

## **FVWP RETURN TO WATER POLO POLICY AND PROCEDURES** **(COVID-19)**

Updated 22 June, 2021

TO REPORT A CASE OR SUSPECTED CASE OF COVID-19 WITHIN OUR CLUB  
PLEASE EMAIL [SECRETARY@FRASERVALLEYWATERPOLO.COM](mailto:SECRETARY@FRASERVALLEYWATERPOLO.COM)

FVWP Illness and Positive Test Protocols can be found in Appendix A (Page 18)

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## INTRODUCTION

In an effort to facilitate the safe return to the pool and the sport of competitive water polo, FVWP has implemented the following guidelines, operational procedures and policies that all members must adhere to in order to ensure best practices during this time of “new normal”. These policies are built from the resources from the following groups and the “5 principles”.

- Water Polo Canada [Return to Water Polo - Training Guidelines](#)
- BCSSA [Return to Swimming and Aquatic Sports](#)
- Swim BC [Return to Swimming- Swim BC](#)
- Swimming Canada [Return to Swimming -SNC](#)
- BCPRA [Restarting Operations](#)
- Via Sport [Return to Sport](#)
- WorkSafeBC [Return to Safe Operations](#)
- Water Polo West Our Provincial Governing Body for Water Polo

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

### Disclaimer

1. While the Provincial Government has limited the liability risk to teams during the COVID-19 ([BC Liability protection announcement](#)), safety for everyone is still first and foremost.
  - a. It is up to each and every person to reduce the infection, or spread of COVID-19.
  - b. It is the responsibility of each and every person to assess the risk, and decide their own personal risk of participation within the team.
2. While all efforts are made to provide the best possible information available, members should understand that this is a live document and updates or changes may happen. Currently this document is based off [BC Restart Plan](#) “Phase 3”.
3. FVWP will do its best to keep the membership up to date with the ever changing environment, however it is the responsibility of the membership to stay informed.



## GENERAL INFORMATION FOR ALL MEMBERS

### How Coronavirus Spreads

1. Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:
  - a. respiratory droplets generated when they cough or sneeze
  - b. close, prolonged personal contact, such as touching or shaking hands
  - c. touching something with the virus on it, then touching the mouth, nose or eyes before washing the hands
2. Current evidence suggests person-to-person spread is efficient when there is close contact (Source used - [Government of Canada public health](#)).

### Symptoms of COVID-19

1. The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. These symptoms include:
  - a. Fever
  - b. Chills
  - c. Cough
  - d. Shortness of breath
  - e. Sore throat and painful swallowing
  - f. Stuffy or runny nose
  - g. Loss of sense of smell
  - h. Headache, muscle aches
  - i. Fatigue and loss of appetite
2. People infected with COVID-19 may experience little or no symptoms, with illness ranging from mild to severe. Some people are more vulnerable to developing severe illness or complications from COVID-19, including older people, those with compromised immune systems or chronic health conditions. (Source used - [Swim BC - Return to Swimming](#)).
3. For a complete understanding about COVID-19, please refer to one of the many credible sources including:
  - a. [Fraser Health](#)
  - b. [BC Centre for Disease Control](#)

### FVWP COVID-19 Officer

1. FVWP has created a **FVWP COVID-19 Officer(s)** position. This person(s) is responsible for:
  - c. monitoring the overall health of the team.
  - d. keeping apprised of COVID-19 updates within the province.
  - e. assist in the development of FVWP's plan, education and enforcement.

## WATER POLO ATHLETES

### Health Questionnaire

1. FVWP Water Polo athletes are required to complete the \*FVWP Health Questionnaire each day before attending all workouts ([Appendix F](#)) or the equivalent Health Questionnaire located in the specific practice session in our TeamSnap account .
  - a. Legal guardians will need to complete for athletes aged 12 and under.
  - b. Water Polo athletes that do not have the questionnaire completed prior to attending the workout will not be able to participate in dryland or water sessions that day.
  - c. Submission deadline for the FVWP Health Questionnaire is prior to the start of practice..
2. If athletes answer YES to any question on the health questionnaire they must:
  - a. Not attend the workout under any circumstance.
  - b. Inform FVWP COVID-19 Officer and Head Coach.
  - c. Follow FVWP Illness and Positive Test Protocols ([Appendix A](#)).
3. Coaches will review questionnaire results daily to confirm all questions have been answered and that any abnormal responses are noted to the COVID-19 Officer and Head Coach.

### Best Practices for Athletes

This document has been approved by the FVWP Board and our PSO, Water Polo West. However, every facility that we use for training will have its own Return to Play plan. If any of the facilities protocols differ from our own Return to Play plan then the facilities protocols will override our own. Each facility and their specific requirements will be listed in Appendix D of this document."

1. Prior to participating in any program, athletes and parents must review FVWP guidelines and protocols.
2. Athletes are required to wear a mask upon arrival at the pool, while on the pool deck and when departing the pool. Masks may be removed once training commences.
3. If athletes are commuting in a mixed-family car pool, it is required that masks be worn by everybody in the vehicle (including the driver).
4. Keep a minimum of 3 meters from anyone outside their household at all times.
  - a. athletes are not to assist other athletes outside their household with equipment such as goggles, caps, suits, etc...
  - b. Coaches will not be performing physical manipulations/corrections on athletes.
  - c. The coach will wear a mask during each dryland and practice session. In a medical emergency, the coach will wear gloves in addition to a mask.
  - d. athletes will maintain appropriate distance from facility staff members throughout the duration of the time spent at the facility.
5. Do not greet others with any actions (handshakes, hugging, high fives) that involve physical contact.

6. Do not share food, drinks, or equipment with teammates.
7. Avoid touching their eyes, nose and mouth.
8. Frequently wash hands with soap and water or, if not accessible, use hand sanitizer (hand sanitizer is part of an athlete's required equipment).
9. Cough or sneeze into sleeves.
10. Athletes must follow the entry and exit policies for the various facilities in which FVWP practices [\(Appendix D\)](#).
11. Athletes must follow the directions of the FVWP coaches and facility staff with regards to physical distancing procedures in place.
  - a. Failure to follow staff direction, facility procedures, and FVWP procedures may result in the removal of the athlete from the group training environment.
  - b. Athletes must follow physical markers (cones, signs, lines, stickers, etc...) that indicate appropriate spacing while on deck or in dryland areas.
12. Athletes are to act responsibly and promote appropriate behavior on social media with their peers.
13. Athletes are encouraged to remain in the local community throughout Phase 3.

## **Arrival Protocol**

1. Athletes should arrive no earlier than **10 mins** before their scheduled practice time.
  - a. athletes that arrive earlier are asked to remain in the vehicle until the appropriate time (or signalled by the coach to leave their vehicle).
  - b. athletes who are being dropped off will do so at the drop off lane of the facility no earlier than 10 mins before their scheduled practice time.
2. Upon arrival, athletes will proceed to a designated area and be met by a coach (location depending on the facility holding the practice). [\(see Appendix D\)](#)
  - a. Coaches will verify that the FVWP Health Questionnaire for that day has been filled out.
  - b. If not completed that athlete is unable to participate that day.
3. Physical distance rules are in effect at all times.
4. Athletes are asked to wear masks.
5. Athletes are asked to show up with suits already on and in dryland gear.
6. Athletes should use washroom facilities at home before arriving at the pool location. The Aquatic facility change rooms will not be open, and, though washroom facilities will be, athletes should make every attempt to minimize their time in facility washrooms.

## **Dryland Protocols**

1. Athletes will be spaced at least 4M apart in the designated dryland zone.
2. Athletes will place their bag next to themselves and arrange themselves in a clockwise direction.
3. At the end of session, athletes will maintain 3 meters physical distance as they transition to in-pool training.

## **Lane Assignments and Density (For Swim Training Sessions)**

1. Lane density (number of athletes in the pool) has been determined by a number of factors, including physical distance requirements, city policy and other regulatory bodies.
  - a. At this time FVWP will operate at a maximum capacity of one athlete per 12.56 square metres (as indicated by Water Polo Canada) or at a capacity agreed upon by the facility and FVWP.
2. Athletes' lane assignment and lane placement (within the lane) has been determined by the coaches, creating the best "training lane" available.
  - a. Each athlete is given a group and lane placement
  - b. Athletes must stay in their respective allocated placement.
  - c. Athletes will not be able to overtake each other during workouts.
  - d. Coaches will continually assess lane and group placements and will make changes to ensure sufficient social distancing measures if necessary.
3. Group size has been determined by maintaining physical distance requirements, creating a safe training environment, and the ability and maturity of athletes. All dryland and water workouts will be capped at 8 athletes per lane with up to 3 coaches present.

## **Water Polo Training Session Guidelines**

### ***Athletes in the Pool***

1. The number of athletes in general will vary based on the pool space available. At this time FVWP will operate at a maximum capacity of one athlete per 12.56 square metres (as indicated by Water Polo Canada) or at a capacity agreed upon by the facility and FVWP.

### ***Restrictions in Place***

1. A minimum of 3 metres physical distancing will be maintained at all times.
2. Lane ropes will be used to help divide the pool when necessary.
3. Engage in complete water polo training which includes full contact scrimmaging and drills is permitted.
4. Travel or external tournaments are not permitted.
5. Use of shared water polo caps is not permitted.

### ***Equipment***

1. In pool items do not require sanitization, however, FVWP equipment will be cleaned with a disinfectant pre and post practices once removed from the pool:
  - a. Nets
  - b. Water polo balls
  - c. Kickboards
  - d. Pull buoys
2. Where the club uses a previously allocated storage locker, only coaches will access the equipment stored within those storage lockers to a maximum of 2 adults at a time.

### ***Athletes to bring***

1. Athletes must ensure that they are dressed appropriately for dryland and swimming activities. This includes all weather conditions.
2. Athletes are required to wear a mask upon arrival and departure.
3. Athletes are to arrive at pool deck dressed and ready to get in the water (all personal belongings stored inside a bag).
4. Required personal equipment includes:
  - a. Runners
  - b. Dryland workout attire
  - c. Yoga mat
  - d. Weighted belt
  - e. Hand sanitizer
  - f. Backpack / equipment bag
  - g. Goggles
  - h. Pool workout attire
  - i. Water bottle (athletes must have a water bottle prefilled at home before arrival)
  - j. Towel

5. Bags will be spaced 3 metres apart on the pool deck in designated spots (designated by facility management, or, if/when required, by FVWP Covid-19 Safety Compliance Rep and/or Coaches.
6. Athletes will not be permitted to share equipment.

#### ***Interactions between athletes***

- a. Physical distancing applied at all times. A minimum of 3 metres between each applied on land and in the water.

#### ***Dryland***

- a. Dryland not permitted on pool deck.
- b. Small group dryland (maintaining 4M distancing) outdoors.

#### ***Hydration***

- a. Only personal, labelled water bottles on deck. No food allowed.
- b. Sharing personal water bottles is not permitted.
- c. Personal water bottles to be labelled and filled at home, prior to practice.

#### ***Small Group Training***

- a. Practices broken into smaller sub-groups, as needed, depending on facility.

#### ***Swim Training***

- a. Lane widths as determined by the facility.
- b. Maximum 8 athletes per lane or as otherwise set or agreed upon with the facility.
- c. No gathering at lane ends
- d. athletes must be able to swim 200m unassisted

#### ***Individual Ball or Technical Skills***

- a. Permitted – Individual ball or technical skills
- b. Maintain 3 meters distancing

#### ***Passing & Shooting***

- a. Permitted – Shooting open net, on a board, on rebounded, passing with partners or subgroups respecting 3 meters distance.
- b. Permitted – Shooting on goalie respecting 3 meters distance.
- c. Permitted – engage in complete water polo training which includes full contact scrimmaging and drills.

#### ***Whiteboards***

- a. Coaches cannot use small handheld whiteboards to communicate to athletes
- b. Large whiteboards are allowed provided that athletes are able to practice 3 meters distancing while looking at the whiteboard.

#### ***Coaches***

- a. Coaches are not permitted to share hand-held equipment such as clipboards, pens, stopwatches, or whistles.
- b. Each coach will be provided each with their own handheld equipment.
- c. Coaches will be required to sanitize their handheld equipment before and after each practice.

**Cool Down**

- a. In the pool, respecting 3 meters distancing, is permitted.
- b. Cool down, out of the pool on the pool deck, is not permitted.

**Post Practice Protocol**

1. Athletes are not allowed to access the changing rooms or showers.
2. Athletes are asked to wear masks as they prepare, and when they depart, the pool.
3. Athletes must leave the pool immediately and follow facility exit procedures.
  - a. athletes are not allowed to linger on the pool deck or in the dryland zone.
  - b. athletes must walk straight to parking lot or pick up lane.
  - c. If athletes need to leave early, they must inform their coach and get picked up from the curbside pick-up zone if not driving themselves.
4. As per Safe Sport guidelines and club policy, NO DECK CHANGING is permitted
  - a. athletes must remove dryland clothing in designated dryland zones before entering pool vicinity.
5. Athletes must take all their equipment and personal belongings home with them after each session to be sanitized. There is no lost and found.

## PARENTS

### Health Questionnaire

1. The daily \*FVWP Health Questionnaire is the FVWP version of the BC COVID-19 Self-Assessment Tool.
2. Athletes are required to complete the FVWP Health Questionnaire each day before attending any workouts that day.
  - a. Legal guardians need to complete the questionnaire for 12 and under athletes.
3. If athletes answer YES to any question on the health questionnaire they must:
  - a. Not attend the workout under any circumstance.
  - b. Inform FVWP COVID-19 Officer and Head Coach.
  - c. Follow FVWP Illness and Positive Test Protocols (Appendix A).
4. Athletes that do not have the questionnaire completed before 21:00 the night before will not be able to participate in dryland or water sessions that day.
5. Coaches will review questionnaire results daily to confirm all questions have been answered and that any abnormal responses are noted to the COVID-19 Officer and Head Coach.

### Best Practices for Parents

1. Prior to participating in any program, athletes and parents must participate in a Zoom orientation meeting to address guidelines and protocols.
2. Keep a minimum of 3 meters from anyone outside their household at all times.
  - a. This includes coaches and facility staff members.
  - b. Parents are not to assist other athletes outside their household with equipment such as goggles, caps, suits, etc...
3. Athletes are required to wear a mask upon arrival at the pool and when departing the pool. Masks may be removed once training commences.
4. If athletes are commuting in a mixed-family car pool, it is required that masks be worn by everybody in the vehicle (including the driver).
5. Do not greet others with actions (handshakes, hugging, high fives, etc.) that involve physical contact.
6. Do not share food, drink or equipment with others.
7. Avoid touching their eyes, nose and mouth.
8. Frequently wash hands with soap and water, or if not accessible, use hand sanitizer. Hand sanitizer is part of an athlete's necessary equipment.
9. Cough or sneeze into sleeves.



10. Follow the directions of the FVWP coaches and facility staff with regards to physical distancing. Failure to follow staff direction, facility procedures, and FVWP procedures may result in the removal of the athlete from the group training environment.
11. Parents are unable to watch workouts in order to keep numbers down and mitigate risk of exposure.
  - a. BC is in Phase 3 and the gathering of people is still restricted.
  - b. This will allow FVWP to maximize the number of athletes participating.

## Drop off and Pick up

1. Prior to 21:00 the night before each workout, parents must have completed the FVWP Health Questionnaire for their athletes aged 12 or under and/or ensure that the questionnaire has been completed by their children who are over the age of 12. Athletes that have not completed this daily questionnaire will not be able to participate in workouts.
2. Parents are asked to drop off and pick up athletes from the parking lot in facility designated areas only.
3. Please keep the window of drop off and pick up to 10 min before and after workouts each day.
4. If parents and athletes arrive early, please stay in the vehicle until the appropriate time.
5. Keep a minimum of 3 meters from anyone outside their household at all times

## Communication

1. There will be no in person meetings set until further notice. Any required meetings with a coach will be conducted via Zoom with a third party present.
2. Email will be the primary method of communication.
  - a. Ensure primary account email is an email that is checked on a regular basis.
  - b. Ensure that the email is verified and is receiving club emails, beyond billing emails.
  - c. It will be the responsibility of families to ensure that they keep their primary contact email up to date.

## Protocols for Maintaining a Safe Training Environment

1. While all efforts are being made to mitigate the risks of a COVID-19 infection, parents are asked to help monitor the health of their athletes on a daily basis to help keep the risk to a minimum.
2. If everyone continues to follow the “5 Principles”, the chance of a COVID-19 outbreak is low at this time. However, if an outbreak occurs with any member of the FVWP team (athletes, Parents, Coaches) the team protocols for illness and/or positive tests is Appendix A.
  - a. If an athlete answers YES to any question on the FVWP Health Questionnaire they are not to attend the workout under any circumstances.
3. Before in person participation all FVWP Members (athletes and volunteers) will be required to update their registration agreement by signing the following documentation.
  - a. *Acknowledgement & Assumption of Risks Form (Adults & Minor Participants)* (Appendix B)
  - b. *FVWP Participation Agreement* (Appendix C)

# COACHES

## General Notes

During this time of “new normal”, it is more important than ever that coaches take a leadership role with the daily operations of the team, including health screening, attendance, and the general well-being of the team.

## Health Screening

- Prior to 9:00pm night before every coaching shift, coaches must complete the \*FVWP Health Questionnaire.
- If a coach answers YES to any question on the health questionnaire they must:
  - Not attend the workout under any circumstance.
  - Inform FVWP COVID-19 Officer and Head Coach that evening.
  - Follow FVWP Illness and Positive Test Protocols (Appendix A).

## Best Practices for Coaches

This document has been approved by the FVWP Board and our PSO, Water Polo West. However, every facility that we use for training will have its own Return to Play plan. If any of the facilities protocols differ from our own Return to Play plan then the facilities protocols will override our own. Each facility and their specific requirements will be listed in Appendix D of this document."

1. Prior to participating in any program, coaches must participate in a Zoom orientation meeting to address guidelines and protocols.
2. Coaches should arrive 15 mins before the 1st dryland session to set up.
3. Coaches are required to wear a mask at all times - while entering and exiting the facility as well as during the training sessions within the facility.
4. Keep a minimum of 3 meters from anyone outside their household at all times.
  - a. Coaches are to refrain from assisting other athletes outside their household with equipment such as goggles, caps, suits, etc...
  - b. Coaches will not be performing physical manipulations/corrections on athletes.
  - c. Coaches will wear a mask during the workouts session.
  - d. In a medical emergency, the coach will wear gloves in addition to a mask.
  - e. Coaches will maintain appropriate distance from other coaches/facility staff members throughout the duration of the time spent at the facility. This includes pool storage areas when accessing equipment.
5. Avoid greetings with actions (handshakes, hugging, high fives, etc) that involve physical contact.
6. Avoid touching their eyes, nose and mouth.
7. Frequently wash hands with soap and water or if not accessible, use hand sanitizer. Hand sanitizer is available for coaches' use.

8. Cough or sneeze into sleeve.
9. Coaches must follow the entry and exit policies for the facilities in which FVWP practices.
10. Coaches must follow the directions of facility staff with regards to physical distancing procedures in place. Failure to follow staff direction, facility procedures, and FVWP procedures may result in the removal of the coach from the group training environment.
11. Coaches will ensure all athletes have left the pool facility before leaving themselves.
12. Coaches are encouraged to act responsibly and promote appropriate behavior on social media with their peers.

## **WorkSafeBC Requirements**

1. Mitigating of risk:
  - a. FVWP has taken all efforts to reduce risk and encourages all staff to forward any potential “issues” that have been missed or not addressed to the COVID-19 Officer and President.
  - b. When applicable, coaches will perform any administrative tasks from home (including writing out their practice plan on the whiteboard).
2. Equipment provided:
  - a. Hand sanitizer for staff (athletes are required to supply their own).
  - b. PPE (mask and gloves).
    - i. Coaches are required to wear a mask while coaching under normal circumstances.
    - ii. Coaches are required to wear gloves, in addition to a mask, if:
      - their own safety is at risk.
      - have to break the physical distance of 2 meters.
      - attending a first aid incident.
  - c. Whiteboard to write out practices.
  - d. Whiteboard markers.

## **Facility Requirements**

1. Coaches are required to ensure that athletes follow any protocols, procedures, or policies that the facility has set out. This may include:
  - a. Ensuring athletes are clear of any dirt or grass before entering the pool deck and pool.
  - b. Only 1 coach is permitted in the storage room at a time.

## **Monitoring and Attendance**

1. Coaches are to ensure that all athletes attending a workout have completed the FVWP Health Questionnaire before participating in the workout.
  - a. This can be done by checking the responses through Google Drive
  - b. Any abnormal responses by either a coach or swimmer must be reported to the FVWP COVID-19 Officer and Head Coach immediately.
  - c. Coaches are responsible for ensuring that athlete responses remain confidential.

2. Coaches are responsible to record daily attendance before a session.
3. After practice, coaches are responsible for uploading attendance records onto Google Drive.

### **Outbreak Response Procedure for Coaches**

1. The FVWP Illness and Positive Test Protocols that apply to the athletes applies to coaches as well ([see Appendix A](#)).
2. All coaches are required to read through these protocols before participation in training sessions.

### **First Aid Expectations**

1. In the event of a first aid incident, it is the responsibility of the coaching staff present to assist the lifeguards when at a facility (under their direction).
2. In the event of a first aid incident during dryland, coaches must follow WorkSafeBC protocols and wear PPE. In the event of a major emergency, contact the lifeguards.
3. Any incident must be recorded using the facility's incident report plan.
4. Head Coach and the club President must be notified immediately.
5. Gloves and a mask must be worn while attending any incident that involves a coach to be closer than 2 meters.

## Appendix A

### FVWP Illness and Positive Test Protocols

TO REPORT A CASE OR SUSPECTED CASE OF COVID-19 WITHIN OUR CLUB PLEASE EMAIL  
[SECRETARY@FRASERVALLEYWATERPOLO.COM](mailto:SECRETARY@FRASERVALLEYWATERPOLO.COM)

- **Inform an individual in a position of authority (Head Coach, FVWP COVID-19 Officer) immediately if, the athlete(s) 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.
- **Assessment:**
  - Athletes will be required to respond to a pre-training health questionnaire before their practice/ activity to attest that they are not feeling any of the COVID 19 symptoms.
  - 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.
  - If members are unsure, please have them use [the BC COVID-19 Self-Assessment Tool](#)
- **If a member is feeling sick with COVID-19 symptoms:**
  - They will remain at home and contact Health Link BC at 8-1-1.
  - If they feel sick and/or are showing symptoms while at practice they will be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
  - NO member may participate in a practice/activity if they are symptomatic.
- **If a member tests positive for COVID-19:**
  - The member will not be permitted to return to practice until they are free of the COVID-19 virus.
  - Any member who worked / practiced closely with the infected member will also be removed from club activity for at least 14 days. “Worked/practiced closely” is defined as “the member has been **within 2 meters** of the Covid-positive individual for more than 15 minutes (up to 2 days before a positive test)” and/or “the member has exchanged bodily fluids with the Covid-positive individual eg. coughing or sneezing”.
  - The facility will be contacted immediately such that they can address the required cleaning precautions in the activity area.
- **If a member has been tested and is waiting for the results of a COVID-19 test:**
  - As with the confirmed case, the member must be removed from the work/practice area.
  - The BCCDC advises any person who has even mild symptoms to stay home and call 8-1-1.
  - 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.
  - The facility will be contacted immediately such that they can address the required cleaning precautions in the activity area.
- **If a member has come in to contact with someone who is confirmed to have COVID-19:**
  - Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
  - 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.
  - The facility will be contacted immediately such that they can address the required cleaning precautions in the activity area.
- **Quarantine or Self-Isolate conditions:**
  - Any member has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - Any member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - 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.
  - 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

(FOR ADULT PARTICIPANT AND MINOR PARTICIPANT)

Please read this document carefully

The novel coronavirus, COVID-19 has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is known to spread mainly by contact from person to person. Consequently, local, provincial, and federal governmental authorities recommend various measures and prohibit a variety of behaviors, in order to reduce the spread of the virus.

Water-Polo Canada (hereinafter "WPC"), its Provincial and Territorial Sections (hereinafter "PTS") and WPC or PTS's affiliated clubs or leagues (hereinafter "Clubs" or "Leagues") commit themselves to comply with the requirements and recommendations related to COVID-19 of any applicable local or municipal, provincial and federal Public health authorities and the facilities where they conduct their activities or programs, and to put in place and adopt all necessary measures to that effect. However, Water-Polo Canada, its Provincial and Territorial Sections, Clubs and Leagues cannot guarantee that you (or your child, if registrant is a minor/ or the person you are the tutor or legal guardian of) will not become infected with COVID-19. Further, attending or participating in WPC, Provincial and Territorial Sections, Clubs or Leagues' activities or programs could increase your risk of contracting COVID-19, despite all preventative measures put in place.

---

By signing this document,

I acknowledge the highly contagious nature of COVID-19 and I voluntarily assume the risk that I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) could be exposed or infected by COVID-19 by participating in the Water- Polo Canada, PTS, Clubs or Leagues' activities or programs. Being exposed or infected by COVID-19 may particularly lead to injuries, diseases, or other illnesses.

I declare that I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) am participating voluntarily in the Water-Polo Canada, PTS, Clubs or Leagues' activities and programs.

I declare that neither I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) nor anyone in my household, have experienced cold or flu-like symptoms in the last 14 days of my participation in the activities (including fever, cough, sore throat, respiratory illness, difficulty breathing).

If I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) experience, or if anyone in my household experiences any cold or flu-like symptoms after submitting this declaration, I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) will not attend or participate in any of Water-Polo Canada, PTS, Clubs or Leagues' activities or programs until at least 14 days have passed since those symptoms were last experienced.

I have not (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of), nor has any member of my household, travelled to or had a lay-over in any country outside Canada, in the past 14 days from the day of my participation. If I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) travel, or if anyone in my household travels, outside Canada after submitting this declaration, I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) will not attend or participate in any of Water-Polo Canada, PTS, Clubs or Leagues' activities, programs or services until at least 14 days have passed since the date of return.

Given that the COVID-19 symptoms might appear after this document is signed, I (or my child, if registrant is a minor/ or the person I am the tutor or legal guardian of) accept and consent that WPC, its PTS or Clubs and Leagues might, at their discretion require that this document be signed more than once.

This document will remain in effect for the Water-Polo Canada, PTS, Clubs or Leagues' activities, programs and services, until the applicable provincial and federal governments' health officials determine that the acknowledgments in this declaration are no longer required.

I have signed this document freely and with full knowledge.

**For a Minor participant or registrant**

Name of the Minor: \_\_\_\_\_ Date of Birth: DD/MM/YYYY

Name of parent or legal guardian (Print): \_\_\_\_\_

Signature of parent or legal guardian: \_\_\_\_\_

Signed in (City): \_\_\_\_\_ Date: DD/MM/YYYY

**For Adult participant or registrant**

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_

Signed in (City): \_\_\_\_\_ Date: DD/MM/YYYY

## Appendix C

### FVWP Participation Agreement

This agreement applies to all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at Club activities.

All Participants of FVWP agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and the return to play (RTP) protocol.

- ☐ I agree to complete the daily FVWP Health Questionnaire prior to arriving at the pool.
- ☐ 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/physical 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 clubs 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 suspension of my club membership temporarily.
- ☐ 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 and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Participant Name: \_\_\_\_\_ Parent or Guardian Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Participant (over 18 years of age): \_\_\_\_\_

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



## Appendix D

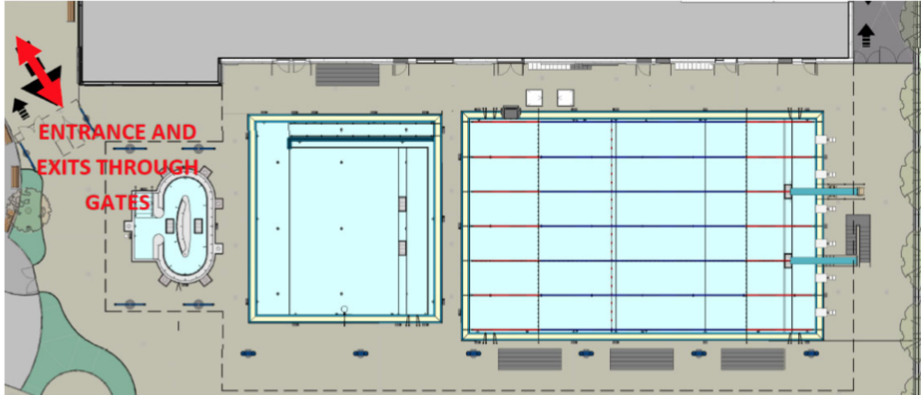
# Aldergrove Credit Union Community Centre (ACUCC) Outdoor Pool Township of Langley

**Figure A: Facility Specific Procedures**

This FVWP Return to Play document has been approved by the FVWP Board and our PSO, Water Polo West. However, every facility that we use for training will have its own Return to Play plan. If any of the facilities protocols differ from our own Return to Play plan then the facilities protocols will override our own.

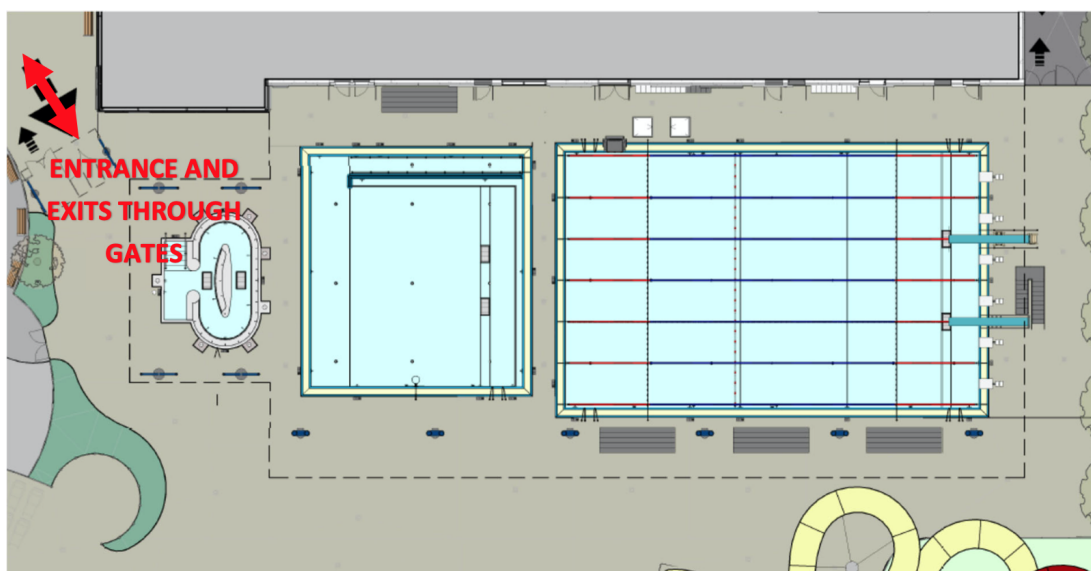
At Aldergrove Credit Union Community Centre (ACUCC) Outdoor Pool, FVWP recognizes that:

- The maximum athlete occupancy per lane is 4.
- Dryland is not permitted in the pool space, outside in the parking lot or in TOL space.

ACUCC Aquatic User Group Rentals	
	
<b>Description of public services being offered:</b>	The 25 M Pool & Social Pool will be open to rental groups to book time with limitations on the number of users for each time slot. All user groups will need to submit a COVID Safety Plan before use.
<b>Proposed opening date:</b>	August 19, 2020
<b>Overview of safety measures being taken:</b>	<p>General Facilities Department and Recreation Department responsibilities are as outlined in the ACUCC COVID Reopening Plan Methodology.</p> <p><b><u>Messaging to all Township staff:</u></b></p> <ul style="list-style-type: none"> <li>• Notice of public access to building for public swim sessions</li> </ul> <p><b><u>Messaging to Public:</u></b></p> <p><b>General Guidelines</b></p> <ul style="list-style-type: none"> <li>• All pool times must be booked 24 hours prior through Parks and Recreation</li> <li>• Time between user groups will be 15 minutes</li> <li>• User groups will be booked before/after the registered public sessions</li> <li>• One user groups will be in the facility at a time.</li> </ul> <p><b>Entrance</b></p> <ul style="list-style-type: none"> <li>• Athletes/club members should arrive as ready as possible for their event as groups will not be allowed into the facility until 5 minutes prior to their start time.</li> <li>• Athletes/club members are asked to wait at their cars until it is their time to check in to the facility to allow for physical distancing (registrants must enter and exit through the main gates)</li> </ul>

	<ul style="list-style-type: none"> <li>• A lifeguard will meet the user groups and allow them access to the pool area once it is time for their session</li> <li>• The entire group (athlete/club members and coaches) needs to enter the pool at the same time</li> <li>• No spectators will be allowed into the pool area</li> </ul> <p><b>Upon Entry to the Aquatic Facility</b></p> <ul style="list-style-type: none"> <li>• Obey physical distance rules while inside the pool area</li> <li>• Change room and men's and women's lobby washrooms will remain closed but the pool deck universal washrooms will be available</li> </ul> <p><b>Change Room/Lobby Space</b></p> <ul style="list-style-type: none"> <li>• Athletes/club members will not have access to change rooms or main facility</li> <li>• Outside showers are available for use on the pool deck</li> </ul> <p><b>Pool Deck</b></p> <ul style="list-style-type: none"> <li>• Place belongings on designated spots along fence line</li> <li>• Athletes/club members should minimize the amount of belongings they bring with them as standard lockers are not available for use</li> <li>• Athletes/club members must obey maximum occupancy of 4 per lane</li> <li>• Athletes/club members will not have access to TOL equipment (i.e. kick boards, flippers, etc.)</li> </ul> <p><b>Exiting Building</b></p> <ul style="list-style-type: none"> <li>• Athletes/club members will have 5 minutes to leave the facility once their rental session has ended</li> <li>• Athletes/club members are to exit through the main gates through which they entered</li> </ul> <p><b><u>Other:</u></b></p> <ul style="list-style-type: none"> <li>• Dry land training inside the pool area and/or outside in the parking lot or TOL spaces is not permitted.</li> </ul>
<b>Description of enhanced cleaning measures:</b>	<ul style="list-style-type: none"> <li>• Guards and BSW are to clean the universal washrooms and high-touch areas on the pool deck before, during and after the rentals</li> </ul>
<b>Accommodations for accessibility:</b>	<ul style="list-style-type: none"> <li>• Seating to be provided for elderly and disabled registrants upon request</li> <li>• Pool lifts will be available upon request</li> </ul>

**Figure B: Facility Pool Image**



### Links

[Township of Langley - COVID-19](#)  
[Aldergrove Credit Union Community Centre Reopening Plan - Full Document](#)

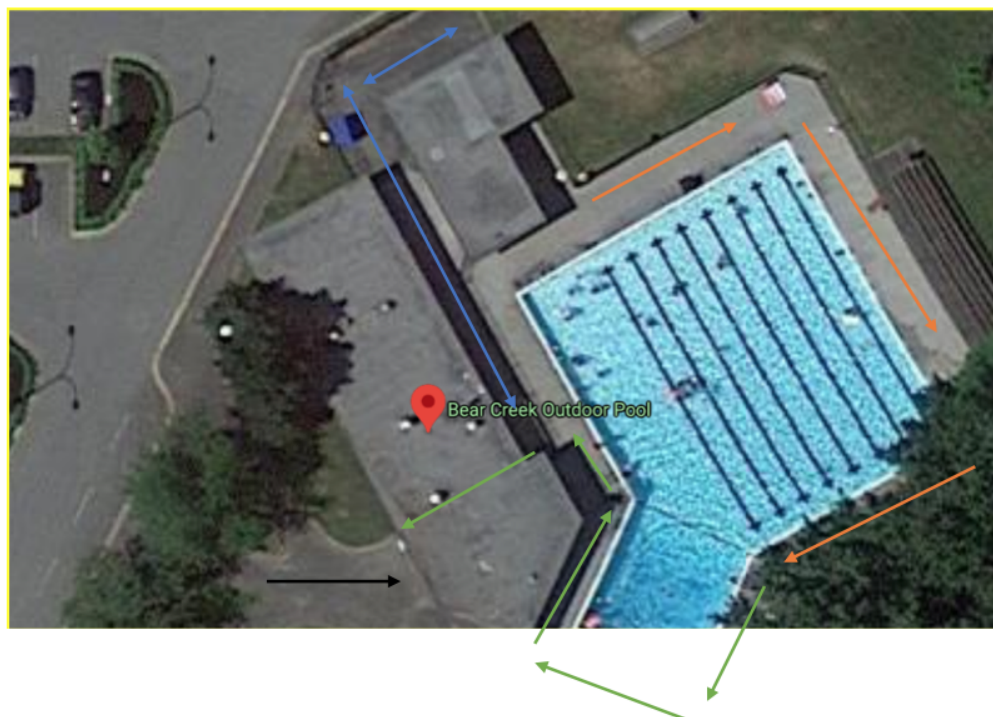
# Bear Creek Park and Hjorth Outdoor Pools

## Tide's Out Services Ltd.

**Figure A: Facility Specific Procedures**  
**Bear Creek and Hjorth Outdoor Pools are identical layouts**

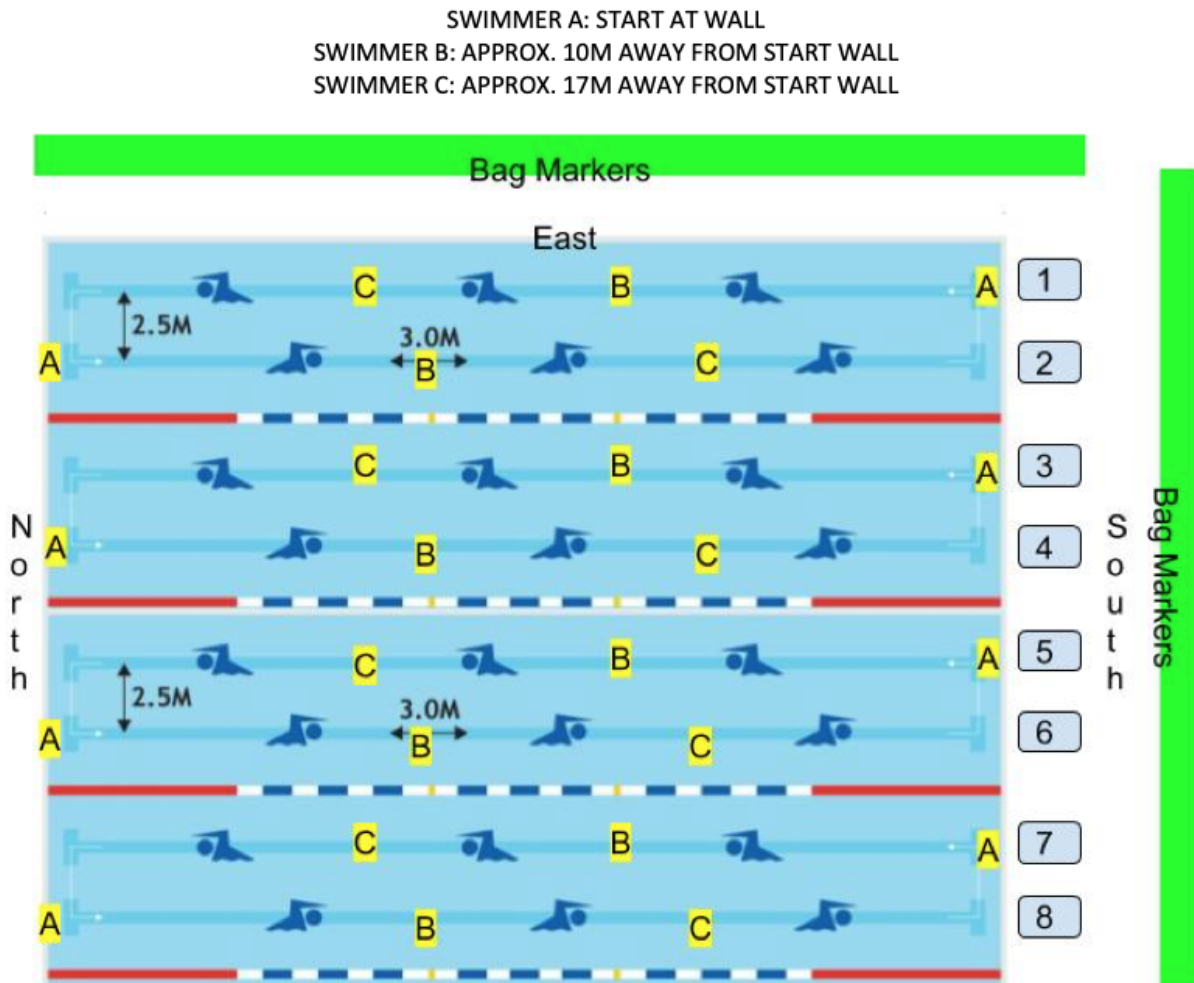
	<b>Bear Creek Park Pool – Figure A</b>
Facility Bathing Load	Phase 2: 30 people, including athletes and coaches
Drop Off Location	Bear Creek Main Parking Lot (off 88 <sup>th</sup> Ave), southern portion
Activation Location	<p>5:50am Group</p> <ul style="list-style-type: none"> <li>• Proceed directly onto deck via procedures below and do activation by bag markers</li> </ul> <p>All other groups</p> <ul style="list-style-type: none"> <li>• Markers along fence between washrooms and main pool deck, west side of pool (shown with blue arrows on Figure A)</li> <li>• Proceed to marker 1, furthest from entrance</li> </ul>
Entry procedure building (black arrow on Figure A)	<ul style="list-style-type: none"> <li>• Upon instruction, with bags enter through main entrance while maintaining physical distancing</li> <li>• Turn left and stay behind fence, along wall with bathrooms</li> <li>• Remove shoes at this time if dirty</li> <li>• If athlete is covered in grass notify coach</li> </ul>
Entry procedure on deck (orange arrows Figure A)	<ul style="list-style-type: none"> <li>• Upon instruction, enter the deck area through the showers <ul style="list-style-type: none"> <li>○ Showers will not be available</li> <li>○ If covered in dirt or grass notify coach before entering showers</li> </ul> </li> <li>• From showers turn left and proceed around pool deck (furthest from main entrance)</li> <li>• Place bags on marked locations along east and south fence proceeding to furthest marker from shower that is available</li> </ul>
Handwashing Location	<ul style="list-style-type: none"> <li>• Swimmers are required to bring their own hand sanitizer</li> <li>• Sinks with soap available for restroom use only</li> </ul>
Swimmer Bag Placement	<ul style="list-style-type: none"> <li>• Marked positions along eastern and southern deck fence starting from marker furthest from entrance to pool deck</li> <li>• Once ready, swimmers are to remain at bag until instructed</li> </ul>
Entry Procedure Water (Positioning in Figure B)	<ul style="list-style-type: none"> <li>• Once instructed, swimmers will move into their assigned lane and position according to the following: <ul style="list-style-type: none"> <li>○ Odd lanes enter from dive tank end</li> <li>○ Even lanes enter from shower end <ul style="list-style-type: none"> <li>▪ Position C swimmers</li> <li>▪ Position B swimmers</li> <li>▪ Position A swimmers</li> </ul> </li> </ul> </li> </ul>
Washroom Procedure	<ul style="list-style-type: none"> <li>• Washrooms are locked and access is extremely limited</li> </ul>

	<ul style="list-style-type: none"> <li>○ Swimmers should use washroom at home before leaving their house</li> <li>• Swimmers must give notice to the coaches before using the washroom to notify the lifeguard to open the washroom</li> <li>• Swimmers shall leave and enter at the shallow end of the lane</li> <li>• 1 swimmer at a time in the washroom</li> <li>• must wash hands with soap before returning to workout</li> </ul>
Lightning/Clear Pool Procedure	<ul style="list-style-type: none"> <li>• swimmers will clear pool, proceed to bag marker and follow lifeguard instructions</li> <li>• maintain physical distancing at all times while clearing the pool and moving out of facility</li> </ul>
Exit Procedure Water (green arrows on Figure A)	<ul style="list-style-type: none"> <li>• Odd lanes head to their bags first, with even lanes second in the following order: <ul style="list-style-type: none"> <li>○ Odd lanes Position A swimmer, then even lanes position A swimmer</li> <li>○ Odd lanes Position B swimmer, then even lanes position B swimmer</li> <li>○ Odd lanes Position C swimmer, then even lanes position C swimmer</li> </ul> </li> <li>• Upon instruction, swimmers will dry off at their bag markers and await coaches instruction</li> </ul>
Exit Procedure from Deck (green arrows in Figure A)	<ul style="list-style-type: none"> <li>• Once the next group has passed through the showers, upon instruction, swimmers will be escorted off the deck through the gate by the guard office</li> </ul>
Exit Procedure from building	<ul style="list-style-type: none"> <li>• Exit via main entrance</li> </ul>
Dryland Location (blue arrows on Figure A)	<ul style="list-style-type: none"> <li>• Dryland will be preformed prior to swimming in the activation area before the fence to the main deck on designated markers</li> </ul>
Pick Up Location	<ul style="list-style-type: none"> <li>• Bear Creek Park Main Parking Lot off 88<sup>th</sup> Ave <ul style="list-style-type: none"> <li>○ Closest to pool entrance</li> </ul> </li> </ul>

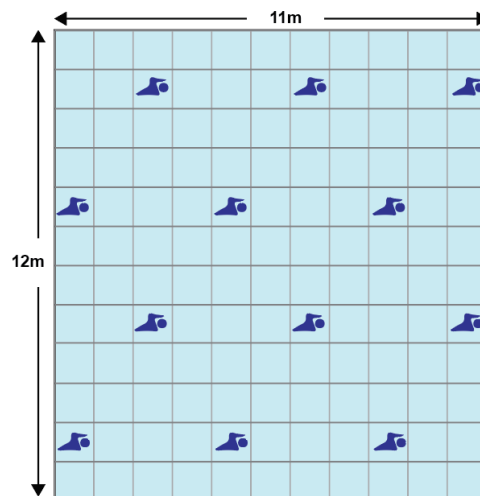




**Figure B: Swimmer Placement in water at Bear Creek/Hjorth**



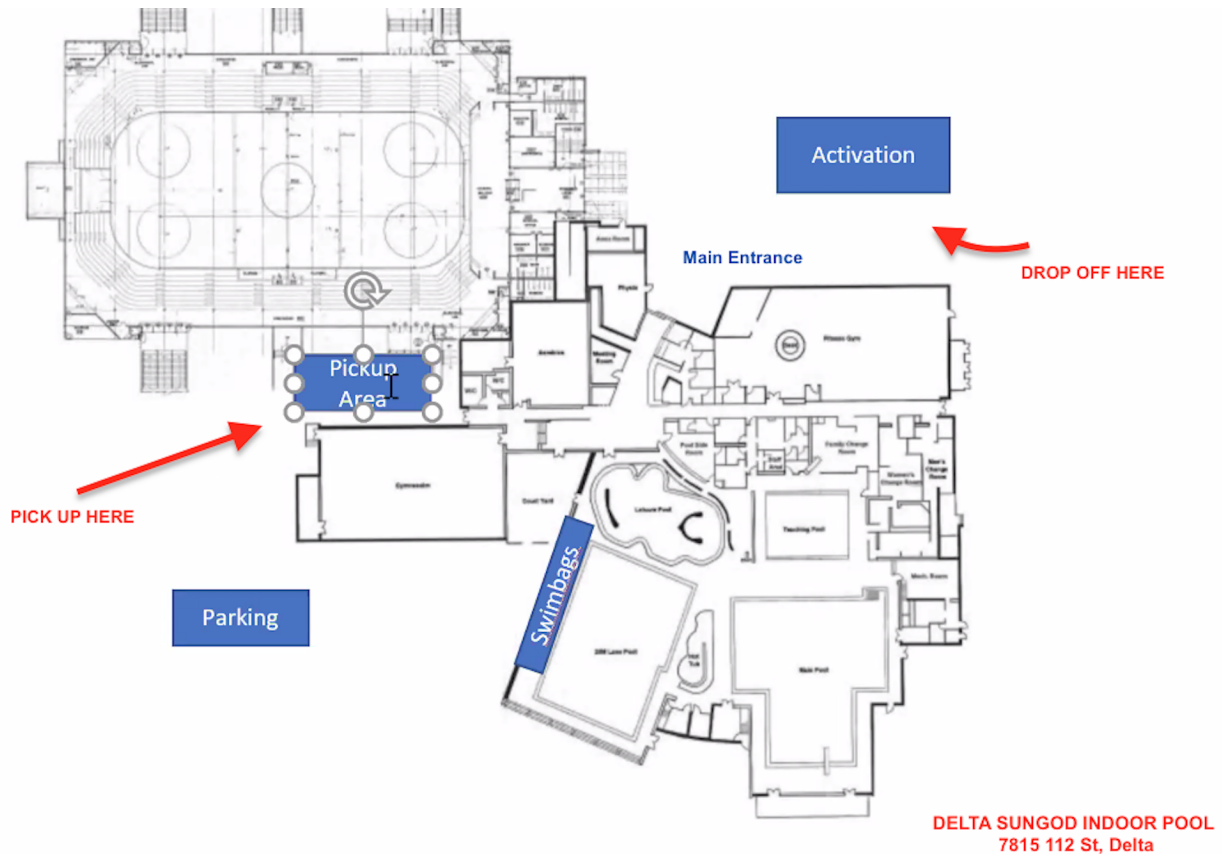
**BEAR CREEK DIVE TANK IS: 11x12=132m<sup>2</sup>**  
Each square = 1m



# SunGod Indoor Pool

## City of Delta

Collaboration with Delta Sunfish Water Polo Program



### SunGod Procedures:

1. The Sunfish coach present for this session with our FVWP coach is Isabel Howie.
2. Athletes and FVWP coach should meet at the main entrance to the pool at 4:00pm.
3. As athletes arrive the FVWP coach will mark them on the attendance sheet and double check that they have their forms and health questionnaire completed. Plus, at SunGod pool you will need to ask each athlete the same health questionnaire questions face-to-face too.
4. At 4:10pm the FVWP coach will take the team and walk them, single file 2 meters distanced, to the main entry door.
5. Facilities will let coach/athletes into the pool area and will escort them to the pool deck.
6. IMPORTANT: At this moment in time, if an athlete arrives after your practice group has entered the facility they will not be allowed into the practice. Facilities rules not ours. Sorry.
7. Practice finishes at 6:15pm. Parents are asked to meet athletes by the exit door (as shown in the map above).
8. If access is required to the storeroom - only two coaches allowed. No athletes are permitted to enter.

### **Covid Questions to Ask Athlete in Person**

FVWP Coaches are required to do this when practising at SunGod Pool because Delta Sunfish's Return to Play requires same day health check

1. Are you experiencing any of the following: Severe difficulty breathing (eg. struggling to breathe or speaking in single words), Severe chest pain, Having a hard time waking up, Feeling confused, Losing consciousness?
2. Are you experiencing any of the following: 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?
3. Are you experiencing cold, flu or COVID-19 symptoms, (even mild ones)? Common symptoms include: Fever, chills, cough or worsening of chronic cough, shortness of breath, sore throat, runny nose, loss of smell and/or taste, headache, fatigue, diarrhea, loss of appetite, nausea and/or vomiting, muscle aches. While less common symptoms can also include: stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, skin rashes or discolouration of fingers or toes?
4. Have you travelled to any countries outside Canada (including the United States) within the last 14 days?
5. Did you provide care or have close contact with a person with confirmed COVID-19? NOTE: This means that you would have been contacted by your health authority's public health team?



# Surrey Sport & Leisure Centre

## City of Surrey

### General Information

- Surrey Sport and Leisure Complex -16555 Fraser Hwy #100, Surrey, BC V4N 0E9 is scheduled to reopen October 13th, 2020.
- Hours of Operation:
  - Monday-Friday 5:30am-9:00pm (with a 3-hour closure from 12noon-3:00pm)
  - Saturday/Sunday 6:00am-9:00pm
- All programming will be done in pods. Within each pod specific activities will be offered. These activities include: Learn to swim lessons, public lane swimming, public leisure swimming, aquatic fitness programs, and allocated swim clubs. Pods can have 1-3 activities within. Lessons pods will only have lessons.
- Some allocated swim club only times may be offered through October - we will evaluate this as we move forward.
- Other Swim Club times will be shared with public
- There will be 30 mins between pods for patron change over. Once a pod is over our staff clear the pool – patrons/swim clubs have 15 mins to exit the facility.
- **Swim clubs will be entering and exiting:**
  - **Through the back of the building. (Deep End) Map attached at the end of this document.**
  - **There are 2 doors for Club entrance– Door #1 and Door #2. Each practice it will be identified which door your club should line up at.**
- There will be no private showers available.
- The next pod registrants will enter 15 min prior to the beginning of their booking/pod.
- Swim Clubs will have access to the pool deck at the start of their time slot. No dryland training is permitted at this time. Brief "pre-session activation" only, distance must be maintained.
- **No spectators or parents will be allowed into the facility.** Coaches, and swimmers and any volunteers to monitor safety are permitted.
- In water activities should follow your Sport Organization Guidelines. Teams are expected to comply with direction from provincial sport bodies.
- After the swim club booking, groups will have fifteen (15) minutes after the end of their booking to exit the pool deck and facility.
- Each club will have an identified washroom for use during their practice. Coaches can notify City staff to assist in escorting swimmers to their washroom. Athletes must wait at the north door on pool deck to lobby. City staff will escort athletes to washroom. Identified on map. Washrooms are in a dry zone.
- There will be designated entrances and exits and a one-way traffic flow, marked by decals on the floor, to direct participants throughout the facility and promote physical distancing (See image below)
- All user group members must always practice physical distancing when in the facility. This includes walking in hallways, changerooms, and on the pool deck. Coaches are responsible for their club's compliance.

### Prior to Arriving at the Pool

- Athletes must come with swimsuit on.
- Athletes must bring a full water bottle, there will be limited fill stations in the facility and on deck.
- Bring minimal or no personal belonging. There will be no access to lockers. There are identified locations on the pool deck for storing personal belongings for athletes. Coaches to lead process.
- Athletes are encouraged to go to the washroom prior to arriving at the pool.

## Arriving at the Pool

- Swim club athletes are to be dropped off by parents/guardians at the identified location on the map. This is located on the North side of the facility.
- Coaches are to meet their athletes at this location and escort them towards the entrance door.
- Coaches are responsible for ensuring athletes are safe crossing streets and accessing the entrance.
- **Swim clubs will be entering and exiting:**
- Through the doors at the back of the building. (Deep End) Map attached of parking and drop off.
- There are 2 doors – Door #1 and Door #2. Each practice it will be identified which door your club should line up at. Staff will assist with this.
- Groups are to arrive 15 minutes prior to booking. Not earlier.
- Participants must line up outside the back doors using physical distancing. The coaches and/or the health and safety person or volunteer must organize the group outside and ensure all athletes have completed a screening and attendance. (this process to be outlined in Assumption of Risk Form)
- Our facility host will greet the user group outside the building at the appropriate entrance. They will go over the expectations of your group and remind you if you are feeling unwell, not to enter the facility.
- The group will be let into the facility fifteen (15) minutes prior to the start of their booking. All participants must be on time, no late comers will be given access to the building.
- Groups are required to take attendance and complete their screening. Groups are required to keep these records for 30 days for contact tracing. This is a provincial government regulation. The City may audit records, so please be prepared to produce records on request.

## Entering the Facility

- Hand sanitizer stations will be located at the entrance of the facility. You will be asked to use the sanitizer prior to entering.
- Athletes will place their limited personal belongings in the designated location on the pool deck.
- Coaches will not have access in City staff only areas
- No food or drink other than water is permitted on the pool deck.
- No dryland training is permitted at this time. Brief "pre-session activation" only, distance must be maintained.
- Each club will have an identified washroom for use during their practice. Coaches can notify City staff to assist in escorting swimmers to their washroom. Athletes must wait at the north lobby door on pool deck. (shallow end) City staff will escort athletes to washroom. Identified on map.
- Washrooms are in a dry location – Athletes must be dry to access washrooms.

## In Water

- In water activities must follow your sport governing body.
- When more than one club is in the same pool there must be a buffer lane to separate the groups to support physical distancing and Provincial Health orders.
- Spitting will not be tolerated. Anyone seen spitting on the pool deck or anywhere in the facility will be asked to leave the building.
- There will be no shared equipment for use unless approved through your Return to Sport Safety Plan directed by your sport's governing body. Pace clocks and lane ropes and required equipment will be made available by pool staff.
- Physical distancing must be enforced by each group. Out of the water, on deck, lining up for dive blocks, or on diving boards etc.
- Coaching from the bulkhead will not be permitted.
- Lifeguard staff will be responsible for first aid and medical attention.
- If music is required, please work with pool staff to access. Groups must designate one person to control the music during that booking. Music must be at a reasonable volume to maintain a safe environment. Work with City staff for access.

### **Lane Density**

- We are currently transitioning from Phase 2 of the via-sport plan and are navigating an approval process to begin moving into Phase 3 of the via-sport plan. Lane Density will be increasing gradually and safely.
- **Lane density will initially be set at 4 swimmers/lane**

### **Exiting the Facility**

- At the end of your pool time, you will have fifteen (15) minutes for your group to exit the facility together.
- No private showers on way out. No changerooms available on exit.
- Exit by the doors your club entered through.
- The facility host will escort your group to the appropriate door.

### **COVID-19 Test Positive Procedure**

- If a participant develops symptoms at the facility, an isolation room will be provided to separate the participant from the rest of the group.
- Notify City of Surrey facility staff immediately.
- If a participant tests positive for COVID-19 the organization must notify the facility manager immediately. The City will follow all direction from the Provincial Health Authority and follow our COVID-19 Action Plan.  
<https://www.surrey.ca/city-government/30914.aspx>

Fleetwood Town Centre Manager  
Colquhoun, Carla  
+1 (604) 501-5035  
[carla.colquhoun@surrey.ca](mailto:carla.colquhoun@surrey.ca)

SSLC – Aquatics  
Woods, Kelsey  
+1 (604) 501-5966  
[kelsey.woods@surrey.ca](mailto:kelsey.woods@surrey.ca)

Figure A: Exterior Map

## EXTERIOR MAP

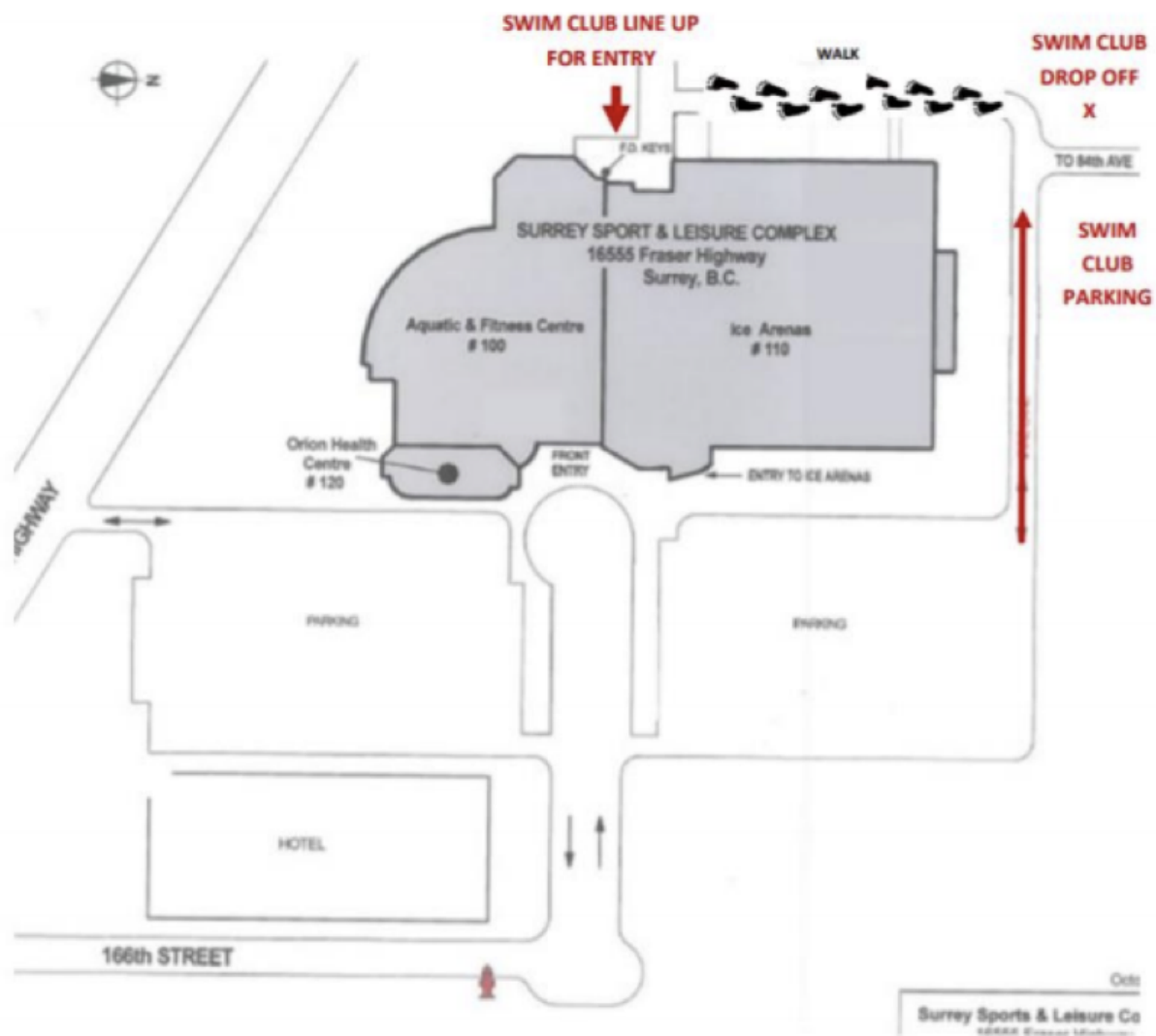
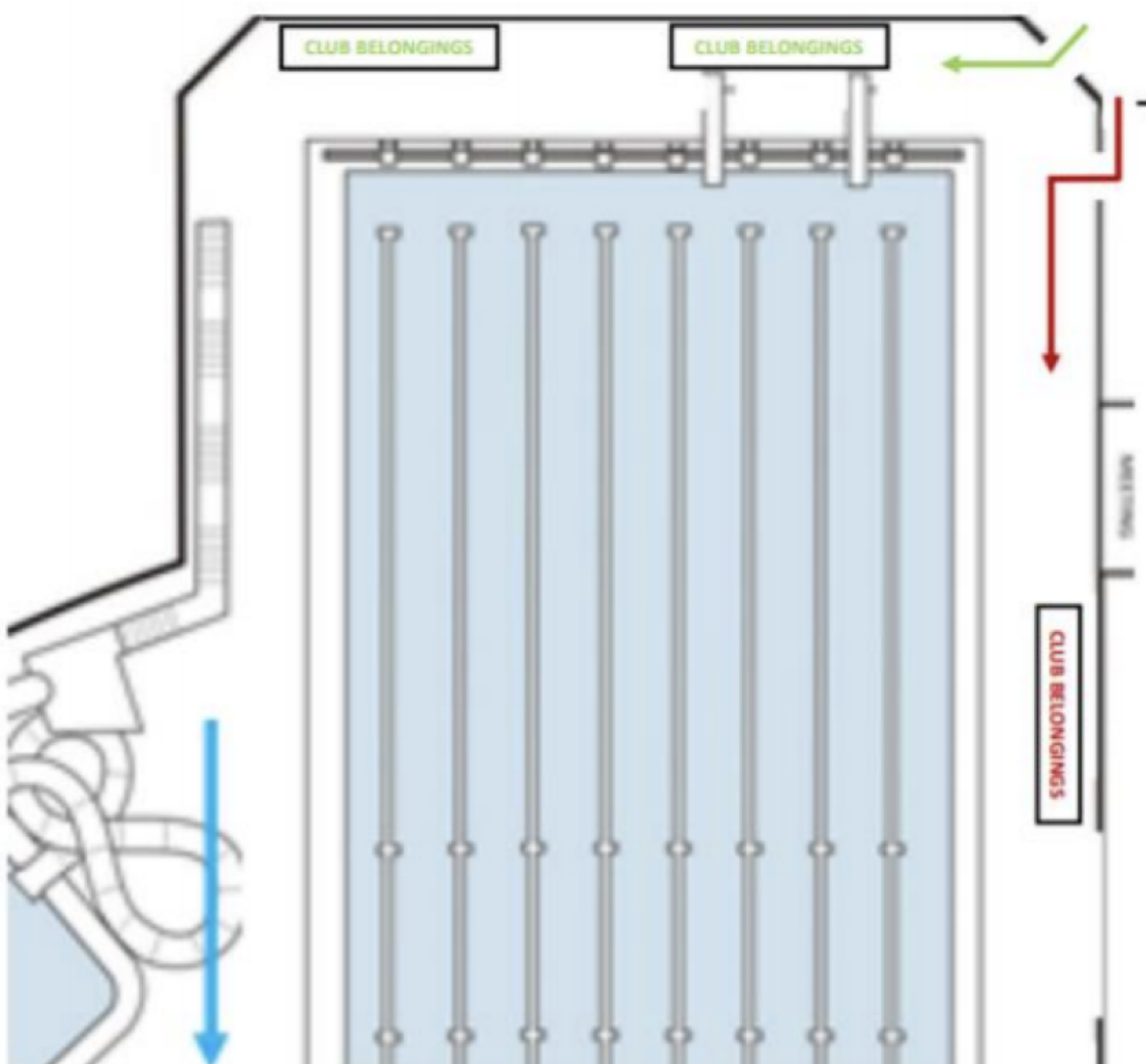
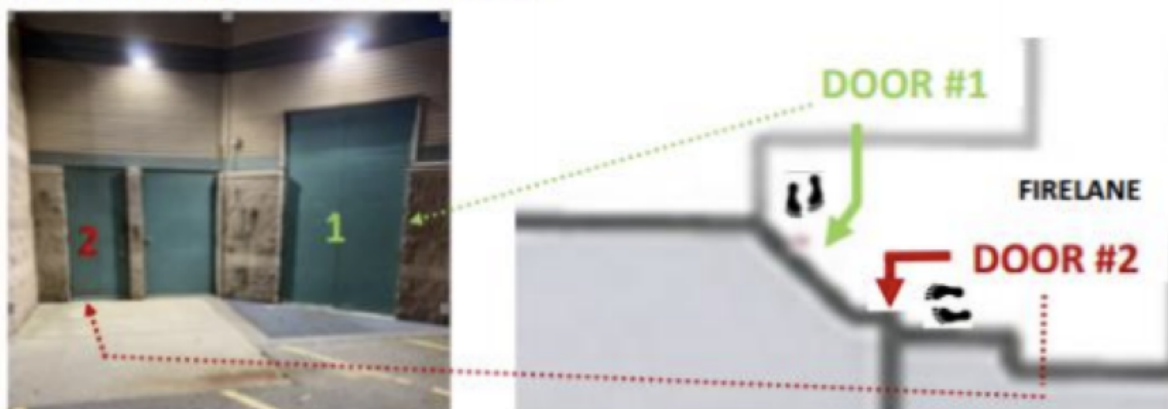


Figure B: Club Entry Doors At Back

### CLUB ENTRY DOORS AT BACK



### Figure C: Pool Deck Movement Map

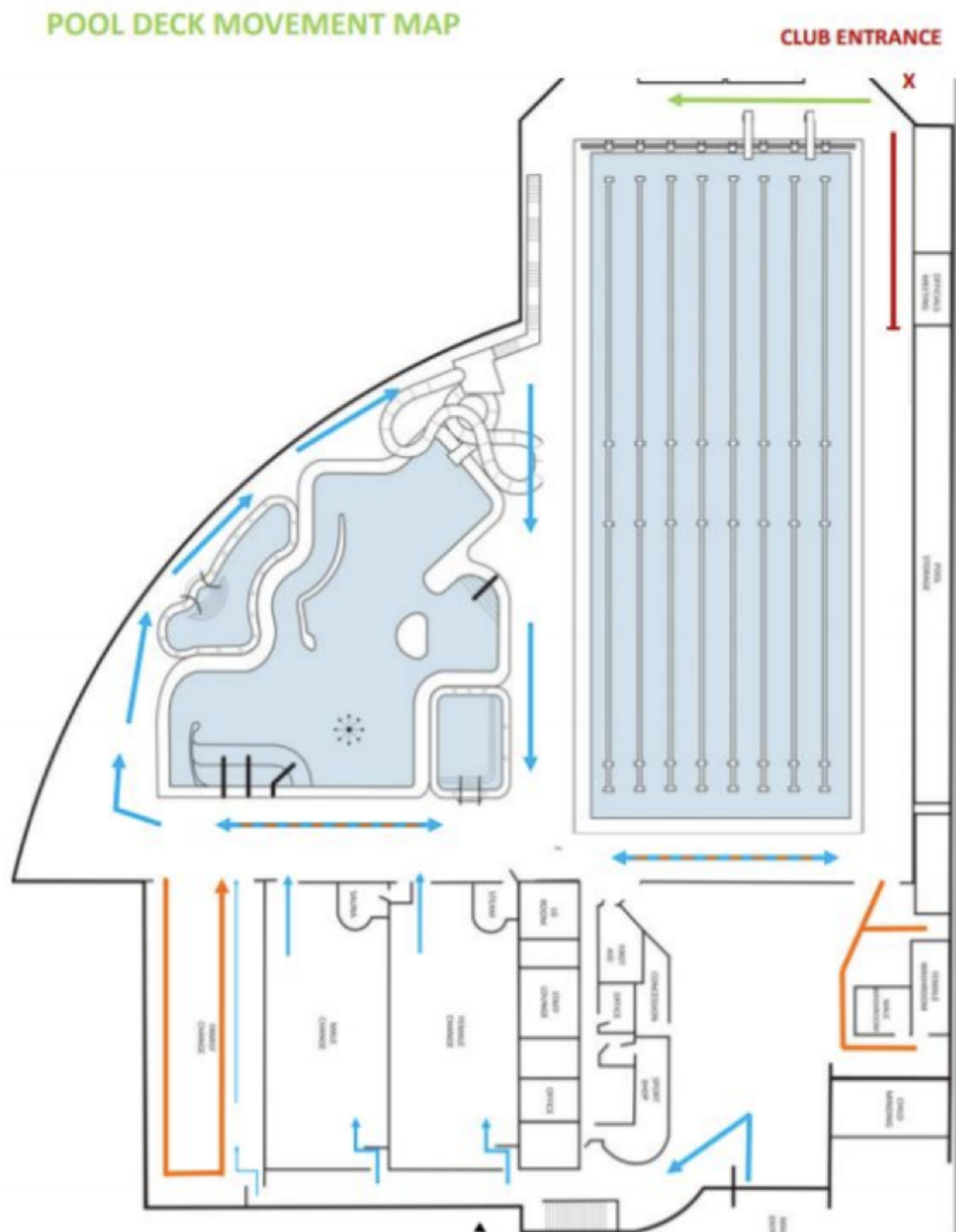
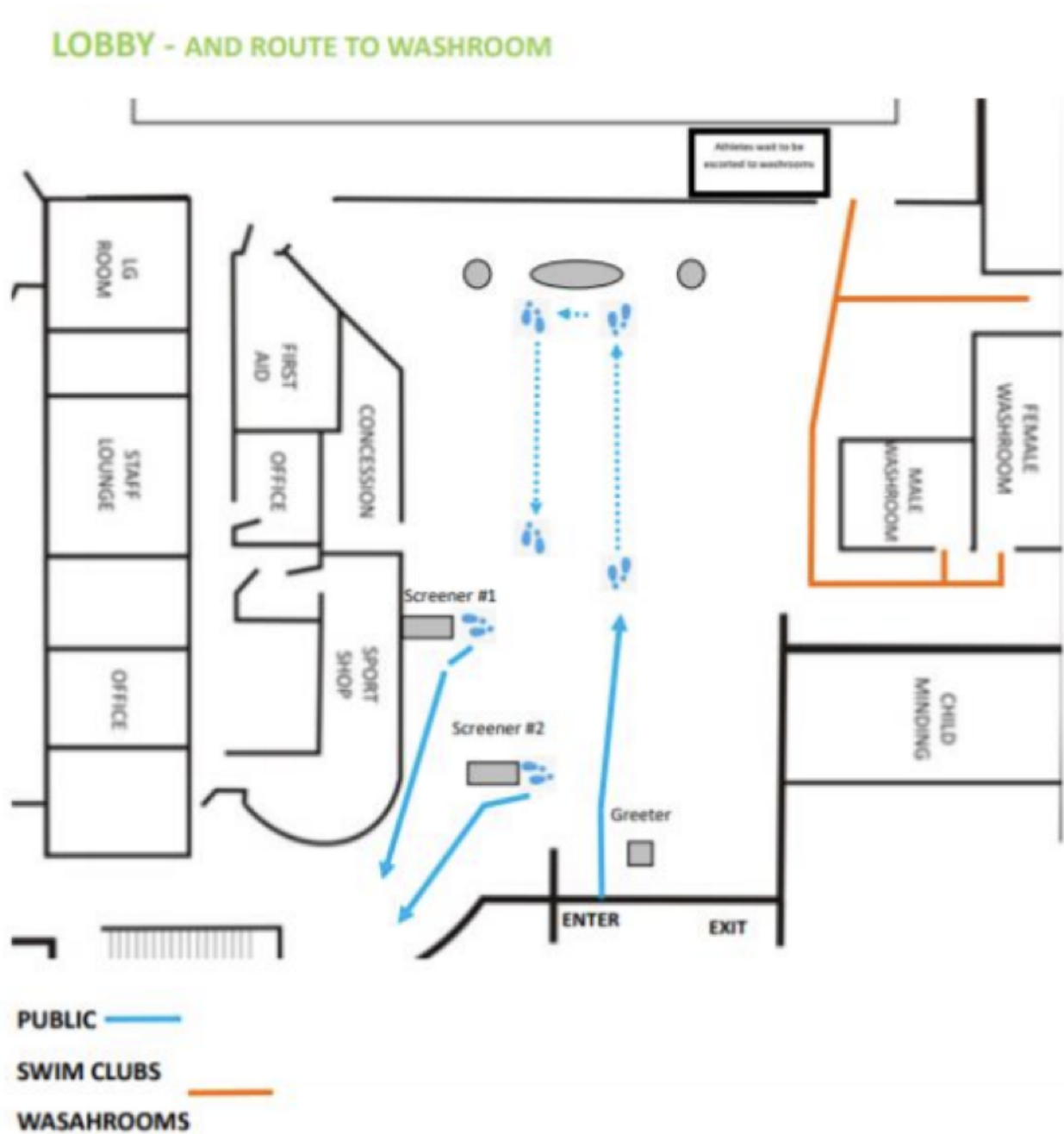


Figure D: Lobby - and Route to Washroom



# Matsqui Recreation Centre

## City of Abbotsford

### Safety Plan

## COVID 19 AQUATIC Safety Plan

### PATRONS

All patrons are required to read and confirm that they understand the City's COVID-19 safety plan, policies and procedures as outlined below and act in accordance with them. Failure to adhere to these policies could result in persons being removed from the facility immediately.

#### MAINTAIN PHYSICAL DISTANCING

- Users must maintain physical distancing of 2 metres while in the facility

#### FACILITY ADMISSION

- Patrons are required to preregister for pool sessions prior to visiting the facility
- Drop-in admissions are not available at this time
- Registration will begin 24 hours prior to each session and can be completed online at [https://www.abbotsford.ca/leisure/recreation/lessons\\_and\\_Programs.htm](https://www.abbotsford.ca/leisure/recreation/lessons_and_Programs.htm) or by phone at 604-855-0500
- In order to preregister for pool sessions, patrons must complete the City of Abbotsford health declaration

#### ENTRANCE INTO POOL AREA

- Before entering the facility all patrons must read the Patron Health Declaration and Facility Guidelines at the front entrance. Any person who answers 'Yes' to any of the questions should go home and return when they are well
- No gathering in the lobby areas
- It is recommended that patrons come changed and prepared to swim
- Patrons must access pool area through Family change room hallway
- Access to Men's / Women's change room is prohibited
- Washroom access will be limited to the accessible washrooms in the pool hallway
- Family change rooms will be available for showers only. Doors have been removed to discourage prolonged use
- All patrons are required to have a cleansing shower prior to entering the pool
- Patrons are expected to follow all directional markings and signs
- Patrons are encouraged to leave non-essential items at home as change room lockers will not be available for use
- Wallet lockers will be available for small items and valuables
- On deck cubbies will be available for patron use
- Staff members will be present to provide direction and assist patrons

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**HEALTHY & ACTIVE**





# COVID 19 AQUATIC Safety Plan

## POOL SESSIONS

### LENGTH SWIM

- Maximum of 16 Patrons (4 swimmers/double lane)
- Patrons are encouraged to bring their own equipment; however, staff will not be responsible for the handling and disinfection of personal equipment
- Equipment will be available upon request
- Patrons are asked to not share equipment

### AQUA FITNESS

- Maximum of 32 Patrons
- 20 patrons - Shallow Aqua Fitness
- 12 patrons - Deep Aqua Fitness
- Patrons are encouraged to bring their own equipment; however, staff will not be responsible for the handling and disinfection of personal equipment
- Patrons are asked to not share equipment

### PUBLIC SWIM

- Maximum of 40 Patrons
  - Main Pool – Max Capacity 40 patrons
  - Tots Pool – Max Capacity 8 patrons
  - Swirl Pool – CLOSED
  - Sauna & Steam Room – CLOSED
  - Water Slide – Max Capacity 5 patrons in line/1 rider on the slide
  - Diving Boards – Max Capacity 1 patron on each board/1 patron in line for each board
- Patrons are responsible for maintaining physical distance amongst themselves.
- Availability of pool equipment is subject to the discretion of City of Abbotsford staff
- Pool toys will not be available for patron use
- PFD's will be available upon request
- Patrons are encouraged to bring their own equipment. Staff reserve the right to restrict the use of personal equipment. Staff will not be responsible for the handling and disinfection of personal equipment
- Patrons are asked to not share equipment

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# COVID 19 AQUATIC Safety Plan

## EXIT FROM POOL

- At the end of each session, patrons must deposit their equipment in the designated bin
- Patrons must collect their personal belongings and leave the facility within 15 minutes to allow for disinfection prior to the next session
- Patrons will not be permitted to return to the Family change rooms
- The on-deck shower will be available for patrons who wish to rinse off after swimming
- Physical distancing measures must be maintained
- Patrons must follow all directional markings and signage. They must leave the pool area through the designated exit door
- Staff members will be present to provide direction and assist patrons

## USER GROUPS

The user group representative is required to read and confirm that they understand the City's COVID-19 safety plan, policies and procedures as outlined below. The user group is required to take steps to ensure that participants act in accordance with the City's COVID-19 Safety Plan, policies and procedures. Failure to adhere to the same could result in your user group's license being revoked without refund of any fees or any particular person being banned from our facilities.

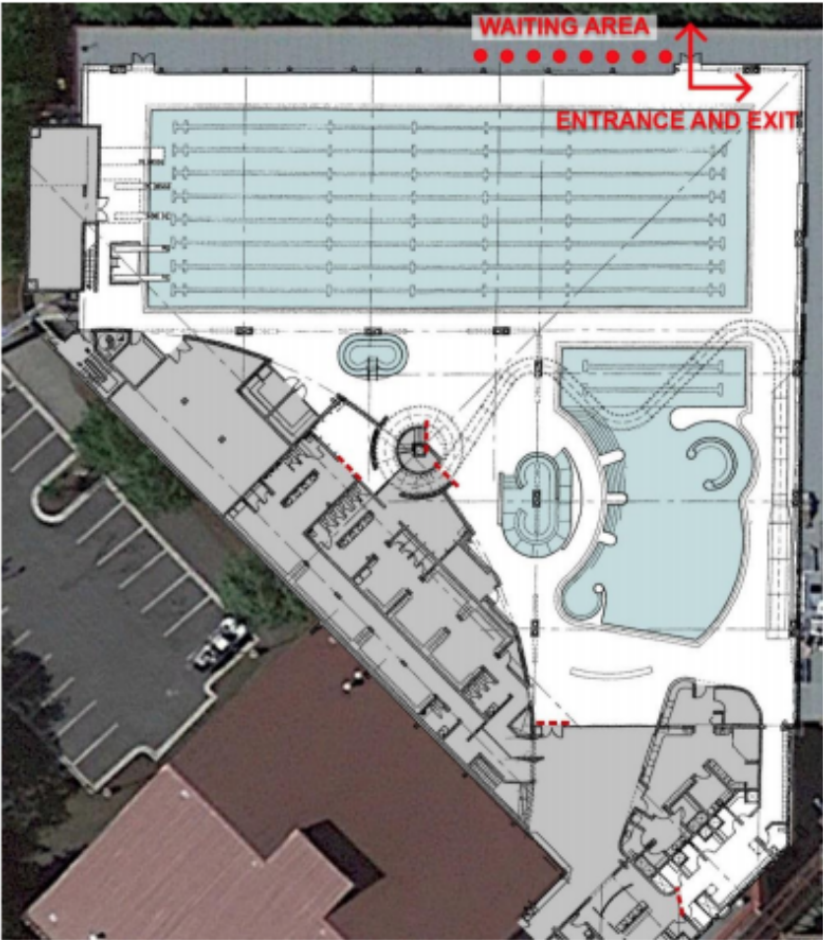
All user groups will be responsible for creating their own COVID-19 Safety Plan that follows the protocols established by the sport National Governing Body (NGB), the Fraser Health Authority (FHA), BC Centre for Disease Control (BCCDC) and Provincial Health Office (PHO).

## POOL RENTALS

- Maximum of 40 Patrons
- There will be a 30-minute break between sessions for the purpose of enhanced disinfection
- All participants are encouraged to wash their hands before entering and when leaving the facility.
- Hand sanitizer stations will also be available in the facility
- To ensure our facilities can remain open and safe, please respect and follow all established guidelines
- Guidelines to be reviewed and updated as information becomes available from Fraser Health Authority, BC Centre for Disease Control, and Public Health Office
- It is recommended that swimmers come changed and prepared to swim

# Walnut Grove Community Centre Township of Langley

## Safety Plan

WGC Aquatics User Group Rentals	
	
<b>Description of public services being offered:</b>	The pool will book time to rental groups with limitations on the number of users for each time slot. All user groups will need to submit a COVID-19 Safety Plan before use. There will be limited access to family change rooms.
<b>Proposed opening date:</b>	January 11, 2021
<b>Overview of safety measures being taken:</b>	<p><b><u>Facilities responsibilities:</u></b></p> <ul style="list-style-type: none"> <li>• Provide taped spots along benches by entrance for physical distancing</li> <li>• Removal of keys from lockers</li> <li>• Install hoarding to block access to             <ul style="list-style-type: none"> <li>◦ Change rooms beyond 6 approved family stalls</li> <li>◦ Women's change room</li> <li>◦ Men's change rooms (beyond showers)</li> <li>◦ Slide stairs</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Install hoarding with a door to men's showers to allow limited access</li> </ul> <p>Close off rope swing, sauna, steam room, and play features</p> <p><b><u>Messaging to all Township staff:</u></b></p> <ul style="list-style-type: none"> <li>• Notice of user group access to building for booked sessions</li> </ul> <p><b><u>Messaging to user groups:</u></b></p> <p><b>General Guidelines</b></p> <ul style="list-style-type: none"> <li>• All pool times must be booked through Parks and Recreation</li> <li>• When possible, all events will have a 30 minutes of cleaning before/after to ensure the area is cleaned, sanitized and ventilated</li> <li>• One user group will be in the facility at a time</li> <li>• All group members entering, transitioning through, or within Township indoor facilities are required to wear masks at all times</li> <li>• Coaches and/or support staff must wear masks at all times</li> <li>• Sport for children or youth must ensure that participants maintain a physical distance of three metres from one another</li> </ul> <p><b>Entrance</b></p> <ul style="list-style-type: none"> <li>• Athletes/club members should arrive as ready as possible for their event as groups will not be allowed into the facility until 5 minutes prior to their start time.</li> <li>• Athletes/club members are asked to wait at their cars or in the marked lineup area along the east side of the building until it is their time to check in to the facility</li> <li>• Athletes/club members must enter and exit through the north pool deck door</li> <li>• A host will meet the user groups and allow them access to the pool area once it is time for their session</li> <li>• The entire group (athlete/club members and coaches) needs to enter the pool at the same time</li> <li>• No spectators will be allowed into the pool area</li> <li>• Athletes/club members must wear masks until they are ready to participate in their activity</li> </ul> <p><b>Upon Entry to the Aquatic Facility</b></p> <ul style="list-style-type: none"> <li>• Obey physical distance and directional traffic rules while inside the building</li> <li>• Universal washroom is available in the family room</li> <li>• Showers will be available at the beginning of each booking in the shower area adjacent to the hot tub - A cleansing shower is required before pool entry</li> <li>• All other washrooms will be closed to public access</li> <li>• Athletes/club members will not have access to main facility</li> </ul> <p><b>Change Room</b></p> <ul style="list-style-type: none"> <li>• Athletes/club members will not have access to the change rooms at the start of their session. Guests should arrive as ready as possible for their event.</li> </ul>
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	<ul style="list-style-type: none"> <li>• The Family change room will be available during the last 30 minutes of the user group's practices for athletes/club members to access showers/change stalls. Lifeguards will monitor the number of persons in the change room at any given time.</li> <li>• Maximum occupancy in the change room is 6 persons/family units.</li> <li>• Athletes/club members will have a maximum of 10 minutes at the end of the session to shower/change and exit the facility.</li> <li>• User groups will be required to include language about change room use that is in line with the TOL facility COVID-19 Safety Plan in their Return to Play (RTP) plans, if they want their athletes/club members to have access to the change rooms during their practices.</li> </ul> <p><b>Pool Deck</b></p> <ul style="list-style-type: none"> <li>• Place belongings in cubbies or on designated spots along concrete benches at east end of the main pool</li> <li>• Athletes/club members should minimize the amount of belongings they bring with them as standard lockers are not available for use</li> <li>• Athletes/club members must obey maximum occupancy limits:             <ul style="list-style-type: none"> <li>○ Waterpolo - 12 swimmers per 25M pool</li> <li>○ Swim Club - 4 swimmers per lane</li> <li>○ Diving - ability to maintain 2M physical distancing rules at all times. One diver per board</li> <li>○ Synchronized swimming - ability to maintain 2M social distancing rules at all times</li> </ul> </li> <li>• User groups will be required to submit amendments to their Return to Play (RTP) plans to the Emergency Operations Centre (EOC) for approval, if they want to increase their maximum occupancy limits. Final approval is with the EOC.</li> <li>• Athletes/club members will not have access to TOL equipment (i.e. kick boards, flippers, etc.)</li> </ul> <p><b>Exiting Building</b></p> <ul style="list-style-type: none"> <li>• Athletes/club members will have 10 minutes to leave the facility once their rental session has ended</li> <li>• Registrants are to exit through the north pool deck doors through which they entered</li> </ul> <p><b>Food and Beverage</b></p> <ul style="list-style-type: none"> <li>• No food or beverages (except as described below) allowed on pool deck</li> <li>• Athletes/club members should bring a filled personal non-glass water bottle as there will not be communal water filling stations available</li> </ul> <p><b><u>Other:</u></b></p> <ul style="list-style-type: none"> <li>• Dry land training inside the pool area and/or outside in the parking lot or TOL spaces is not permitted. User groups will be required to submit amendments to their Return to Play (RTP) plans to the Emergency Operations Centre (EOC) for approval, if they want to include dry land training as part of their session. Final approval is with the EOC.</li> </ul>
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	<ul style="list-style-type: none"> <li>User groups who have been allocated storage space will be required to include language about storage space access that is in line with the TOL facility COVID-19 Safety Plan in their Return to Play (RTP) plans, if they want access to the storage space(s) during their practices.</li> </ul>
<b>Description of enhanced cleaning measures:</b>	<ul style="list-style-type: none"> <li>BSW staff are to clean the universal washrooms after the rentals</li> <li>Lifeguard staff are to clean cubbies, life jackets, communal equipment, and high-touch areas on the pool deck during and after the rentals</li> <li>BSW staff are to clean the change room at the end of each session use. The change rooms will remain locked at the beginning of each session to ensure proper cleaning protocols are followed.</li> </ul>
<b>Accommodations for accessibility:</b>	<ul style="list-style-type: none"> <li>Seating to be provided for elderly and disabled registrants upon request</li> <li>Pool lift will be available upon request</li> </ul>

## Appendix E

### FVWP Health Questionnaire

We have created the FVWP Health Questionnaire in the format of an online form. See image capture below.

FVWP COVID 19 Screening Questionnaire	
Please fill this out before attending any event held by Fraser Valley Water Polo. Deadline to submit is 21:00 the night before the event.	
<b>* Required</b>	
<b>Email address *</b> <input type="text" value="Your email"/>	<b>Are you experiencing any of the following: Severe difficulty breathing (eg. struggling to breathe or speaking in single words), Severe chest pain, Having a hard time waking up, Feeling confused, Losing consciousness</b>  <input type="radio"/> Yes <input type="radio"/> No
<b>Full Name *</b> <input type="text" value="Your answer"/>	<b>Are you experiencing any of the following: 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</b>  <input type="radio"/> Yes <input type="radio"/> No
<b>Phone Number *</b> <input type="text" value="Your answer"/>	<b>Are you experiencing cold, flu or COVID-19 symptoms, (even mild ones)? Common symptoms include: Fever, chills, cough or worsening of chronic cough, shortness of breath, sore throat, runny nose, loss of smell and/or taste, headache, fatigue, diarrhea, loss of appetite, nausea and/or vomiting, muscle aches. While less common symptoms can also include: stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, skin rashes or discolouration of fingers or toes.</b>  <input type="radio"/> Yes <input type="radio"/> No
<b>Participant Role *</b> <input type="radio"/> Player <input type="radio"/> Coach <input type="radio"/> Parent <input type="radio"/> Other	<b>Have you travelled to any countries outside Canada (including the United States) within the last 14 days?</b>  <input type="radio"/> Yes <input type="radio"/> No
	<b>Did you provide care or have close contact with a person with confirmed COVID-19? NOTE: This means that you would have been contacted by your health authority's public health team.</b>  <input type="radio"/> Yes <input type="radio"/> No

## Appendix F

### Club Declaration Form - Board Approval

The Fraser Valley Water Polo Club Return to Water Polo Policy & Procedures were approved by the FVWP Board on Sunday, 23 August 2020

Motion to Accept by Ron Hadar  
Seconded by Kim Hexter  
All in favour  
Motion Carried

#### **3. FVWP Return to Play Policies & Procedures**

a) Approval required by the Board at requested Board Meeting.

**Motion to Adopt the Return to Play Document as prepared Aug 22, 2020**

**Discussion ensued and with two amendments to be edited immediately.**

- 1) Removal of age groups on the online questionnaire
- 2) Removal of provincial travel restrictions in Appendix A

Motion to Accept: Ron      seconded: Kim      All in favor      Motion Carried

**Action item:** Jane to forward the Return to Play policy to Water Polo West for approval.



## Appendix G

### Water Polo West - PSO Approval

The Fraser Valley Water Polo Club Return to Water Polo Policy & Procedures were approved by Water Polo West - our PSO on Thursday, 27 August 2020. Appendix G was added to this document on 27 August 2020 following approval.

Water Polo West Letter added June 22, 2021

This letter from Water Polo West gives approval for BC Water Polo Clubs to transition to less restrictive training environments. This translates primarily into 2 conditions - lane density and physical distancing in the field of play.



June 22nd 2021

To Whom It May Concern,

In light of the changing Provincial Health regulations as we enter Step 2 of BC's Restart Plan, Water Polo West recommends to our BC water polo clubs that they adjust their Return to Sport Plans and work with local aquatic facilities to transition to less restrictive training environments. For the sport of water polo, that translates primarily into 2 conditions - lane density and physical distancing in the field of play.

As a PSO, we support increased lane density from 4 swimmers per lane to 6 swimmers per lane. Similarly, Step 2 of the Restart Plan removes the restriction of physical distancing in the field of play. We support our clubs working with our facilities to re-engage in complete water polo training which includes full contact scrimmaging and drills.]

On behalf of all of our local water polo clubs, thank you for working proactively & productively with our clubs to help responsibly return the sport to a regular training environment.

Thank you,

Christina Kouvousis  
Sport Development Coordinator  
Water Polo West  
[christina@waterpolowest.ca](mailto:christina@waterpolowest.ca)