

Covid Safety Plan

Access to Facility

-Coaches, swimmers and parents will not be permitted to enter the Powell River Aquatic Center if they are exhibiting symptoms of Covid-19, have travelled outside of Canada in the last 14 days, or have been identified by public health as a close contact of a person with a confirmed case of Covid-19.

-Masks are required to enter facility in accordance to the Public Health order. Masks will be worn on pool deck and then taken off during swim. Coaches are asked to wear a mask during practice.

-All staff, parents and swimmers will be given this information before registration and they will be reminded regularly.

-Parents and caregivers must assess their children daily for symptoms of common cold, influenza, Covid-19 and other infections respiratory disease before sending them to swim practice. If children have symptoms, they shall not attend practice. If swimmers have symptoms at practice, they will rest on a bench outside the facility (distanced from others) and their families will be contacted to pick them up.

- Coaches assess themselves daily for symptoms of common cold, influenza, Covid-19 and other infections respiratory disease before attending practice. They shall not come to work with symptoms. They should call 811 and seek medical advice.

-Only people necessary for swim practice will enter the facility. This includes coaches, pool staff, swim participants and volunteers. Parents will not be permitted to watch practices from inside the facility.

- Swimmers and coaches will be directed to enter through the main entrance of the Powell River Aquatic Centre. You will enter the pool area from the pool view doors. They will enter one at a time, leaving a physical distance of at least 2 m between people. Please arrive swim ready (suit under clothes).

-Swimmers and coaches will take off their shoes upon entry, carry their shoes with them and then walk to the swim deck. You may store personal on deck as lockers will be limited.

-Swimmers will rinse off using the deck shower before entering the pool.

-Swimmers and coaches will gather their belongings, exit the pool area after practice using the changerooms and exit through the hallway to reception.

-Staff, swimmers and parents will be given information on proper handwashing protocols.

- Sanitizer will be provided at the entry and exit of the facility. Swimmers and coaches will be instructed to sanitize or wash their hands before entering the building, after using washroom, after touching equipment and before exiting the building.

- Accurate records will be kept of swimmers, volunteers and coaches including date and time of attendance. There will be a COVID ambassador on the pool deck during all practices.

-Coaches and swimmers will be instructed to keep a physical distance of 2 m

- Swimmers will be spaced so that they are physically distanced; there will be no overtaking in lanes.

-Coaches and volunteers will not share equipment, each coach will have their own stop watches, clipboards, whistles, etc.

- Coaches will remain on deck and will not enter the water with swimmers.

-Swimmers will bring their own water bottles and fountains will not be used.

- Each swimmer will either bring their own equipment or have equipment for their designated use during practice. There will not be equipment shared among swimmers during practices.

- Swimmers should arrive in their suits and bring their own goggles.

- Swimmers will be placed in groups of similar age and swimming ability, to allow for distancing

-Only swimmers who are able to swim continuous lengths of the pool without assistance will be registered.

-Swimmers will practice with the same group of swimmers for every practice

- All staff will be provided with training on following COVID-19 Health and Safety Protocols

- Parents and swimmers will receive Health and Safety protocols prior to their first practice and will receive regular reminders

First Aid

- If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the workplace/activity place, implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away. Implement your illness policy and advise individuals to:

- self-isolate monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of 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.

- use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed.

- Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.

- Individuals can learn more about how to manage their illness here:

<http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

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

If our organization is contacted by a medical health officer in the course of contact tracing, we will cooperate with local health authorities.