



September 20, 2020

Dear Percy Norman Swim Club Member:

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, PNSC has been working with SwimBC to understand the recommendations of our Provincial Health Officer and how they best apply within our sport and club environment.

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 and notify the coach and/or the PNSC Covid-19 director at head_coach@pnscc.ca or char_s@yahoo.com
- 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 and notify the coach and/or the PNSC Covid-19 director at head_coach@pnscc.ca or char_s@yahoo.com;
- Wash your hands before participating;
- Bring your own equipment, water bottle and hand sanitizer;
- Comply with physical distancing measures at all times;
- 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”**.

Percy Norman Swim Club Return to Safe Swimming Plan

1. The Board Members have ratified this plan and have notified SwimBC of PNSC's return to swimming plan. This plan was developed in accordance to the guidelines published by Swim BC which were in turn developed from the input received from the Provincial Health Office and the Ministry of Tourism, Arts and Culture, viaSport, WorkSafeBC, BC Recreation and Parks Association, Lifesaving BC, and Swimming Canada.
2. 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. Coaching staff will follow the PPE guidelines used in this facility.
3. All members who are participating in re-opening have given their consent to participate in the re-opening plan by signing the waiver form supplied in the email to the membership, and have returned it via email to head_coach@pnsc.ca.
4. Swimmers will not swim if they feel unwell. Each participant (swimmer) will be asked prior to arrival to self-assess their health state. Before each practice swimmers and coaches will have to complete screening questions in an online form. Swimmers who themselves feel ill, for any reason, or if their immediate household family members are exhibiting Covid-19 symptoms, will be asked to stay at home until they or their family members are better. The PNSC Covid-19 director must be made aware of any Covid-19 tests that are done in this situation.
5. PNSC's return to swimming practice plan will be a roll out concept that will go in stages to: Re-integrate, re-engage, and restart. This process will evolve over the next few weeks and will include additional training time once the processes have been evaluated in conjunction with the PNSC Board Members and the coaching staff.

Physical Distancing Requirements & Specific Pool Instructions for swimmers/parents:

1. No spectators.
2. Swimmers must arrive at the pool no more than 10 minutes before the session starts.
3. Swimmers must be out of the building 10 minutes after the session ends.
4. Swimmers are allowed to use changing rooms and showers but spaces are limited
5. Lane density: we will follow the guidelines from the Vancouver Indoor Aquatics and SwimBC.
6. Swimmers must not pass each other; lane assignments and fitness level of the swimmer will be assessed to ensure the integrity of the lane etiquette remains intact.
7. Swimmers must line up in their assigned lanes only. No congregating on deck.
8. There will be no equipment available for shared use (e.g. there will be no swim club provided kickboards or fins). Any equipment required will be the responsibility of the swimmer to bring.

Health of Swimmers:

1. Reminder: swimmers must not swim if they feel unwell.
2. Hand Hygiene: wash hands upon arrival. Avoid touching high volume touch areas.
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 shared equipment.
7. Prior to practice, complete the online self-assessment questionnaire
8. Exit the pool after practice promptly.
9. Notify the group coach 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 PNSC Covid-19 director immediately at head_coach@pnscc.ca or char_s@yahoo.com
1. Gabrio Mannucci, Head Coach, in conjunction with the PNSC President/PNSC Covid-19 director, will decide what groups to pause, or pause training for all groups in accordance with the guidelines set out by Swim BC and the Provincial Health Officer.
 2. PNSC will notify the affected groups that a member has a suspected case of Covid-19.
 3. PNSC will notify facility administration if any swimmer or coaching staff member reports they are confirmed to have COVID-19;
 4. PNSC 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 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.
 - Return to swimming / work if the individual or family member/household occupant is tested for COVID-19 and is negative;
 - Return to swimming / work if the individual or family member/household occupant is not tested, and 14 days have passed since they became ill and they are symptom free.
 5. In the event any swimmer or coach has had to leave a practice, notify the facility administration immediately to permit proper disinfectant protocols to be followed;
 6. In the event of a positive Covid-19 result, PNSC will immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at the local health authority. Implement PNSC illness Policy and enhanced measures.
 7. Should a medical health officer contact our club, PNSC will cooperate in the contact tracing by ensuring attendance sheets are available.