and pick-up spaces
- b. Determine the number of access points and consider closing some in order to monitor how many people are entering the facility
- c. Choose doors with an automatic function or prop doors to reduce contact with door handles
- d. Consider how to manage the flow of people and put signage, directional limitations in place (e.g. all individuals must use one door for entry and a different door for exit,



arrows or other directional instructions on the floor)

3. Pre-registration

- a. Drop-in activities should be prohibited
- b. Individuals should pre-register online or over the phone

4. Arrival and Departure

- a. Set a time in which it is appropriate for participants to arrive in advance of their scheduled activity (example – participants should not arrive sooner than 20 minutes before a scheduled start time, and there should be sufficient space for physical distancing while lining up or waiting to begin)
 - b. At the end of their scheduled program/time slot participants must immediately leave the facility
 - c. Staggered start times to account for individuals moving in and out of the facility.
5. Consider restricting or limiting use of different spaces within the facility in order to maintain physical distancing and proper cleaning protocols, including but not limited to:
- a. Equipment storage areas
 - b. Changerooms and washrooms
 - c. Spectator seating areas
 - d. Water fountains: closed except for bottle filling stations

SPORT COHORTS

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A cohort is a group of participants who primarily interact with each other within the sport environment over an extended period of time.

In Phase 3:

All guidance related to personal hygiene, cleaning protocols and symptom-screening still apply.



Cohorts should be used for activities in which it is not possible to maintain two metres physical distancing at all times. When in a cohort, while individuals do not need to maintain physical distancing during sport specific activities, minimized contact is still advised.

At least two metres distancing should be maintained between all participants when out of the pool (e.g. on the deck, between training sets, pre and post workout).

Cohorts should be made up of individuals of similar age and skill level.

As per the viaSport Phase 3 Return to Sport Guideline content update, swimming is considered a “Group A” sport. As such, the maximum individuals within a cohort is 100. Your club’s cohort(s) should not exceed this number

- o With clubs larger than 100 active members, you will have to specifically determine two cohorts.

- Swim BC recommends structuring your club into “sub-cohorts” aligned with standard training groups where possible. We suggest you consider these groups or “sub-cohorts” for the purposes of maintaining accurate attendance records for the purposes of contact tracing – these ‘sub-cohorts’ are part of the larger cohort of 100 individuals. We also feel it will be easier to define your user access to your municipal and facility partners in this manner.
- When members of the cohort are gathering for time-trials or club activities, gatherings may not exceed 50 individuals – this might include the other users of your facility that may be sharing the facility at that time (this does not include regular training times) but not in all instances (see Facility Access and Use)
- Coaches may be counted outside the total cohort number if they are able to maintain physical distancing at all times.
- As much as possible, cohorts should not mix with each other.
- Cohorts or sub-cohorts should remain together for an extended period of time. If you are looking to change an individual from cohort to cohort, or sub-cohort, a two-Parents and spectators are not included in the cohort limit. They should continue to maintain physical distancing at all time and are subject to maximum capacity of the facility where play is occurring.

LANE DENSITY

In the previous version Swim BC Return to Swimming Guidelines (June 30, 2020) physical distancing was required to be practiced in the pool while undertaking training activities. This



meant small numbers of participants per lane and often the practice of swimming in double lane circles. Within the cohort model, this is no longer required. Clubs can now envision a reasonable lane density based on the following formulas to address lane density and cohort behaviour as described above. These formulas are based on the BCCDC recommendations of maintaining individual densities of 5m^2 :

- **25m pool with 1.5m width lane:** $[25\text{m} \times 1.5\text{m} = 37.5\text{m}^2 / 5\text{m}^2 = 7.5]$ or **7-8 swimmers per lane**
- **25m pool with 2.0m width lane:** $[25\text{m} \times 2.0\text{m} = 50\text{m}^2 / 5\text{m}^2 = 10]$ or **10 swimmers per lane**
- **25m pool with 2.5m width lane:** $[25\text{m} \times 2.5\text{m} = 62.5\text{m}^2 / 5\text{m}^2 = 12.5]$ or **12 swimmers per lane**
- **50m pool with 1.5m width lane:** $[50\text{m} \times 1.5\text{m} = 75\text{m}^2 / 5\text{m}^2 = 15]$ or **15 swimmers per lane**
- **50m pool with 2.0m width lane:** $[50\text{m} \times 2.0\text{m} = 100\text{m}^2 / 5\text{m}^2 = 20]$ or **20 swimmers per lane**

• **50m pool with 2.0m width lane:** $[50\text{m} \times 2.5\text{m} = 125\text{m}^2 / 5\text{m}^2 = 25]$ or **25 swimmers per lane** . These formulae are intended to represent what **may** be possible. In all cases, the maximum number of swimmers you may have in a single workout scenario is 50. Please note that in larger facilities where the footprint permits more than 50 individuals in a gathering, your club's numbers are counted separately from other user groups numbers – ie/ you may have 50 in your training session; public swim may have 50; lessons may have 50. Be judicious with this information and understand that many facilities are proceeding in a very conservative fashion. Educate, cooperate, negotiate with your facility or municipal council to assist their understanding of these interpretations.

To reiterate – within their cohort, BCCDC permits swimmers to be within 2.0m and where necessary (ie/ at the end of pools) be in physical contact.

Clubs must work with their facility to educate and negotiate to successfully move your program into Phase 3 (or begin the Return to Swimming process for those programs who have not completed their plan).

Please understand that each facility will have an interpretation not necessarily aligned with the viaSport Return to Sport Guidelines and the Swim BC Return to Swimming Guidelines. You will need to work patiently to educate these facilities and, in some cases, the municipal council that directs facility operations. **The viaSport Return to Sport Guidelines have been reviewed by the BC Centre for Disease Control** – this is important information to support your negotiations.



KOOTENAY SWIM CLUB ILLNESS POLICY

Appendix E (SwimBC Return to Swimming Guidelines)

In this policy “member” includes an employee, volunteer, participant or parent/ spectator.

1. Inform an individual in a position of authority (coach, team manager) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. Assessment:
 - a. Members must respond to a pre-training oral questionnaire before their practice/ activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice/ activity.
 - c. If members are unsure, please have them use [the BC COVID-19 Self-Assessment Tool](#) BC Support App self-assessment tool.
3. If a member is feeling sick with COVID-19 symptoms:
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and/or are showing symptoms while at practice they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. NO member may participate in a practice/activity if they are symptomatic.
4. If a member tests positive for COVID-19:
 - a. The member will not be permitted to return to practice until they are free of the COVID-19 virus.
 - b. Any member who worked / practiced closely with the infected member will also be removed from club activity for at least 14 days.
 - c. Ensure work / practice area is closed off, cleaned and disinfected immediately and any surfaces that could have potentially be infected/ touched.



5. If a member has been tested and is waiting for the results of a COVID-19 test:
 - a. As with the confirmed case, the member must be removed from the work / practice area.
 - b. The BCCDC advises that any person who has even mild symptoms to stay home and call 8-1-1.
 - c. Other members who may have been exposed will be informed and removed from the work / practice for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The works / practice space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have been potentially infected/ touched.

6. If a member has come in to contact with someone who is confirmed to have COVID-19:
 - a. Members must advise their employer/ coach if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the member will be removed from the workplace/ practice for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the member will also be removed from the workplace for at least 14 days.
 - c. The workspace/ activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate conditions:
 - a. Any member has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - b. Any member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c. Any member from a household with someone showing symptoms of COVID-19 is



not permitted to enter any part of the facility and must quarantine and self-isolate.

- d. Any member who is quarantined or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.



The Kootenay Swim Club Training & Swim BC Recommendations

CLUB PROGRAMMING

- Club Declaration and Board minutes approving your Return to Swimming Plan (submit to Swim BC);
- Club Participant Agreements (club keeps on file);
- SNC / Swim BC Assumption of Risk form (submit to Swim BC).
- Club Return to Swimming Plan has been circulated, posted and an education session has been conducted;
- Pre-registration prior to any training session is recommended;
- Pre-circulation of workout content is recommended;
- Designate participant parking area or parent drop-off zone;
- Parent spectators as per facility plan or outdoor venue amenities;
- Schedule your arrival no earlier than 10 minutes prior to the scheduled start of your activity;
- [BC COVID-19 Self-Assessment Tool](#) is to be completed for each participant (including coach):
- Do you have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and/or painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite?
- Have you been in contact with someone diagnosed with COVID-19?
- If any participant answers yes to any of the above, they must depart the training session.
- Detailed attendance to be recorded by coach for every training session and retained on file;
- Review personal hygiene habits: cough or sneeze into elbow, no spitting or nasal clearing, avoid touching gates, fences, benches, doors;
- Use personal equipment only, no sharing. Assign club owned equipment to individuals or limit use;
- Avoid water fountains, bring personal water bottle;
- Only coaches should touch or handle facility and club equipment (lane ropes, backstroke flags, backstroke ledges, pace clocks, etc.);
- Begin return to training with mature athletes to ensure systems and procedures are well established, coaches are clear on all processes, facility procedures are well understood and are in partnership with the club;
- It is recommended that you keep training groups consistent throughout Phase 2.

Additional considerations for pool training activities:

Arrival:

- Designate participant parking area or parent drop-off zone. Parent spectators managed as per facility plan



- Enter facility only through pre-described access point (in consultation with facility plan);
- Participants to be met upon entry by coach and assisted with directions to pre-determined deck space:
- Participants are to be in suits, no changeroom access permitted.
- Only essential gear and personal items (towel, swim bag etc.) are to be brought to the pool and placed in a pre-designated area.
- Minimize clothing worn to the training session.
- Wash hands or use hand sanitizer upon entry, follow the directional signage on the pool deck.
- Pre-session activation: the coach and safety officer will direct each participant to designated space set up in each facility. defined by grid or X (duct tape, etc.);
- Coaches and safety officer to consider PPE if physical distancing may be challenged.
- Training: Goggles are to be worn by all participants;
- Personal training equipment (pull buoy, paddles, bands, etc.) only - DO NOT SHARE; Provide graphics illustrating lane flow, direction, distancing and wall strategies;
- Ensure lane density is clearly established in concert with facility plan / tolerances;
- Reinforce personal hygiene habits.

Departure:

- Participants must immediately leave facility upon completion of workout – change and shower at home;
- For multiple training sessions, stagger start times to account for individuals moving in and out of the facility. Consult with facility administration to sequence timing of club programs with public programs.
- This information is a Provincial interpretation of the Swimming Canada

Section 1 - Prior to water entry:

Meeting and activation:

Upon arrival to the facility all participants must meet the coach and safety officer to review Covid -19 illness reporting and present waivers all attendance will be recorded for each event and submitted to the club president and safety officer.

Each swimmer must stay within the set up 2-4 meter social distance space for activation and dry land this will allow the coach space to move between each participant during the activation and course review and give each participant appropriate space for exercise as recommended by the B.C. provincial health officer.

Equipment Required

The Kootenay Swim Club and Swim BC recommends all swimmers have their own equipment no sharing will be permitted. The equipment listed below is available for purchase or to rent for



the season and will be set up at time of registration.

Equipment Required (available to rent or purchase with registration)

- Mesh bag
- Pull buoy
- Triangle board
- Swim Paddles

Recommended

- Snorkel
- Fins

HAVE A SAFE SWIM!



KOOTENAY SWIM CLUB EMERGENCY RESPONSE PLAN

1.) First Aid

Requirements for Kootenay Swim Club Open Water Swimming and Dryland Training

Outside the normal indoor pool environment, the coach or volunteer leading practices the Kootenay Swim Club will provide, and the coach or individual leading the practice will have provided for them, and will have on hand an Outdoor and Sports First Aid kit. This will include at least the following:

- 2 Abdominal Pads (12.7cm x 22.9cm)
- 6 Adhesive Fabric Bandages (1.9cm x 7.5cm)
- 6 Adhesive Fabric Bandages (5.0cm x 10cm)
- 2 Adhesive Tape Rolls (2.5cm x 4.5m)
- 18 Antiseptic Wipes (Benzalkonium Chloride/BZK)
- 2 Cold Packs
- 1 CPR Face Shield
- 2 Elastic Bandage Rolls (7.5cm x 4.5m)
- 6 Fingertip Fabric Bandages
- 3 Gauze Bandage Rolls (7.5cm x 4.5m)
- 7 Gauze Pads (10cm x 10cm)
- 7 Gauze Pads (7.5cm x 7.5cm)
- 6 Knuckle Fabric Bandages
- 2 Non-Adherent Pads (7.5cm x 10cm)
- 1 Pair of Tweezers
- 1 Pair of Universal Scissors (14cm)
- 3 Pairs of Latex-Free Gloves
- 1 Patient Info Note Pad
- 1 Pencil
- 1 Emergency Foil Blanket
- 12 Safety Pins
- 1 First Aid Pocket Guide
- 2 Tongue Depressors
- 1 Trauma Dressing
- 2 Triangular Bandages
- 2 Wood Splints
- WorkSafeBC's protocols for occupational first aid attendants (Hard Copy of PDF)

Outside the normal indoor pool environment, all persons attending a sick or injured individual will first don a mask and gloves.





2.) Outbreak Plan

The Kootenay Swim Club President Shelley Berringer and the board will have the responsibility and the authority to postpone, reschedule, modify, or cancel any swim club events or practices in the event of an outbreak.

The club president, and the safety officer and coach, will Implement the Illness Policy and advise individuals to:

- Self-isolate;
- Monitor symptoms daily, report respiratory illness and not return to activity for at least 14 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.

In the event of a suspected case or outbreak of influenza-like-illness, a CKSC representative will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at our local health authority.

Should a medical health officer contact your club, cooperate in the contact tracing, Shelley will ensure attendance sheets are available.

All Kootenay Swim Club staff, coaches, board directors, and volunteers will be provided copies of club's Emergency Response Strategy and will resolve to be fully conversant with it.

In the event of an outbreak all coach's swimmers in attendance based on the attendance report will be contacted and instructed to be tested once this is completed and negative results are presented they will be allowed to participate with CKSC planned scheduled events



Return to Swim Club Activities – Central Kootenay Swim Club (CKSC)

Employer Protocols:

It is expected that these protocols, procedures and practices will be strictly followed and enforced for all employees of the Club, including any and all paid employees and any and all parent volunteers. Additionally, all employees, volunteers and swimmers will adhere to all safety protocols established by Swim BC, Via Swim and the facilities operated by the Regional District of Central Kootenay.

1. Cleaning & Disinfecting and Hand Hygiene
 - a. No items not easily cleaned will be brought on site.
 - b. Sharing of equipment is discouraged but where necessary, shared equipment is to be cleaned and disinfected prior to and after use. NO SHARING of items meant to come in contact with the face (goggles, nose clips, towels, water bottles) is permitted.
 - c. Proper hand washing techniques will be reviewed with employees and volunteers.
 - d. Hand sanitizing routines and/or expectations will be implemented for all coaches and volunteers when they arrive at the pool and before they leave; before and after any transitions within the pool setting (for example, on coming out of the pool and moving to the seating areas); after using the toilet; after sneezing or coughing into hands.
 - e. Coaches and volunteers will be reminded about not touching their face (eyes, nose, mouth) with unwashed hands.
 - f. Coaches and volunteers will be reminded, and will remind all swimmers, to cough or sneeze into their elbow or tissue.
2. Physical Distancing Strategies
 - a. Coaches and volunteers will be reminded to follow all visual cues posted throughout the pool complex.
 - b. Coaches and volunteers will be reminded at the beginning of each session of the need to follow all protocols.
 - c. No hugs.
3. Personal Protective Equipment
 - a. Face Shields or masks will be available to coaches and they are expected to be worn during coaching sessions.
 - b. Coaches and volunteers will wear a mask where physical distancing (2m) is not possible and when moving within the pool complex.
4. Symptom Assessment and Illness



- a. Any coach or volunteer who has symptoms of COVID-19 OR has travelled outside Canada in the prior 14 days must stay home and self isolate.
- b. Any coach or volunteer who has been identified within the contact group of a confirmed case or outbreak must stay home and self-isolate.
- c. All coaches and volunteers must assess themselves daily for symptoms of common cold, influenza or COVID-19 prior to entering the pool complex as per the questions provided by the BC Centre for Disease Control. Any coach or volunteer answering yes to any of these questions are to call 811 and follow the advice provided and advise the Board of the Swim Club if they are not to return to swim club activities. Any coach or volunteer showing any signs of illness should not attend swim club activities.
- d. As part of the orientation for return to swim club activities, all coaches and volunteers will be required to sign a form indicating they understand and accept this daily responsibility.
- e. Any coach or volunteer who develops symptoms of influenza or COVID-19 during a swim club activity, will immediately distance themselves from swimmers and go home as quickly as possible. They must inform the Club Executive immediately, use a mask while leaving the pool, call 811 and follow instructions. The club executive will inform the pool facility to ensure proper cleaning is undertaken in the event this happens. They may return to swim club activities only after being cleared by a physician.



Appendix F: Acknowledgement and Assumption of Risks Form

(FOR ADULT PARTICIPANT AND MINOR PARTICIPANT)

Please read this document carefully. This acknowledgment and assumption of risks form must be signed before participating in any Activity sanctioned or organized by Swimming Natation Canada, Swim BC, or Swim BC Member Clubs

As a participant, or on behalf of a minor participant, in the Activities organized, recognized or sanctioned by Swimming Natation Canada (“**SNC**”), Swim BC or a Swim BC Member Club (“**Club**”) I hereby acknowledge and agree to the following terms and conditions respecting my/their participation in any Activity.

Introduction

As a participant, or on behalf of a minor participant, in the Activities organized, recognized or sanctioned by SNC, Swim BC or Swim BC Member Clubs, I, the undersigned

_____ (name of adult participant)

OR _____ (name of a parent or legal guardian of a minor participant),

acting as _____ (parent or legal guardian)

of _____ (name of minor participant),

hereby acknowledge and agree to the following terms and conditions respecting my/their participation in any Activity.

Definitions

8. **“Activity”** or **“Activities”** means any in-person or virtual activities such as events, training camps, programs, competitions, physical training performed or conducted in water or outside water, recognized, organized or sanctioned by SNC or Swim BC or Swim BC Member Clubs.
9. **“Agreement”** means this Acknowledgement and Assumption of Risk.
10. **“Injury or Health-related problem”** means any injury, health-related issue or illness including mental health issues diagnosed by a medical practitioner.
11. **“Members”** means the members listed in Section 3.01 of Swim BC bylaws dated October 10, 2019 or Section 2.1 of SNC’s bylaws dated July 29, 2019, as revised.
12. **“Minor”** means the minor participant named in the Introduction.



13. **“Organization”** means collectively, SNC, Swim BC, Swim BC Member club and their respective coaches, directors, officers, committee members, members, employees, volunteers, participants, agents and representatives.
14. **“Registrant”** means a participant and all individuals or entities of SNC including those individuals and associations, incorporated or unincorporated, as described in SNC’s *national registration policy, procedures and rules manual* who have met the requirements of registration and the registration has been completely processed and registrants or registered participants of Swim BC or a Member Club.
15. **“Club”** means a Member club that is registered with Swim BC.
16. **“Water”** means any outdoor or indoor pools, artificial or natural water basins used for swimming.

Description of Risks

As a participant, or parent or legal guardian of a Minor participant in the sport of swimming and the Activities of the Organization, the undersigned agrees to the following terms and conditions.

I am, or the Minor is participating voluntarily in the sport of swimming and the Activities of the Organization. In consideration of my participation or the Minor’s participation in the sport of swimming and the Activities of the Organization, I hereby acknowledge that I am aware of and hereby accept the risks, dangers and hazards inherent and associated with or related to the sport of swimming and any Activities of the Organization, including any Injury or Health-related Problem, which can be severe and even fatal. These risks, dangers and hazards may include, but are not limited to, an Injury or Health-related Problem resulting from:

- Exertion and stretching of various muscle groups or strenuous cardiovascular activity in or out of water;
- Vigorous physical exertion or physical contact in or out of water;
- Slips or falls due to uneven, slippery or irregular surfaces, including on the pool deck, in dressing rooms or other facilities or rooms at an aquatic venue and at any physical facilities in and around open water venues;
- Failure to properly use any piece of swimming related equipment or the mechanical failure of any piece of equipment;
- Concussions or aggravated related symptoms;
- Spinal cord injuries which may result in permanent paralysis;
- Travel to and from training or competitive events and associated non-competitive events which are an integral part of the Organization’s Activities;
- Infectious sources such as COVID-19, as defined by the relevant municipal, provincial or federal health authorities;
- Extreme weather conditions which may result in heatstroke, sunstroke or lightning



- strikes;
- Unforeseen events.

Furthermore, I am aware:

- That an Injury or Health-related Problem sustained can be severe and even fatal;
- That I or the Minor may experience anxiety during an activity of the Organization;
- That the risk of Injury or Health-related Problem is reduced if the rules established for participation are followed; and
- That the risk of Injury or Health-related Problem increases with fatigue.

In consideration of the Organization allowing me, or the Minor to participate in Activities, I confirm that I have not been advised by a medical doctor that my or my child's physical condition prevents me or my child from participating in the Organization's Activities.

Medical Assistance In case of an Injury or Health-related Problem, I authorize the Organization, for myself or the Minor, to obtain all necessary on-site medical assistance for the medical situation, including transportation by ambulance or by other means to a hospital.

Acknowledgement and signature

I have read this Agreement, and by signing it, I understand that it is binding upon myself, my heirs, executors, administrators and representatives. If this Agreement is signed electronically, I, acknowledge and recognize that the electronic signature constitutes my official signature and that I am the person who completed this Agreement.

For a Minor participant or registrant

Name of the Minor: _____ Date of birth: _____

Name of parent or legal guardian (Print): _____

Signature of parent or legal guardian: _____

Signed in (City): _____ Date: _____

For Adult participant or registrant

Name: _____

Signature: _____

Signed in (City): _____

Date: _____



The Kootenay Swim Club Participation Agreement

Appendix G (SwimBC Return to Swimming Guidelines)

All athletes, coaches, members, volunteers, participants and family members of participants while in attendance at Club activities.

All Participants of The Kootenay Swim Club agree to abide by the following points when entering club facilities and/or participating in club activities.

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 2 meters away from others.

I agree to not share any equipment during practice times

I agree to abide by all of my club's 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 temporary suspension of my club membership.

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.

Name: _____ Date: _____

Signature of Participant (if over 18 years of age):

Signature of Parent / Guardian (if participant is a minor):

Parent or Guardian Name: _____