



The Tsunami Swim Team Health and Safety Policy

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

Note: **This policy is subject to change based on Echo Pool facility protocols and guidelines yet to be determined by the Port Alberni Leisure Department, as well as future protocol changes from Swim Canada, SwimBC, BC Health and any other regulating bodies.**

1. **Club to keep a detailed attendee log** for every training session (Echo Pool and any other facility or outdoor environment).
2. **Club will designate a COVID-19 representative.** This person will be in charge of ensuring the Illness and Member Health Policies are adhered to. This person will also coordinate with Head Coach should a suspected or confirmed case amongst members is present.
3. **Inform an individual in a position of authority (coach, team manager, COVID representative) 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.
4. **Assessment:**
 - a. **All swimmers and coaches/volunteers who want to enter the Echo facility will be checked by a Tsunami Volunteer, outside the building and permitted to enter only after having completed the COVID screening.** Members will respond to a pre-training oral questionnaire and submit a temperature check 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, they should use [the BC COVID-19 Self-Assessment Tool](#) BC Support App self-assessment tool.
5. **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.
 - d. Echo Pool COVID-19 protocols will override Tsunami Swim Club protocols.
6. **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. A physician’s note stating member is clear of the virus is required for the member to return to training or work or on deck volunteering.
 - b. Any member who worked / practiced closely with the infected member will also be removed from club activity for at least 14 days.
 - c. If a member does test positive for COVID-19, all work / training areas are to be closed off, cleaned and disinfected immediately as well as any surfaces that could have potentially be infected/ touched.
 - d. Echo Pool COVID-19 protocols will override Tsunami Swim Club protocols.
7. **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 / training areas for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The works / training space will be closed off, cleaned, and disinfected immediately as well as any other surfaces that could have been potentially infected/ touched.
 - e. Echo Pool COVID-19 protocols will override Tsunami Swim Club protocols.
8. **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/ training areas 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 work / training areas for at least 14 days.

- c. The workspace/ training areas will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
- d. Echo Pool COVID-19 protocols will override Tsunami Swim Club protocols.

9. **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.

Health of Swimmer, Coaches, Volunteers

- 1. **All members to conduct a daily symptom screening** by completing the [BC COVID-19 Self Assessment Tool](https://www.thrive.health/health-canada-self-assessment-tool): <https://www.thrive.health/health-canada-self-assessment-tool> or via our Team Snap account.
- 2. **There is a zero tolerance for ill members** in the facility, on deck, in the water or in any training area (indoors or outdoors). Swimmers and coaches should be reminded that they should not participate or come to the facility (indoors or outdoors) if:
 - they don't feel well or display symptoms of COVID-19
 - someone in their household has COVID-19 or is showing symptoms of COVID-19
 - they have travelled outside of Canada within the last 14 days
 - someone in their household has travelled outside of Canada within the last 14 days.

Members must see a physician and be cleared for training/work after being diagnosed or suspected to have COVID-19.

Self-Assessment Questionnaire	
Daily Health Monitoring	<p>If athletes, coaches, and staff answer yes to any of the questions, they will NOT be allowed to participate.</p> <ol style="list-style-type: none"> 1. Do you have any new onset (or worsening) of any of the following symptoms? <ul style="list-style-type: none"> <input type="radio"/> - Fever <input type="radio"/> - Cough <input type="radio"/> - Shortness of Breath / Difficulty Breathing <input type="radio"/> - Sore Throat <input type="radio"/> - Chills <input type="radio"/> - Painful swallowing <input type="radio"/> - Runny Nose / Nasal Congestion <input type="radio"/> - Feeling unwell / Fatigued <input type="radio"/> - Nausea / Vomiting / Diarrhea <input type="radio"/> - Unexplained loss of appetite <input type="radio"/> - Loss of sense of taste or smell <input type="radio"/> - Muscle / Joint Aches <input type="radio"/> - Headache <input type="radio"/> - Conjunctivitis (commonly known as pink eye) 2. Have you travelled outside of Canada in the last 14 days? 3. Have you had close unprotected contact (face-to-face contact within 2 m/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is ill? 4. Have you attended a program or activity and had close unprotected contact (face-to-face contact within 2 m/6 feet) in the last 14 days with someone who is ill? 5. Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?

3. **Person Hygiene Stations:**
 - a. Personal hygiene stations will be set up at the main entry point to the deck area and in front of swim team office. Stations will consist of a table with paper towels, hand sanitizer, hand wipes (if available) and trash can. Station will be clearly marked along with COVID-19 Stay Sage Guidelines as mandated by the BC Government.
 - b. Implementation of higher level of personal hygiene:
 - frequent and proper handwashing (at least 20 secs) in particular after eating, blowing nose, toilet break.
 - avoid touching eyes, nose and mouth
 - cough in your sleeve
4. **There is a zero tolerance for spitting in the pool gutters, deck or water fountain.**
5. **Training Equipment:**
 - a. All participants are required to bring their own gear. Gear must be sanitized and cleaned before/after every practice.
 - b. All personal gear must be taken home and not left in the club office or pool facility.
 - c. No sharing of training equipment.
6. **Change rooms and Lockers:**
 - a. Cub advises all members to not use pool lockers.
 - b. swimmers should arrive at the pool with their suit on and change their clothes/shower once they get home.
 - c. Avoiding the use of the change rooms is highly advised. Swimmers should change clothes and shower at home.
 - d. Change rooms will be available at the end of practice for a maximum of 15 minutes. Showers will not be available.
7. **Food and Water:**
 - a. No sharing of water bottles or food
 - b. Participants are to bring their personal water bottles already pre-filled with water.
8. **Coaching staff PPE:**
 - a. Masks, gloves and any other required PPE to be provided by the club. Required if proper social distancing is impossible to maintain.
 - b. PPE should be easily available, kept in a clean container.
9. **Staff room – Club Office:**
 - a. Equipment (pens, stopwatch, markers, whiteboards, office supplies) should not be shared between staff
 - b. Tables and chairs should be cleaned and sanitized before and after every practice.
10. **Parents/spectators during training session:**
 - a. parents should not attend training sessions (if possible, the athlete should go to the aquatic facility on their own or parents should remain in their vehicle) – Lifesaving Association of BC
11. **Completion of required forms:**
 - a. Acknowledgement and Assumption of Risks Form (online)
 - b. Club Participation Agreement (see below)
 - c. Member Agreement to Return to Swim Plan Form (see below)
12. **Club to keep a detailed attendance log** for every training session (Echo Pool and any other facility or outdoor environment).