



Dawson Creek Dartfish Swim Club

Return to Swimming Plan

Introduction

This plan was prepared to ensure a safe re-entry to the water for the Dawson Creek Dartfish Swim Club (the Club). The Club is made up entirely of adult swimmers, who will be able to follow the plan as laid out below. The plan follows recommendations by the club's governing bodies (Swim BC and Swimming Canada), aligns with the plans developed by the relevant organizations (BC Recreation and Parks Association (BCRPA), Lifesaving Society of BC, and viaSport), and was completed after discussions with the Aquatic Coordinator at the Kenn Borek Aquatic Centre, which is our only training facility.

As mentioned in the BCRPA restart plan, never has their mandate of the health and wellbeing for both individuals and communities been more relevant. Our goal is to once again offer a positive recreational outlet that contributes to the health and wellbeing of individuals in a way that minimizes risks to at-risk populations and the community as a whole.

Dawson Creek Dartfish Swim Club Stages of Returning

Each stage of our return to swim plan represents the steps back toward a regularly running club. Depending on the rapidly changing COVID-19 situation at the local and global level, Club directors members will decide when it is appropriate to move to the next stage, or, in the case of a 'second wave' of the virus, to take a step back. Directors, and even more so our COVID-19 planning sub-committee, will meet regularly to determine how operations are going and what are the appropriate steps forward.

Stage 1

Stage 1 will only include past members of the club and will be limited based on lane availability and lane restrictions. At a maximum, the club will have 8 lanes with 24 swimmers at a time. This stage will not include the beginner program or competitions; instead, the focus will be on getting the 'regular' practices running again and members familiar with the new arrangements.

Stage 2

In stage 2, we will start to allow new members to join the club (based on availability in lanes), re-start the beginner program, and re-introduce intra-club competitions. For the beginner program a staggered

arrival will be considered to reduce traffic at the entrance to the facility. This step may take days, weeks or months depending on how things progress.

Stage 3

In our final stage, 3, we will consider out-of-town competitions as well as social gatherings of members. Similar to stage 2, this step may occur quickly or slowly depending on how the local and global situations continue to unfold.

Returning Protocols

In order to return to the water, all members (including swimmers, Club directors and coaches) will need to fill out and commit to the following forms:

- Dawson Creek Dartfish Swim Club Illness Policy (Appendix A).
- Acknowledgement and Assumption of Risk Form, which will be sent to Swim BC (Appendix B).
- Dawson Creek Dartfish Swim Club Participation Agreement (Appendix C).

The club will have a zero-sickness policy for training while sick. In addition to the above forms, all members must complete the BC COVID-19 Self-Assessment Tool before each practice session. This assessment can be found at <https://bc.thrive.health/covid19/en> and can be completed ahead of time or upon arrival at the pool with the club greeter. If the member answers “yes” to any of the questions, they should not come to practice (or continue into the building if answering the questions there) and should instead follow the recommended steps suggested by the Self-Assessment Tool. Questions can be found in Appendix D.

All swimmers will also need to be registered ahead of the practice time to ensure the Club can plan for numbers and assign lanes ahead of time. The Club is asking members to register by sending forms by e-mail and paying by e-transfer. If that is not possible, swimmers can email their intention to swim and bring forms and cash/cheque sealed in an envelope to their first practice. This envelope will be placed in a box set out by the greeter. This box and will be opened by the Club registrar no less than 4 days after the last envelope was placed in it.

As a Club we are doing all we can to ensure the safety of our members. We are still asking all members to consider their own safety when deciding whether or not to join us; in particular, those that are at a higher risk of experiencing illness from COVID-19. If there is anything that could be done different to enhance member safety, do not hesitate to mention it to a coach or Club director.

COVID-19 Information

The Club has used the available information on COVID-19 provided in the above-mentioned reports to develop a strategy that will reduce the likelihood of the virus transmission. Some key information is relayed in this section.

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes and potentially when they are talking in very close proximity to another person. The virus in these droplets can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person. This requires you to be in close contact – less than the so-called physical

distancing of 2 metres. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area and then touches their face without cleaning their hands. The virus does not enter the body through the skin, it enters through the eyes, nose or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular handwashing and cleaning of high-touch surfaces is so important.

United States Centers for Disease Control and Prevention state that, “there is no evidence that COVID-19 can be spread to humans through the water. Proper operation, maintenance, and disinfection (with chlorine or bromine) of pools should kill COVID-19.”

Risk Management

In order to reduce the risk of a COVID-19 outbreak, we have developed the strategies seen throughout this document. Our primary strategy is to maintain physical distancing throughout all Club interactions. 100% compliance of the detailed strategies is required from all Club members or members may be asked to leave Club functions. Club strategies are summarized here based on the hierarchy of controls for COVID-19:

Physical Distancing

From the point of stepping out of personal vehicles to returning to them at the end of practice, everyone will be expected to maintain a physical distance of 2 metres from others (the only exception is people from the same household). To aid in this standard of 2 meters, swimmers will be directed to respect the markers on the ground laid out by the City staff (that are 2 metres apart) when moving throughout the building and when placing bags down prior to the swim (on deck there are bag areas spaced 2 meters apart). In addition to these staff placed markers, the Club will mark a spot for people to stand 2 metres from the Club greeter and will put flagging tape on the lane ropes to indicate where swimmers can rest at the end of each the length.

Engineering Controls

Beyond placing markers to ensure physical distancing the club will be setting up lane ropes in a double lane format to allow more room for swimmers to maneuver while maintaining a 2 metre distance from each other (see *Figure 1* below).

Administrative Controls

Administrative controls start with the returning swimmer forms, the daily symptom screening, and electronic registration described in the protocols section above. In terms of equipment, swimmers will only be allowed to use their own equipment and will not be permitted to use snorkels. No water fountains will be available at the pool, so it is recommended that swimmers bring a pre-filled water bottle of their own. Any equipment brought, should be washed by swimmers after each practice once they are home. Coaches will create practices that allow for physical distancing and will send out the practice plan ahead of time to reduce the need to gather around the whiteboard to see the workout. The Club registrar will open the registration box no less than 4 days after the last envelope was placed

into it, which is longer than the typical time the virus can survive on paper/metal and will make sure to use proper hygiene by washing hands after handling the forms and money.

Personal Protective Equipment

Upon entry to the building, swimmers will be required to use the Club-provided hand sanitizer, while interacting with the Club greeter. Face masks will be worn by Club greeters and coaches.

Facility Use Plan

Gathering Limits

As per the City of Dawson Creek plan, the facility could accommodate up to 40 swimmers. For our purposes, we would never have more than 32 in the water at one time. We are also asking that swimmers come to the pool alone to reduce the number of people in the building.

Facility Access

Swimmers will enter the facility through the main entrance where they will be met by the club greeter for the day. From here swimmers will enter and exit the pool area from the lobby door. No changerooms will be available for swimmers, so swimmers will need to arrive and leave in their swimsuit. If needed, there will be washrooms available in the family changeroom. Most equipment (bleachers, chairs, etc.) has been removed from the pool deck, so Club members should have no problem maintaining 2 metres distance walking to and from the pool and/or bag drop areas.

Lane Density

For lane density, the club will be following the recommendations set forward by Swim BC, which is 6 swimmers per 25-metre double lane. This can be seen in *Figure 1*, which is of a six-lane pool. Our pool could accommodate up to 8 lanes in the same format.

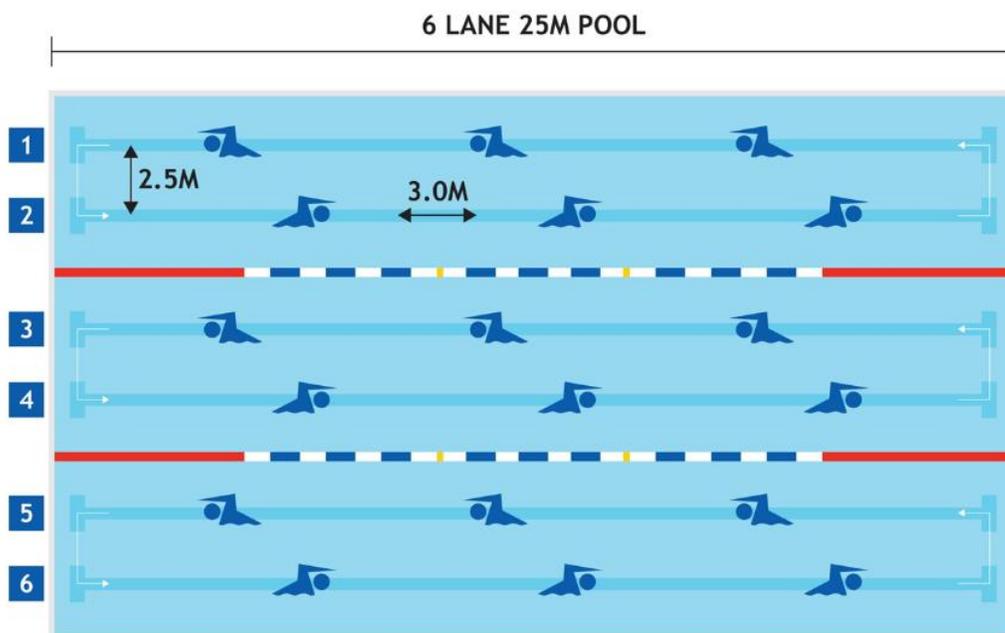


Figure 1: Lane Density example. Six swimmers per double lane.

Facility Emergency Procedures

The Swim Club will continue to rely on the facility lifeguards in emergency or first aid situations. In the event of an emergency, the Club's Emergency Action Plan will be activated (see Appendix E). In the event of an emergency, swimmers will listen to directions from lifeguards and facility staff. As usual, the head coach will have a copy of all present member's emergency and medical information to present to lifeguards or medical personnel as needed. If a minor first aid injury occurs, lifeguards will direct the swimmer to the closest first aid station and direct the patient in the care of the minor injury from outside the marked off 2 metre section. For injuries requiring direct care from the lifeguard, the lifeguard will first don the appropriate personal protective equipment then will help the swimmer in need.

Participation Procedures

Once members have parked at the Kenn Borek Aquatic Centre, they are participating in a Dartfish Swim Club function and should make sure they are adhering to the following steps.

Arrival

- Maintain 2 metres distance from other Club members during your time at the facility – right from walking to the Kenn Borek Aquatic Centre before practice to walking to your car after practice.
- In addition to maintaining 2 metres distance, swimmers will be expected to
 - Wash hands when appropriate at the pool and frequently when not at practice,
 - Avoid touching eyes, nose and mouth, and
 - Cough into your sleeve/elbow.
- Swimmers should aim to arrive 5 to 10 minutes prior to the practice start. Our greeter will wait 10 minutes after the practice has started for anyone coming late.
- Arrive with your swimsuit on. You can have a tracksuit, onesie, towel, etc. on overtop.
- At the entrance to the Kenn Borek Aquatic Centre, check in with the Club greeter and let them know the results of your Self-Assessment or answer the Self-Assessment questions to the greeter. (if someone is ahead of you at the greeter make sure to wait in line 2 metres behind).
- After checking in with the greeter, take your shoes off at the shoe racks and make your way to the pool door past the playground.
- Once on deck, find an empty circle where you can place your belongings while you are swimming. These circles are located around the perimeter of the deck. If you would like to do a pre-swim warm-up, this would also be where to do it.

Swimming

- When it is time to go in the water, take only what you need to swim (cap, goggles, personal equipment, water bottle, etc.) and go to your pre-designated lane.
- Once in the water, swimmers will be following the format found in *Figure 2* to make distancing easier:
 - We will be starting and finishing in the shallow end.
 - Swimmers will always be moving in a counterclockwise direction.
 - Swim up one black line then back along the other.
 - When finishing a set,

- the first swimmer back will shuffle across to the other black line then out toward the deep end 4 metres,
- the second swimmer will do the same, but only go out 2 metres,
- the third swimmer will shuffle over to the other black line and stay at the wall.
- the fourth swimmer will come straight in and stop at the wall.
- the fifth swimmer will stop 2 metres out before reaching the wall, and
- the sixth swimmer will stop 4 metres out before the wall.
- Coaches will be on hand and ready to help everyone out until it becomes familiar!

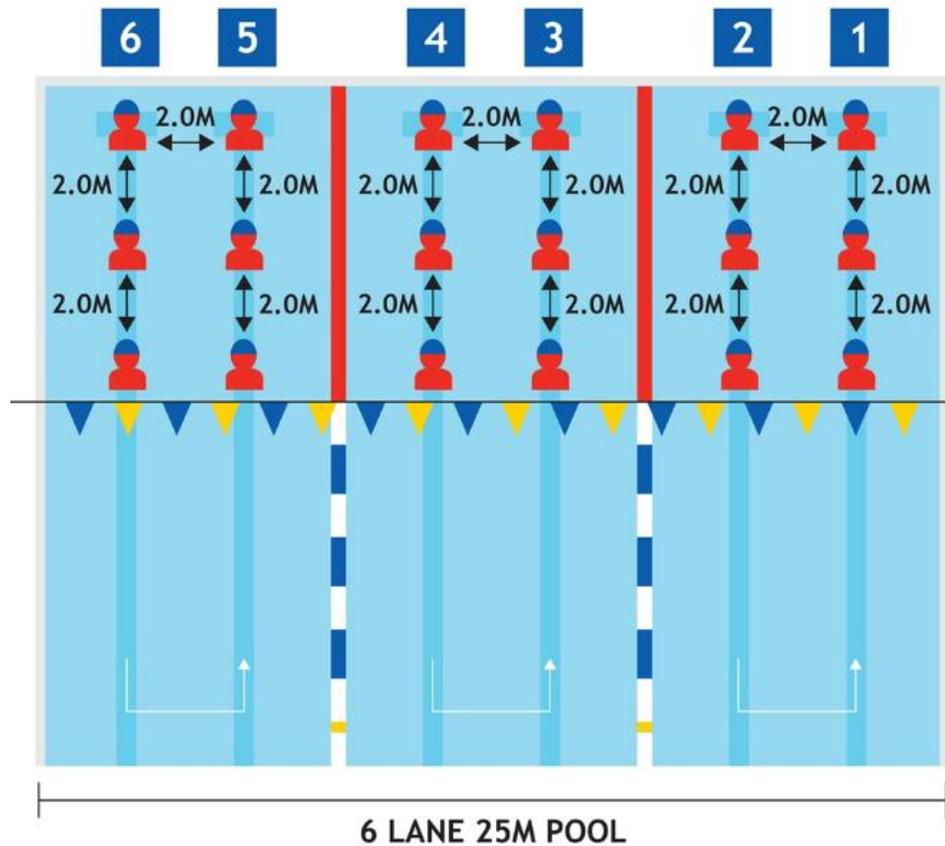


Figure 2: Shallow End Physical Distancing for the Start/Finish of Sets/Practices

- To help make the above easier, swimmers will have a structured warm-up that they will know ahead of time and will be the standard warm-up for every practice. If you are starting late, make sure to start in the warm-up where the rest of the group is.
- Turning:
 - If you are doing a flip-turn or a quick turn you can edge toward the middle of the double lane to do your flip turn and come out on the far black line.
 - If you do a slower turn, edge to the middle of double lane. Once at the wall shuffle over to the far black line then push off.
- Until we are all familiar with the new format, there will be no passing. After each interval, swimmers can adjust the order if they are catching up to the swimmer ahead of them. Don't be shy! Talk to your lane-mates and work out the best order.

Departure

- After the training session is over, swimmers should exit the pool in a manner that allows everyone to maintain 2 metres distancing, and return to their bag area where they can do a quick dry off and throw on clothes over swimsuits if desired.
- Once you have your belongings, exit the deck by the same lobby door you entered and wait your turn to put on your shoes before exiting the building.

Guidelines for Greeters

Greeters will be the first point of contact for swimmers entering the building and will be there to direct swimmers. Greeters will take attendance, point out the hand sanitizer, and make sure everyone has completed their Self-Assessment for the day (either by themselves before coming or upon entry with the greeter). Greeters will be required to wear masks during their role as greeter and will need to be ready 15 minutes before the start of practice.

Guidelines for Coaches

Coaches will also abide by all the rules set out for members of the club, which includes agreeing to and signing the forms described in the Returning Protocols section, as well as participating in the daily BC COVID-19 Self-Assessment Tool.

In addition to the above, coaches will consider 2 metre spacing when creating practice plans, and will send out practice plans ahead of time, so that there is less of a need for swimmers to crowd around the whiteboard to see the plan. Coaches will also be required to wear a mask that covers nose and mouth when in the Kenn Borek Aquatic Centre and will not share coaching equipment with other coaches, unless the other coach is in the same family. Coaches will make sure to wipe down the white board touchpoints (markers, eraser, marker tray, and board sides) at the completion of each practice.

In the event a coach must miss practice time due to symptoms identified during the BC COVID-19 Self-Assessment Tool, the coach will still provide the practice plan, but a Club director be at the pool to lead the practice. In this scenario, to ensure the stability of coaches, the Club will still allow the coach to charge the club for the 'coaching' time that would have occurred for up to two weeks.

Note: the coaches of the Club are not employees, but are contractors doing business as "Dawson Creek Multisport Coaching." Regardless, the Dawson Creek Dartfish Swim Club COVID-19 Planning Sub-Committee, which includes the head coach, still worked through the 6-Step WorkSafe BC COVID-19 Safety Plan document and created this document keeping it in mind.

Outbreak Plan

The following procedures are to be implemented if any member is tested positive for COVID-19:

1. The member who has tested positive for COVID-19 must report to a coach via Email or Message immediately. The head coach will report to the Club board of directors immediately upon receiving the message.

2. The head coach will also notify the Kenn Borek Aquatic Centre Coordinator immediately. The facility will undergo their internal protocols at this time.
3. The head coach will notify all members by email.
4. The board will inform the Northern Health Authority and Swim BC of the potential of an outbreak. The Club will cooperate in any procedures that the medical health officer requests.
5. The Dawson Creek Dartfish Swim Club Illness Policy will be implemented if a member/coach or family/household occupant of a member/coach contracts COVID-19. The member should self-isolate for 14 days and
 - a. All activities that included the infected member will be cancelled for 14 days.
 - b. All Club members who have practiced with the infected member should undergo self-isolation for 14 days.
 - c. The Club members should self-assess by using the BC COVID-19 Self-assessment Tool during the self-isolation period to monitor symptoms daily.
 - d. The Club training can resume when no other members develop the symptoms after 14 days of self-isolation.
 - e. The member, who has tested positive for COVID-19, should only return to training if her/his COVID-19 test is negative, and no family member/household occupant is tested positive or has COVID-19 symptoms in 14 days.
6. The directors have the authority to modify, restrict, postpone, or cancel additional training and activities if deemed appropriate.

Communication Strategy

Communicating our plan is an important component of the successful re-launch of the swim club. The following steps will ensure everyone is on the same page when it comes to safely resuming activity:

1. This plan will be emailed to all club members and will also be posted in three places:
 - a. Our website: www.dawsoncreekdartfish.weebly.com
 - b. Our Facebook page: www.facebook.com/DawsonCreekDartfish
 - c. The poster board on the back of the whiteboard on the pool deck
2. Emails will be sent to all members who have registered for upcoming swim practices outlining the specific participation procedures.
3. A digital meeting will be hosted by a Club director for all swimmers registered in upcoming practices. At this meeting, the director will go over the important points and will field any questions swimmers may have.
4. At the first practice for swimmers, a coach will do a quick overview of how swimming with others should work.
5. Coaches and Club directors will provide ongoing education to swimmers as needed at practices.

Plan Approval

This plan was last modified on

August 31, 2020.

and was approved at the Directors Meeting on

August 31, 2020.

President Signature

Catherine Henry _____

Head Coach Signature

Patrick Howell _____

Date Signed

Appendix A – Dawson Creek Dartfish Swim Club Illness Policy

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Dawson Creek Dartfish Swim Club Illness Policy

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 or through the COVID-19BC 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
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 who has travelled outside of Canada or has not followed provincial health orders 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.

Appendix B – Acknowledgement and Assumption of Risks Form

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**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

1. **“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.
2. **“Agreement”** means this Acknowledgement and Assumption of Risk.
3. **“Injury or Health-related problem”** means any injury, health-related issue or illness including mental health issues diagnosed by a medical practitioner.
4. **“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.
5. **“Minor”** means the minor participant named in the Introduction.
6. **“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.
7. **“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.
8. **“Club”** means a Member club that is registered with Swim BC.
9. **“Water”** means any outdoor or indoor pools, artificial or natural water basins used for swimming.

Description of Risks

10. 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.
11. 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:
 - a. Exertion and stretching of various muscle groups or strenuous cardiovascular activity in or out of water;



- b. Vigorous physical exertion or physical contact in or out of water;
 - c. 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;
 - d. Failure to properly use any piece of swimming related equipment or the mechanical failure of any piece of equipment;
 - e. Concussions or aggravated related symptoms;
 - f. Spinal cord injuries which may result in permanent paralysis;
 - g. Travel to and from training or competitive events and associated non-competitive events which are an integral part of the Organization’s Activities;
 - h. Infectious sources such as COVID-19, as defined by the relevant municipal, provincial or federal health authorities;
 - i. Extreme weather conditions which may result in heatstroke, sunstroke or lightning strikes;
 - j. Unforeseen events.
12. Furthermore, I am aware:
- a. That an Injury or Health-related Problem sustained can be severe and even fatal;
 - b. That I or the Minor may experience anxiety during an Activity of the Organization;
 - c. That the risk of Injury or Health-related Problem is reduced if the rules established for participation are followed; and
 - d. That the risk of Injury or Health-related Problem increases with fatigue.
13. 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: _____

Appendix C – Club Participation Agreement

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Dawson Creek Dartfish Swim Club Participation Agreement

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

All Participants of the Dawson Creek Dartfish 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: _____

Appendix D – COVID-19 Self-Assessment

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COVID-19 Self-Assessment Questions

- Are you experiencing any of the following:
 - Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
 - Severe chest pain
 - Having a very hard time waking up
 - Feeling confused
 - Losing consciousness
 - Mild to moderate shortness of breath
 - Inability to lie down because of difficulty breathing
 - Chronic health conditions that you are having difficulty managing because of difficulty breathing
- Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones?
 - Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
- Have you travelled to any countries outside Canada (including the United States) within the last 14 days?
- Did you provide care or have close contact with a person with confirmed COVID-19?
Note: This means you would have been contacted by your health authority's public health team.

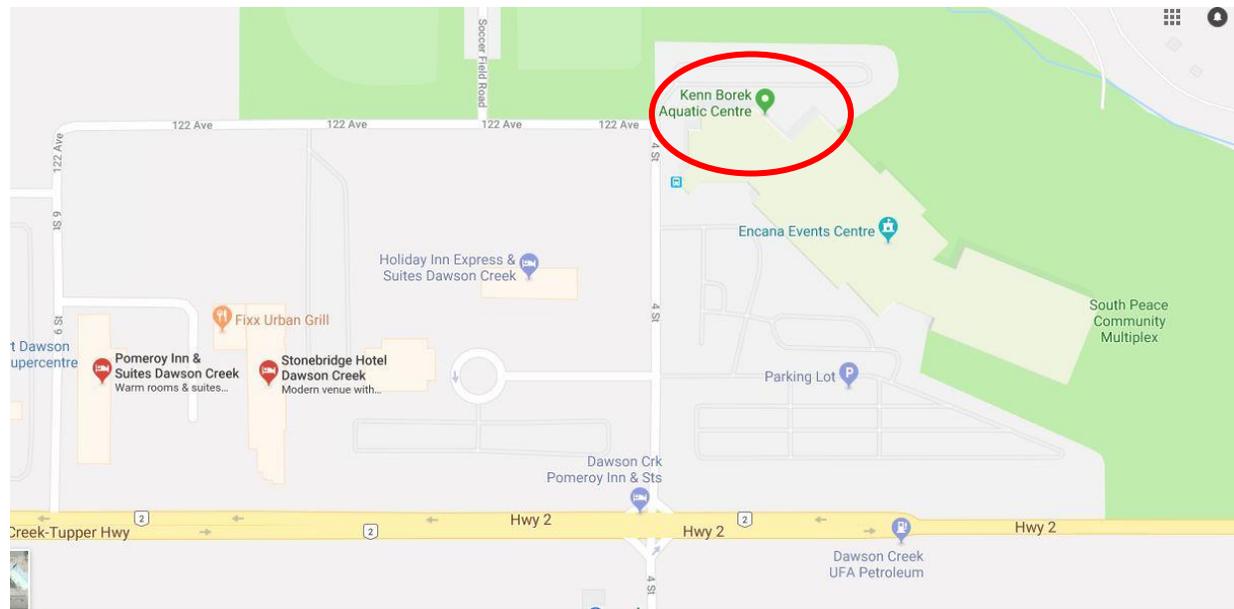
** If the member answers "yes" to any of the questions, the swimmer should contact the nurse line at 8-1-1 to discuss their next steps, and should under no circumstance attend a club practice or event.*

Appendix E – Dawson Creek Dartfish Swim Club Emergency Action Plan

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<p>Primary Person in Charge: Coach Patrick Howell</p> <p><i>In the event that Coach Howell is not at practice, Coach Schilds will fill the roll of Coach Howell described in this document. In the case neither coach is present, a designated Club Director will take on the role.</i></p>	<p>Group: Dartfish Swim Club Program Participants</p>
<p>PRIMARY VENUE – KENN BOREK AQUATIC CENTRE</p>	
<p>PRIMARY VENUE INFORMATION</p>	
<p>Venue Phone Number: Venue landline – 250-782-7946; Coach Howell phone number – 250-784-8791</p>	<p>Venue Primary Contact: Aquatic Coordinator – Veronica Murphy Head Lifeguard – Varies daily Dartfish – Patrick Howell (Coach)</p>
<p>Venue Address: 300 Highway #2, Dawson Creek, BC</p>	
<p>Directions and First Aid Access to Venue from Major Intersection: Enter through parking lot, one block North of Highway #2 and 4th Street intersection</p>	
<p>EMERGENCY CONTACTS AND PROCEDURES</p>	
<p>In case of emergency who will make 911 call: Lifeguards</p>	<p>Alternate to call 911 call if primary unavailable: Coach Howell</p>
<p>Location of Emergency Phone: At shallow end of pool next to lobby door; alternatively, coach cell phone in coach backpack</p>	<p>Location of First Aid Kit: At shallow end of pool next to lobby door</p>
<p>Location of Spine Board: At shallow end of pool next to lobby door</p>	<p>Location of Defibrillator: At shallow end of pool at seating area</p>
<p>Location of Athlete Profiles, Medical Information and Contact Numbers for Athletes: In file folder, in coach Howell’s personal backpack on pool deck at coaching location</p>	
<p>Emergency Numbers: In emergency for Police, Fire, Ambulance – 911</p> <p>City of Dawson Creek – 250-784-3600</p> <p>Peace River Regional District – 250 784-3200</p> <p>South Peace Search and Rescue – 250-219-4665</p>	

Venue Map:



Step by Step Process for head coach in case of Medical Emergency:

1. Get attention of lifeguard to handle medical emergencies
2. Allow lifeguards to handle from there, but help as needed
3. Provide athlete's emergency information to lifeguard if needed (and personally call emergency contact of swimmer with cell phone in personal bag if necessary)
4. In case of emergency power outage/earthquake/etc. get swimmers out of pool and to muster point at NW deck door and follow directions of lifeguards (or if they cannot make it to you, continue out the door to the muster point at the back of the pool parking lot)

Key Points to Check Before Every Practice:

- Coach cell phone is charged and in coach back pack
- Athlete profiles, medical information and emergency contact numbers are in file in coach backpack and up to date
- Check for changes in venue – if changes are unsafe cancel or modify practice

ALTERNATIVE VENUE

The Kenn Borek Aquatic Centre is the only regularly occurring practice venue for swimming. In the event of participating at another venue, the coach will ask for the facility EAP or, this not existing, will create one for the venue.