



SWPC RETURN TO PLAY POLICY AND PROCEDURES (COVID-19)

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SWPC COVID OFFICER:	Brian Scarth	mobile 236-975-1008
SWPC COVID Officer:	Cynthia Springate	mobile: 778-388-9577
HEAD COACH:	Vladimir Ushakov	mobile 604-727-7524
PRESIDENT:	Aleksandar Mladenovic	mobile 778-867-2424

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INTRODUCTION

In an effort to facilitate the safe return to the pool and the sport of competitive water polo, SWPC 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”.

- Swim BC [Return to Swimming- Swim BC](#)
- Swimming Canada [Return to Swimming -SNC](#)
- WPC [Return to Waterpolo](#)
- BCPRA [Restarting Operations](#)
- Via Sport [Return to Sport](#)
- WorkSafeBC [Return to Safe Operations](#)

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

Disclaimer

- 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.
 - It is up to each and every person to reduce the infection, or spread of COVID-19
 - It is the responsibility of each and every person to assess the risk, and decide their own personal risk of participation within the team
- 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”
- SWPC 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

- Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:
 - respiratory droplets generated when they cough or sneeze
 - close, prolonged personal contact, such as touching or shaking hands
 - touching something with the virus on it, then touching the mouth, nose or eyes before washing the hands
- 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

- The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. These 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 and loss of appetite
- 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](#))
- For a complete understanding about COVID-19, please refer to one of the many credible sources including:
 - [Fraser Health](#)
 - [BC Centre for Disease Control](#)

SWPC COVID-19 Officer

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

ATHLETES

Health Questionnaire

- All athletes will be required to complete the SWPC'S Health Questionnaire each day prior to any workout
 - Legal guardians will need to complete for athletes aged 12 and under.
 - The SWPC Health Questionnaire will be administered by a member of the SWPC coaching staff and kept on file with attendance records for a minimum of 30 days
- If athletes answer YES to any question on the health questionnaire they must:
 - Not attend the workout under any circumstance.
 - Inform SWPC COVID-19 Officer and Head Coach.
 - Follow SWPC Illness and Positive Test Protocols (Appendix A)

Best Practices for Athletes

1. Prior to participating in any session, athletes and parents must participate in a Zoom orientation meeting to address guidelines and protocols.
2. Keep a minimum of 2 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 workout 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.
3. Do not greet others with any actions (handshakes, hugging, high fives) that involve physical contact.
4. Do not share food, drinks, or equipment with teammates.
5. Avoid touching their eyes, nose and mouth.
6. Frequently wash hands with soap and water or, if not accessible, use hand sanitizer.
 - a. Hand sanitizer is part of an athletes required equipment.
7. Cough or sneeze into sleeves.
8. Athletes must follow the entry and exit policies for Surrey Sport and Leisure Centre
9. Athletes must follow the directions of the SWPC coaches and facility staff with regards to physical distancing procedures in place.
 - a. Failure to follow staff direction, facility procedures, and SWPC 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.
10. Athletes are to act responsibly and promote appropriate behaviour on social media with their peers.
11. Athletes are encouraged to remain in the local community throughout Phase 3.

Arrival Protocol

- Athletes should arrive no earlier than **10 mins** before their scheduled time.
 - Athletes that arrive earlier are asked to remain in the vehicle until the appropriate time (or signalled by the coach to leave their vehicle).

- Athletes who are being dropped off will do so at the drop off parking lot designated for that practice
- Should athletes drive to the pool themselves, they will park their car at the designated parking lot for the duration of the practice.
- 12 and under athletes must be escorted by parents to the designated area.
- Upon arrival, athletes will proceed to a well-marked designated area outside of the facility and be met by a coach
 - Coaches will verify that the SWPC Health Questionnaire for that day has been filled out.
 - If not completed that athlete is unable to participate that day.
- Physical distance rules are in effect at all times.
- athletes are asked to show up with suits already
- athletes should use washroom facilities at home before arriving at the pool location.

Equipment

- Athletes must ensure that they are dressed appropriately. This includes all weather conditions.
- Required equipment includes:
 - Goggles
 - Swim paddles
 - Pool workout attire
 - Water bottle (athletes must have a water bottle prefilled at home before arrival)
 - Hand sanitizer
 - Towel
 - The only swim equipment accepted are paddles (no mesh bags, etc...).
 - Athletes are asked to place their swim bag in designated spots
 - Athletes will not be permitted to share equipment

Lane Assignments and Density

- 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.
- athletes' lane assignment and lane placement (within the lane) has been determined by the coaches, creating the best "training lane" available.
 - athletes must stay in their respective allocated placement
 - athletes will not be able to overtake each other during workouts.
 - Coaches will continually assess lane and group placements and will make changes if necessary

Post Training Protocol

- athletes are not allowed to access the changing rooms or showers.
- athletes must leave the pool immediately and follow exit procedures
 - athletes are not allowed to linger on the pool deck or in the dryland zone.
 - athletes must walk to designated pick-up parking lots
 - If athletes need to leave early they must inform their coach
- As per Safe Sport guidelines and club policy, NO DECK CHANGING is permitted
 - athletes must remove dryland clothing in designated dryland zones before entering pool vicinity.
- athletes must take all swim equipment home with them after each session to be sanitized.

PARENTS

Health Questionnaire

- The daily SWPC Health Questionnaire is the SWPC version of the BC COVID-19 Self-Assessment Tool.
- Athletes are required to complete the SWPC Health Questionnaire each day before attending any workouts that day.
 - Legal guardians need to complete the questionnaire for 12 and under athletes.
- If athletes answer YES to any question on the health questionnaire they must:
 - Not attend the workout under any circumstance.
 - Inform SWPC COVID-19 Officer and Head Coach.
 - Follow SWPC Illness and Positive Test Protocols (Appendix A)

Best Practices for Parents

1. Prior to participating in any session, athletes and parents must participate in a Zoom orientation meeting to address guidelines and protocols.
2. Keep a minimum of 2 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 caps, suits, etc...
3. Do not greet others with actions (handshakes, hugging, high fives, etc.) that involve physical contact.
4. Do not share food, drink or equipment with others.
5. Avoid touching their eyes, nose and mouth.
6. Frequently wash hands with soap and water, or if not accessible, use hand sanitizer.
 - a. Hand sanitizer is part of an athletes necessary equipment.
7. Cough or sneeze into sleeves.
8. Follow the directions of the SWPC coaches and facility staff with regards to physical distancing.
 - a. Failure to follow staff direction, facility procedures, and SWPC procedures may result in the removal of the athlete from the group training environment.
9. 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 SWPC to maximize the number of athletes participating.

Drop off and Pick up

- Parents are asked to drop off and pick up athletes from the parking lot in designated areas only.
- Please keep the window of drop off and pick up to 10 min before and after workouts each day.
- If parents and athletes arrive early, please stay in the vehicle until the appropriate time.
- Email will be the primary method of communication.
- Keep a minimum of 2 meters from anyone outside their household at all times

Communication

- There will be no in person meetings set until further notice.
 - Any required parent/athlete meetings will be conducted via Zoom with a third party present.
 - Ensure primary account email is an email that is checked on a regular basis.
 - Ensure that the email is verified and is receiving club emails, beyond billing emails.
 - 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

- 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.
- 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 SWPC team (athletes, Parents, Coaches) the team protocols for illness and/or positive tests is Appendix A.
 - If an athlete answers YES to any question on the SWPC Health Questionnaire they are not to attend the workout under any circumstances.
- Before in person participation all SWPC Members (athletes and volunteers) will be required to update their registration agreement by signing the following documentation.
 - *INDEMNITY AGREEMENT (Under the age of 12)*
 - *INDEMNITY AGREEMENT (12 years and older)*
 - *athlete PARTICIPATION AGREEMENT*

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

- Coaches must complete the SWPC Health Questionnaire before every coaching shift.
- If a coach answers YES to any question on the health questionnaire they must:
 - Not attend the workout under any circumstance.
 - Inform SWPC COVID-19 Officer and Head Coach.
 - Follow SWPC Illness and Positive Test Protocols (Appendix A).

Best Practices for Coaches

1. Prior to participating in any session, 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.
 - a. Set up will include directional flow signs/markers, placement of bag markers, lane ropes etc...
3. Keep a minimum of 2 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 caps, suits, etc...
 - b. Coaches will not be performing physical manipulations/corrections on athletes..
 - c. In a medical emergency, the coach will wear gloves in addition to a mask.
 - d. Coaches will maintain appropriate distance from other coaches and facility staff members throughout the entire duration of the time spent at the facility.
 - i. This includes pool storage areas when accessing equipment.
4. Avoid greetings with actions (handshakes, hugging, high fives, etc) that involve physical contact.
5. Avoid touching their eyes, nose and mouth.
6. Frequently wash hands with soap and water or if not accessible, use hand sanitizer
 - a. Hand sanitizer is available for coaches' use
7. Cough or sneeze into sleeve
8. Coaches must follow the entry and exit policies for SSLC.
9. Coaches must follow the directions of facility staff with regards to physical distancing procedures in place.
 - a. Failure to follow staff direction, facility procedures, and SWPC procedures may result in the removal of the coach from the group training environment.
10. Coaches will ensure all athletes have left the dryland zone or pool facility before leaving themselves
11. Coaches are encouraged to act responsibly and promote appropriate behaviour on social media with their peers.

WorkSafeBC Requirements

- Mitigating of risk:
 - SWPC 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.
 - When applicable, coaches will perform any administrative tasks from home
- Equipment provided:
 - Hand sanitizer for staff (athletes are required to supply their own)
 - PPE (mask and gloves).
 - 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.
- Equipment not provided:
 - Stopwatch.
 - Whistle (may be required for first-aid situations).

Facility Requirements

- Coaches are required to ensure that athletes follow any protocols, procedures, or policies that the facility has set out. This may include:
 - Ensure athletes are clear of any dirt or grass before entering the pool deck and pool.
 - Coaches are responsible for setting up and taking down club pool equipment.
 - Physical distancing markers
 - Only 1 coach is permitted in the storage room at a time.

Monitoring and Attendance

- Coaches are to ensure that all athletes attending a workout have completed the SWPC Health Questionnaire before participating in the workout.
 - Any abnormal responses by either a coach or athlete must be reported to the SWPC COVID-19 Officer and Head Coach immediately.
 - Coaches are responsible for ensuring that athlete responses remain confidential.
- Coaches are responsible to record daily attendance, which will be kept for a min of 30 days

Outbreak Response Procedure for Coaches

- The SWPC Illness and Positive Test Protocols that apply to the athletes applies to coaches as well.
- All coaches are required to read through these protocols before participation in training sessions.

First Aid Expectations

- 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).
- 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.
- Any incident must be recorded using the facility's incident report plan.
- Head Coach and the club President must be notified immediately.
- Gloves and a mask must be worn while attending any incident that involves a coach to be closer than 2 meters.

Program flow

- Group changeovers would look like:
 - Athletes arrive for dryland no more than 10 mins before the dryland session starts.
 - After dryland athletes remove dryland gear and place it in their swim bag, athletes then proceed to the marked positions on the pool deck. All equipment not in use must be stored in their swim bag.
 - When the session ends, athletes have 5 mins to clear the pool and deck.
 - The coaches have 15 minutes between sessions to sanitize high touch point surfaces

Appendix A

SWPC ILLNESS AND POSITIVE TEST PROTOCOLS

- **Inform an individual in a position of authority (Head Coach, SWPC 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.
 - Ensure work/practice area is closed off, cleaned and disinfected immediately and any surfaces that could have potentially been infected/touched.

- **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 work/practice space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have been potentially infected/touched.

- **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 workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

- **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

SWPC 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 SWPC 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 SWPC 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.

Name: _____

Parent or Guardian Name: _____

Date: _____

Signature of Participant (over 18 years of age): _____

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

Appendix C

Pool Specific Procedures

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.

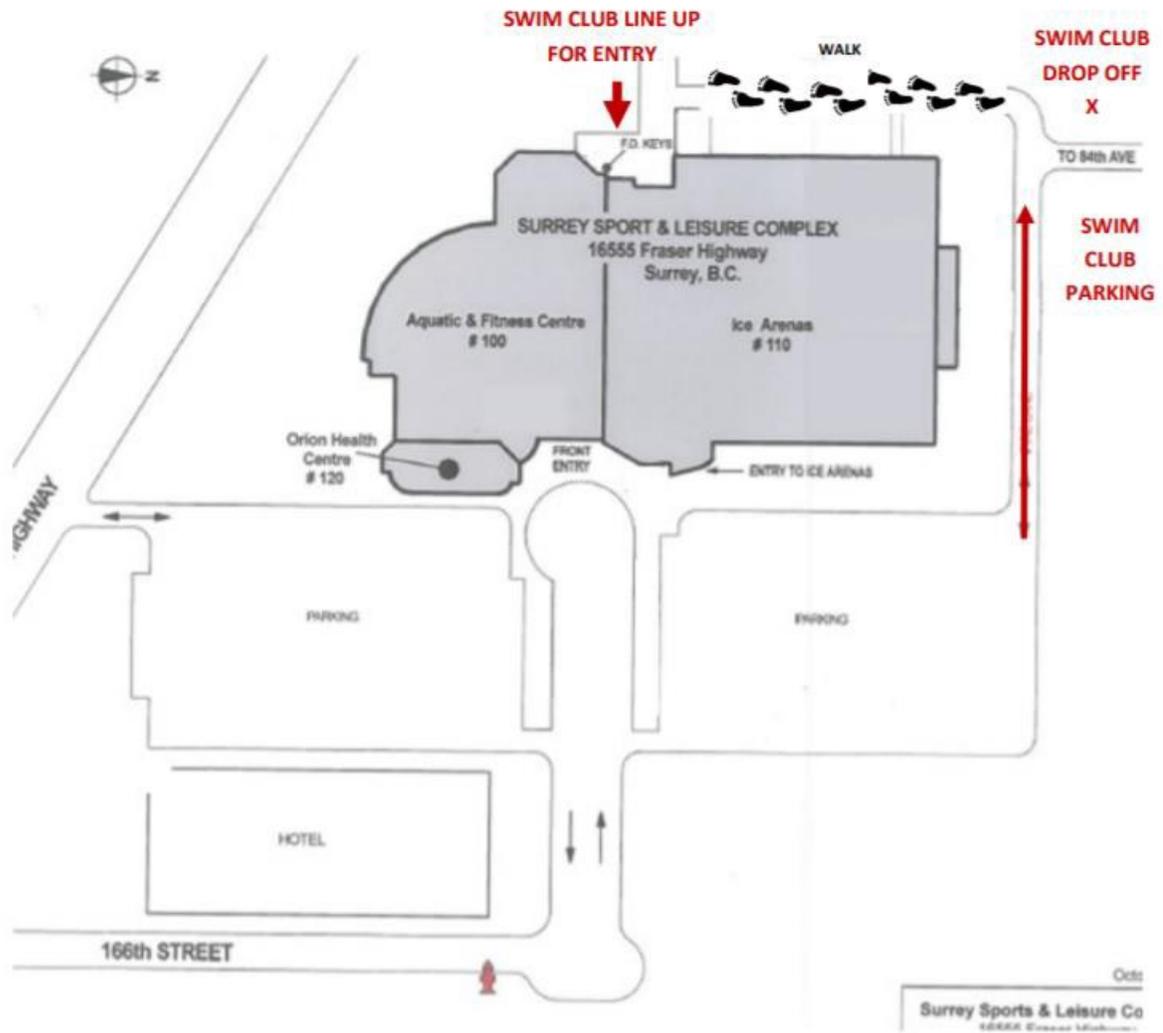
In Water

- 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.

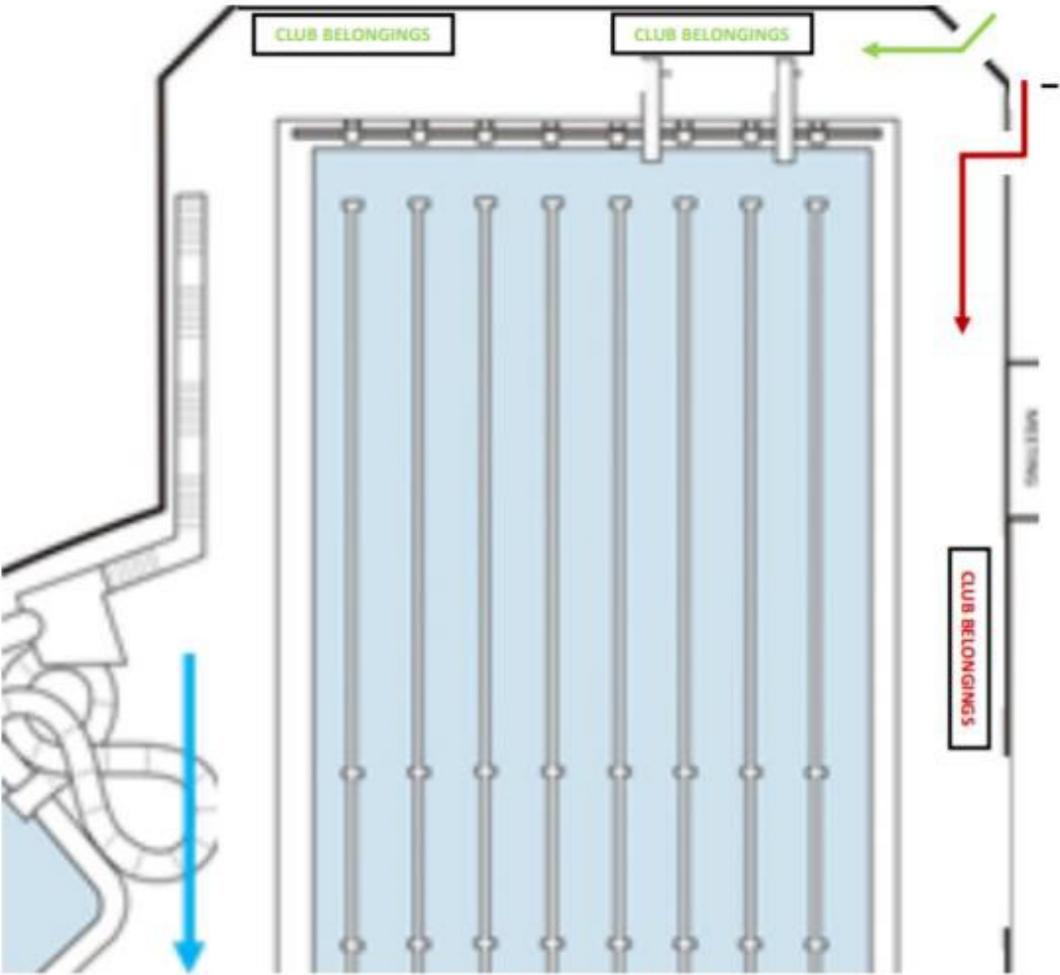
Exiting the Facility

- 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.

EXTERIOR MAP



CLUB ENTRY DOORS AT BACK



LOBBY - AND ROUTE TO WASHROOM

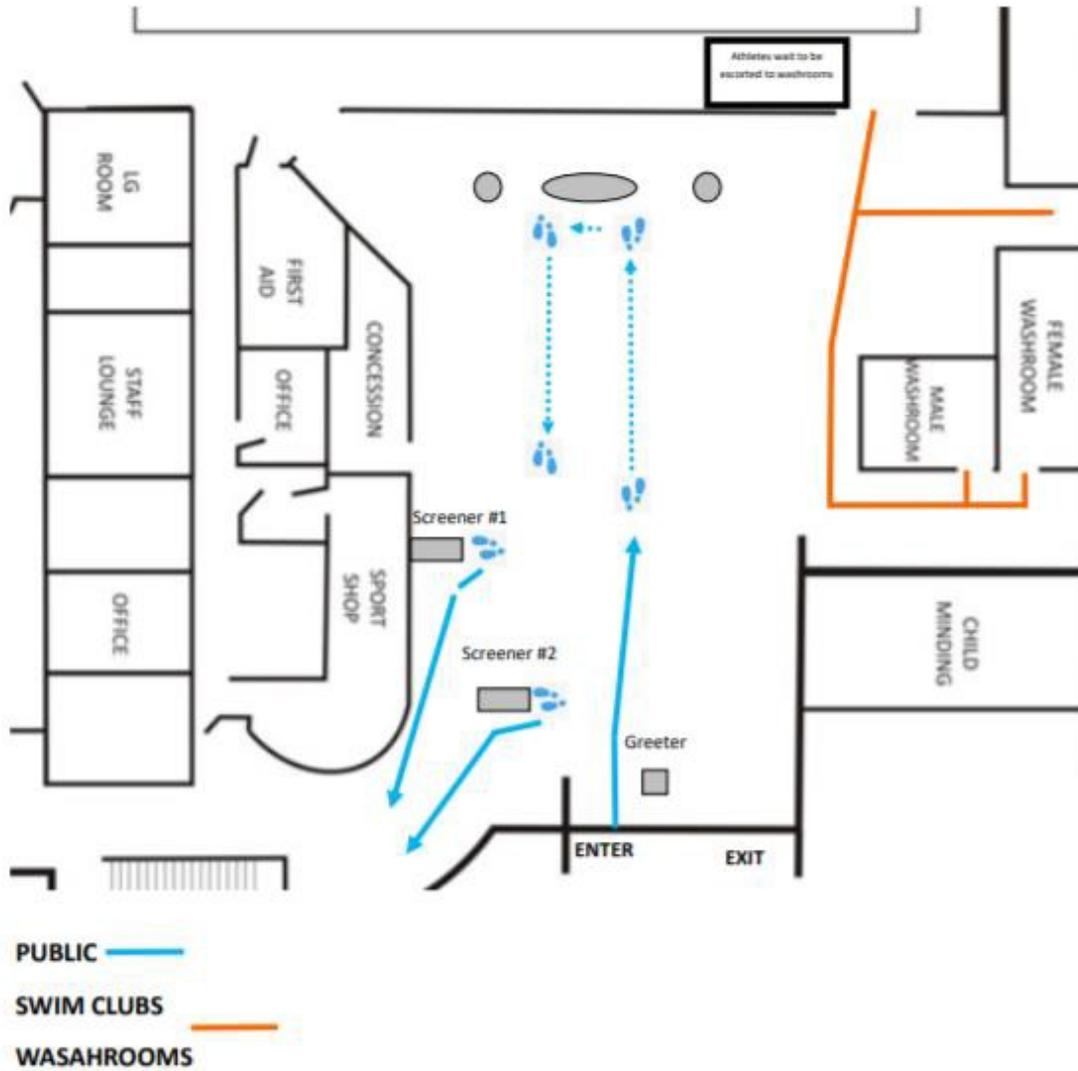
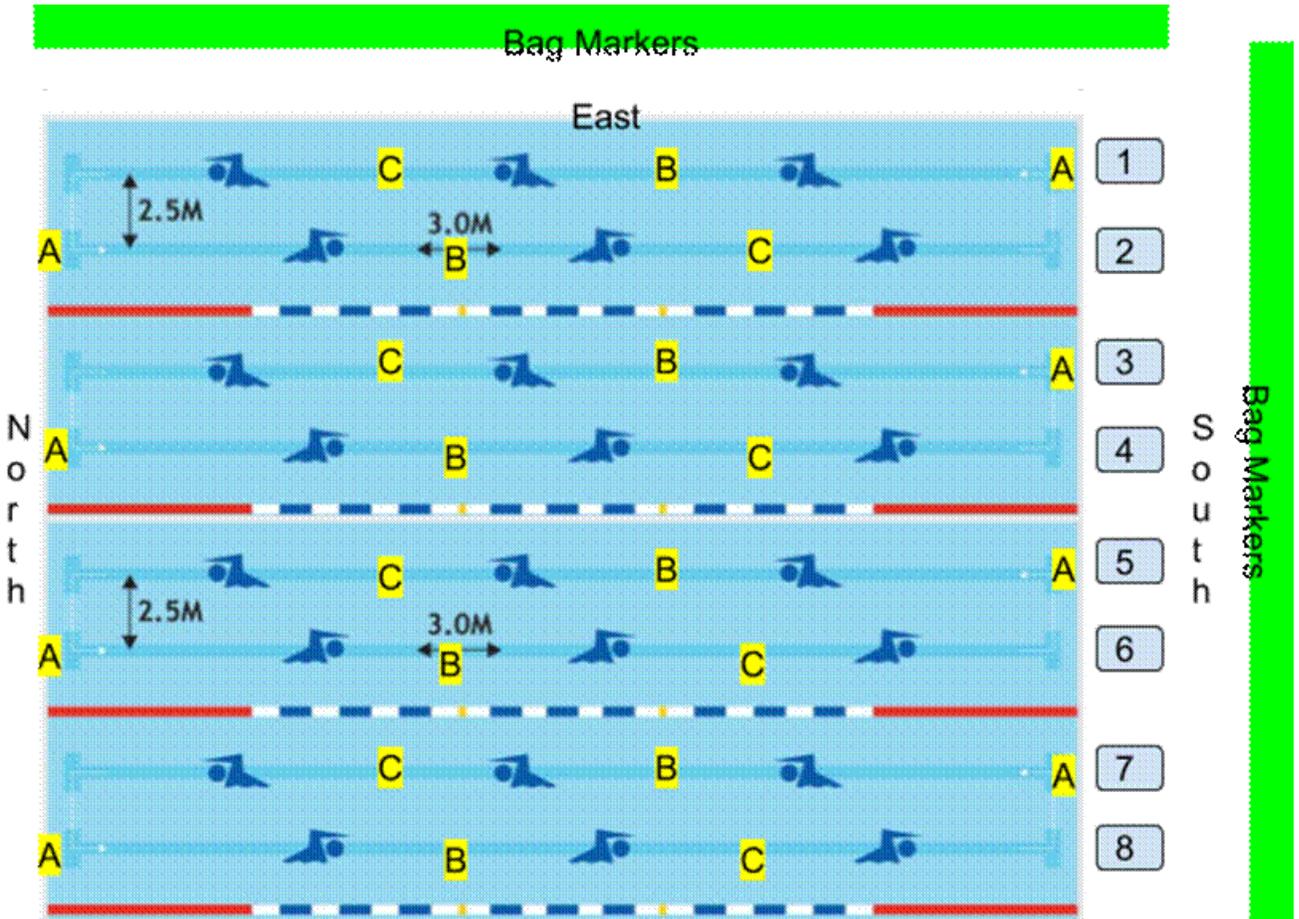


Figure B: Swimmer Placement in Water Pool
 Length 25m
 Swimmer A: At start wall



Swimmer B: approx. 10m away from start wall
 Swimmer C: approx 17m away from start wall

APPENDIX D

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, or in outside of my Province or residence, 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 my Province of residence 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:

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 E

Surrey Water Polo Club

DAILY COVID-19 ATTESTATION AND AGREEMENT

By signing below, the Participant (named below) or the Participant's Guardian attests that the Participant:

1. Does not knowingly have COVID-19;
2. Is not experiencing any known symptoms of COVID-19, such as fever, cough, shortness of breath or malaise;
3. Has not travelled internationally during the past 14 days;
4. Has not frequented a COVID-19 high risk area in the Province during the last 14 days;
5. Has not, in the past 14 days, knowingly come into contact with someone who has COVID-19, who has known symptoms of COVID-19, or is self-quarantining after returning to Canada; and
6. Has been following government recommended guidelines in respect of COVID-19, including practicing physical distancing.

Furthermore, by signing below, the Participant or the Participant's Guardian agrees that while attending or participating in the Organization's events or attending at the Organization's facilities, the Participant:

1. Will follow the laws, recommended guidelines, and protocols issued by the Government of the Province in respect of COVID-19, including practicing physical distancing, and will do so to the best of the Participant's ability while participating in the Organization's events or attending at the Organization's facilities;
2. Will follow the guidelines and protocols mandated by the Organization in respect of COVID-19;
3. Will, in the event that the Participant experiences any symptoms of illness such as a fever, cough, difficulty breathing, shortness of breath or malaise, immediately:
 - a. inform a representative of the Organization; and
 - b. depart from the event or facility.

FOR PARTICIPANTS WHO HAVE BEEN DIAGNOSED WITH COVID-19

By signing below, the Participant (named below) or the Participant or the Participant's Guardian attests that the Participant has been diagnosed with COVID-19, but been cleared as noncontagious by provincial or local public health authorities and has provided to the Organization, in conjunction with this COVID-19 ATTESTATION AND AGREEMENT, written confirmation from a medical doctor of the same.

Print Name:

Date of Birth:

the "Participant"

(mm/dd/yyyy)

Print Name:

The "Guardian" (if Participant is a minor)

Signature:

Date:

Participant or Guardian for minor
(mm/dd/yyyy)