



# RETURN TO WATER POLO PLAN

Burnaby Water Polo Club

[www.burnabywaterpolo.com](http://www.burnabywaterpolo.com)


BWPC COVID OFFICER  
GAIL BRADLEY

HEAD COACH  
LUKA MALETIC

PRESIDENT  
CALVIN LIU

This document has been approved by the Burnaby Water Polo Club Board of Directors

September 2020



## TABLE OF CONTENTS

INTRODUCTION.....	4
PRINCIPLES.....	4
DISCLAIMER.....	4
GENERAL INFORMATION FOR ALL MEMBERS .....	5
How Coronavirus Spreads.....	5
Symptoms of COVID-19.....	5
BWPC COVID-19 Officer .....	5
WATER POLO PLAYERS.....	7
Health Questionnaire.....	7
Best Practices for Athletes .....	7
Arrival Protocol .....	8
Dryland Protocols.....	8
Lane Assignments and Density .....	8
PRACTICE LAYOUTS FOR BONSOR FACILITY .....	9
Water Polo Training Session Guidelines .....	10
PARENTS.....	12
Health Questionnaire.....	12
Best Practices for Parents .....	12
Drop off and Pick up.....	12
Communication.....	12
Protocols for Maintaining a Safe Training Environment.....	13
COACHES .....	14
General Notes .....	14
Health Screening .....	14
Best Practices for Coaches .....	14
WorkSafeBC Requirements.....	15
Facility Requirements .....	15

Monitoring and Attendance.....	15
Outbreak Response Procedure for Coaches .....	15
First Aid Expectations.....	15
Appendixes.....	17
Appendix A BWPC ILLNESS POLICY .....	18
Appendix B ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS FORM .....	20
Appendix C BWPC Participation Agreement.....	22
Appendix D Facility Info: Bonsor Pool.....	23
Appendix E Club Member General Guidelines.....	24
Appendix F BWPC Health Questionnaire .....	27
Appendix G Club Declaration Form – Board Approval.....	28
Appendix H Water Polo West - PSO Approval .....	29

## INTRODUCTION

In an effort to facilitate the safe return to the pool and the sport of competitive water polo, BWPC 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](#)
- Swim BC [Return to Swimming- Swim BC](#)
- Swimming Canada [Return to Swimming -SNC](#)
- ViaSport [Return to Sport](#)
- WorkSafeBC [Return to Safe Operations](#)
- Water Polo West [PSO](#)

## PRINCIPLES

The following five principles from B.C.’s Restart Plan have been used to guide this document.

### 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

- 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”.
- BWPC 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.

## LIABILITY INSURANCE

The Government of BC has created a Ministerial Order that protects amateur sport organizations, their employees and volunteers from liability.

[http://www.bclaws.ca/civix/document/id/mo/mo/2020\\_m183](http://www.bclaws.ca/civix/document/id/mo/mo/2020_m183).

# 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

## BWPC COVID-19 Officer

BWPC has created a BWPC COVID-19 Officer(s) position. This person(s) is responsible for:

- a. monitoring the overall health of the team.
- b. keeping apprised of COVID-19 updates within the province.
- c. assist in the development of BWPC' s plan, education and enforcement.

A return to sport must strictly adhere to the policies and procedures outlined by provincial and municipal governments and public health agencies that have been established to ensure a safe environment for all. The key principles that form the foundation of the return to water polo are:

- physical distancing - minimum 2 metres
- hand and personal hygiene
- equipment cleaning after each training
- individual health monitoring
- planning & communication

# WATER POLO PLAYERS

## Health Questionnaire

1. BWPC Water Polo players are required to complete the BWPC Health Questionnaire each day before attending all workouts (Appendix F).
  - a. Legal guardians will need to complete for players aged 12 and under.
  - b. Water Polo players 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 BWPC Health Questionnaire is 21:00 the night prior to each practice.
2. If players answer YES to any question on the health questionnaire they must:
  - a. Not attend the workout under any circumstance.
  - b. Inform BWPC COVID-19 Officer and Head Coach.
  - c. Follow BWPC Illness Policy (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 BWPC 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 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. Players are not to assist other players 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. Players 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 (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 the various facilities in which BWPC practices (Appendix D).
9. Athletes must follow the directions of the BWPC coaches and facility staff with regards to physical distancing procedures in place.
  - a. Failure to follow staff direction, facility procedures, and BWPC 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 behavior on social media with their peers.
11. Athletes are encouraged to remain in the local community throughout Phase 3.

## Arrival Protocol

1. Players should arrive no earlier than **10 mins** before their scheduled practice time.
  - a. Players that arrive earlier are asked to remain in the vehicle until the appropriate time (or signaled by the coach to leave their vehicle).
  - b. Players 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. Safety officers and coaches will verify that the BWPC Health Questionnaire for that day has been filled out.
  - b. If not completed that player is unable to participate that day.
3. Physical distance rules are in effect at all times.
4. Players are asked to show up with suits already on and in dryland gear.
5. Players 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 4 m 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 2M physical distance as they transition to in pool training.

## Lane Assignments and Density

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 BWPC will operate at the capacity of 6 athletes per lane.
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 6 athletes per lane with up to 3 coaches present.



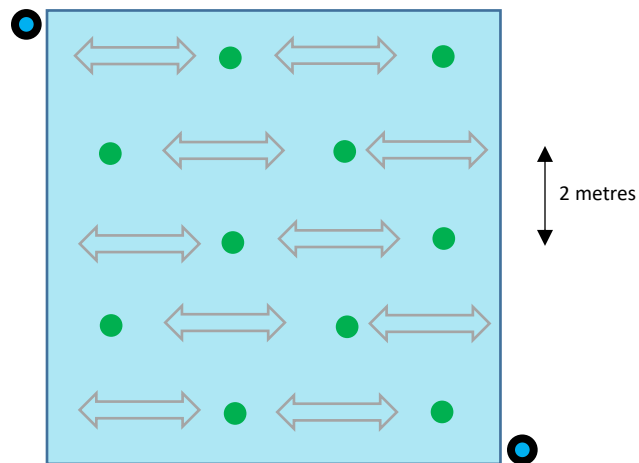
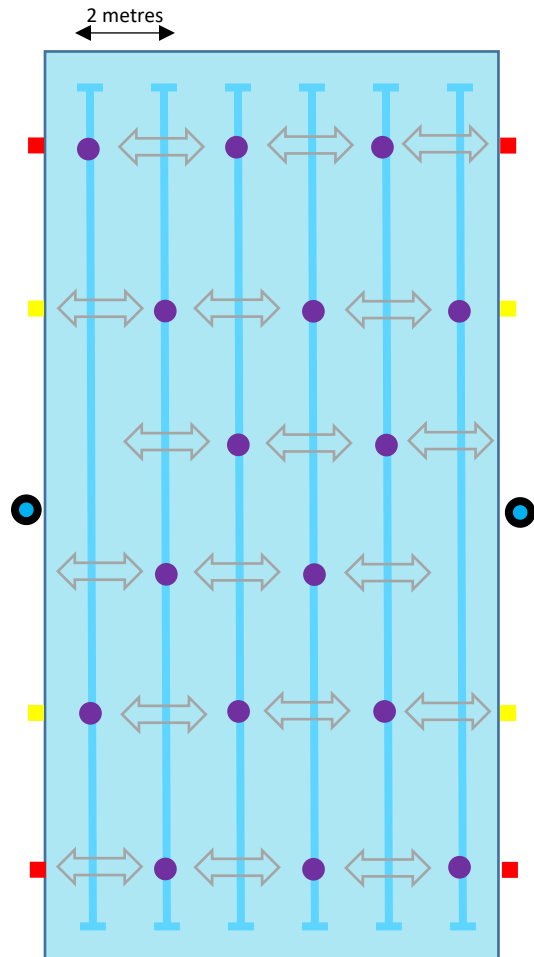
# Practice layouts

Capacity: 30 participants, including coaches

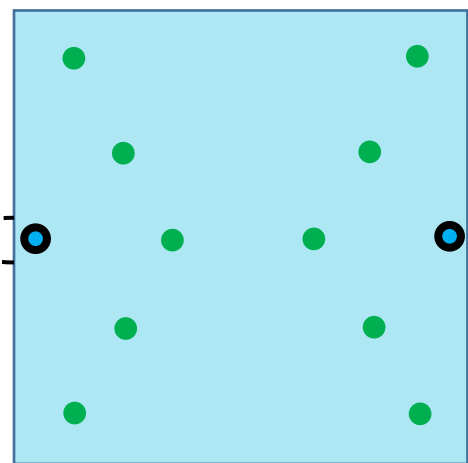
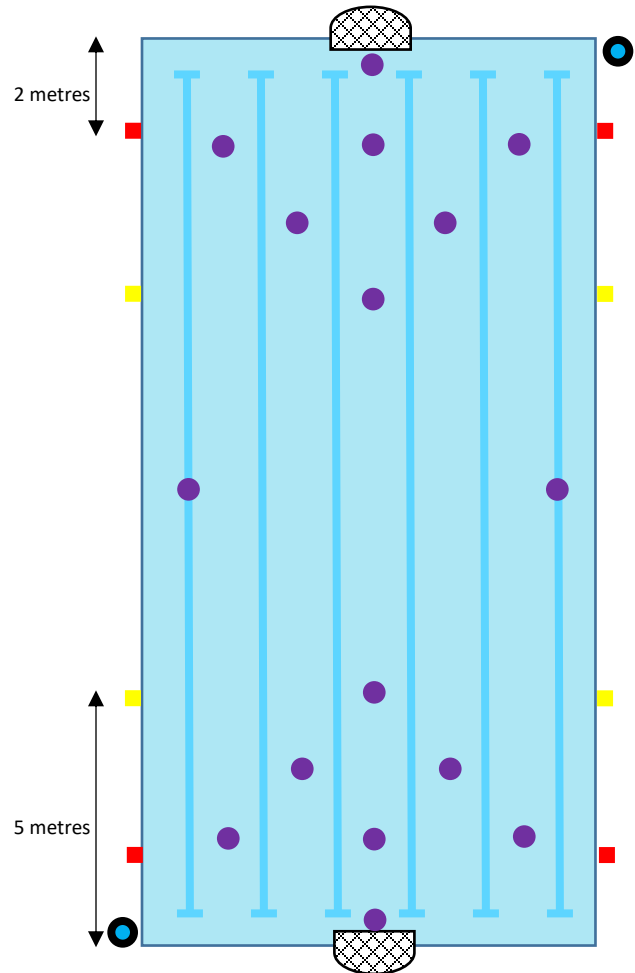
LEGEND

-  Coach
-  Development Athlete
-  Junior/Senior Athlete
-  2 metre marker
-  5 metre marker

## Swimming Drills



## Passing/Shooting Drills



# Water Polo Training Session Guidelines

## ***Players in the Pool***

1. The number of athletes in general will vary based on the pool space available. The group training size will be a minimum of 12 athletes (maximum number of athletes is dependent on pool space available at facility and/or required limits (Source: <https://www.lifesaving.bc.ca> - Page 12 ).

## ***Restrictions in Place***

1. A minimum of 2 meters physical distancing will be maintained at all times.
2. Lane ropes will be used to help divide the pool when necessary.
3. Full contact / defending drills, wrestling or grappling in the water, scrimmages is not 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, BWPC 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

## ***Players to bring***

1. Athletes must ensure that they are dressed appropriately for dryland and swimming activities. This includes all weather conditions.
2. Players are to arrive on pool deck dressed and ready to get in the water (all personal belongings stored inside a bag).
3. 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
4. Bags will be spaced 2 meters apart on the pool deck in designated spots (designated by facility management, or, if/when required, by BWPC Covid-19 Safety Compliance Rep and/or Coaches.
5. Players will not be permitted to share equipment.

## ***Interactions between players***

- a. Physical distancing applied at all times. A minimum of 2 meters 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. Double lanes
- b. Maximum 6 athletes per lane
- c. No gathering at lane ends
- d. Players must be able to swim 200m unassisted

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

- a. Permitted - Individual ball or technical skills
- b. Maintain 2m distancing

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

- a. Permitted - Shooting open net, on a board, on rebounded, passing with partners or subgroups respecting 2m distance.
- b. Permitted - Shooting on goalie respecting 2m distance.

### ***Whiteboards***

- a. Coaches cannot use small handheld whiteboards to communicate to players
- b. Large whiteboards are allowed provided that players are able to practice 2m 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 2m distancing, is permitted.
- b. Cool down, out of the pool on the pool deck, is not permitted.

### ***Post Practice Protocol***

1. Players are not allowed to access the changing rooms or showers.
2. Players must leave the pool immediately and follow facility exit procedures.
  - a. Players are not allowed to linger on the pool deck or in the dryland zone.
  - b. Players must walk straight to parking lot or pick up lane.
  - c. If players need to leave early, they must inform their coach and get picked up from the curbside pick-up zone if not driving themselves.
3. As per Safe Sport guidelines and club policy, NO DECK CHANGING is permitted
  - a. Players must remove dryland clothing in designated dryland zones before entering pool vicinity.
4. Players 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 \*BWPC Health Questionnaire is the BWPC version of [the BC COVID-19 Self-Assessment Tool](#).
2. Players are required to complete the BWPC Health Questionnaire each day before attending any workouts that day.
  - a. Legal guardians need to complete the questionnaire for 12 and under players.
3. If players answer YES to any question on the health questionnaire they must:
  - a. Not attend the workout under any circumstance.
  - b. Inform BWPC COVID-19 Officer and Head Coach.
  - c. Follow BWPC Illness Policy (Appendix A).
4. Players 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 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 players outside their household with equipment such as goggles, 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. Hand sanitizer is part of an athlete's necessary equipment.
7. Cough or sneeze into sleeves.
8. Follow the directions of the BWPC coaches and facility staff with regards to physical distancing. Failure to follow staff direction, facility procedures, and BWPC 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 BWPC 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 BWPC 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. Players 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 players 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 players arrive early, please stay in the vehicle until the appropriate time.
5. Keep a minimum of 2 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 players 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 BWPC team (players, 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 BWPC Health Questionnaire they are not to attend the workout under any circumstances.
3. Before in person participation all BWPC 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. BWPC 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

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

## Best Practices for Coaches

This document has been approved by the BWPC 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. 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 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.
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. Hand sanitizer is available for coaches' use.
7. Cough or sneeze into sleeve.
8. Coaches must follow the entry and exit policies for the facilities in which BWPC practices.
9. Coaches must follow the directions of facility staff with regards to physical distancing procedures in place. Failure to follow staff direction, facility procedures, and BWPC procedures may result in the removal of the coach from the group training environment.
10. Coaches will ensure all athletes have left the pool facility before leaving themselves.
11. Coaches are encouraged to act responsibly and promote appropriate behavior on social media with their peers.

## WorkSafeBC Requirements

1. Mitigating of risk:
  - a. BWPC 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 (players 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 players follow any protocols, procedures, or policies that the facility has set out. This may include:
  - a. Ensuring players 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 players attending a workout have completed the BWPC 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 BWPC COVID-19 Officer and Head Coach immediately.
  - c. Coaches are responsible for ensuring that player 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 BWPC Illness Policy 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.



## **Appendixes**

- Appendix A: BWPC Participation Agreement
- Appendix B: ACKNOWLEDGEMENT AND ASSUMPTION OF RISKS FORM
- Appendix C: BWPC Participation Agreement
- Appendix D: Bonsor Pool Map – COVID Traffic Flow
- Appendix E: OUTBREAK PLAN
- Appendix F: BWPC Health Questionnaire
- Appendix G: Club Declaration Form
- Appendix H: PSO Approval

## Appendix A

### BWPC ILLNESS POLICY

In this policy, the term, “Team member” includes a volunteer, coach, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, or parent/guardian) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. Assessment
  - a. Members must respond to a pre-training oral questionnaire before their practice / activity to attest that they are not feeling any of the COVID 19 symptoms.
  - b. Members must review the self-assessment signage located throughout the facility before their shift/practice to attest that they are not feeling any of the COVID 19 symptoms.
  - c. Managers/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.
  - d. If members are unsure, please have them use [the BC COVID-19 Self-Assessment Tool](https://bc.thrive.health/covid19/en) on <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. If a Team Member is feeling sick with COVID-19 symptoms:
  - a. They should remain at home and contact Health Link BC at 8-1-1.
  - b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
  - c. No member may participate in a practice/activity if they are symptomatic.
4. If a Team Member tests positive for COVID-19:
  - a. The member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
  - b. Any members who work/play closely with the infected member will also be removed from the workplace/practice/facility/club activity for at least 14 days to ensure the infection does not spread further.
  - c. Ensure work / practice area is closed off, cleaned and disinfected immediately and any surfaces that could have potentially be infected/touched.
5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test:
  - a. As with the confirmed case, the member must be removed from the workplace/practice/facility.
  - b. The BCCDC advises that any person who has even mild symptoms to stay home and call 8-1-1.
  - c. Other members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
  - d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:
  - a. Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.

- b. Once the contact is confirmed, the member will be removed from the workplace/ practice for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the member will also be removed from the workplace for at least 14 days.
  - c. The workspace/ activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. Quarantine or Self-Isolate conditions:
- a. Any member has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - b. Any member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - c. Any member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - d. Any member who is quarantined or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

## 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, 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 an Adult participant or registrant**

Name: \_\_\_\_\_

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

Signed in (City): \_\_\_\_\_ Date: \_\_\_\_\_

## Appendix C

# BWPC 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 BWPC 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 BWPC 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: \_\_\_\_\_

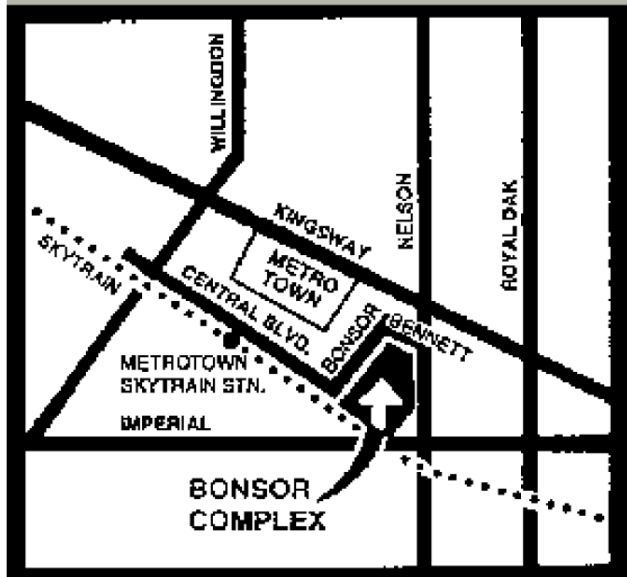
Date: \_\_\_\_\_

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

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

## Appendix D

### Facility Info: Bonsor Pool

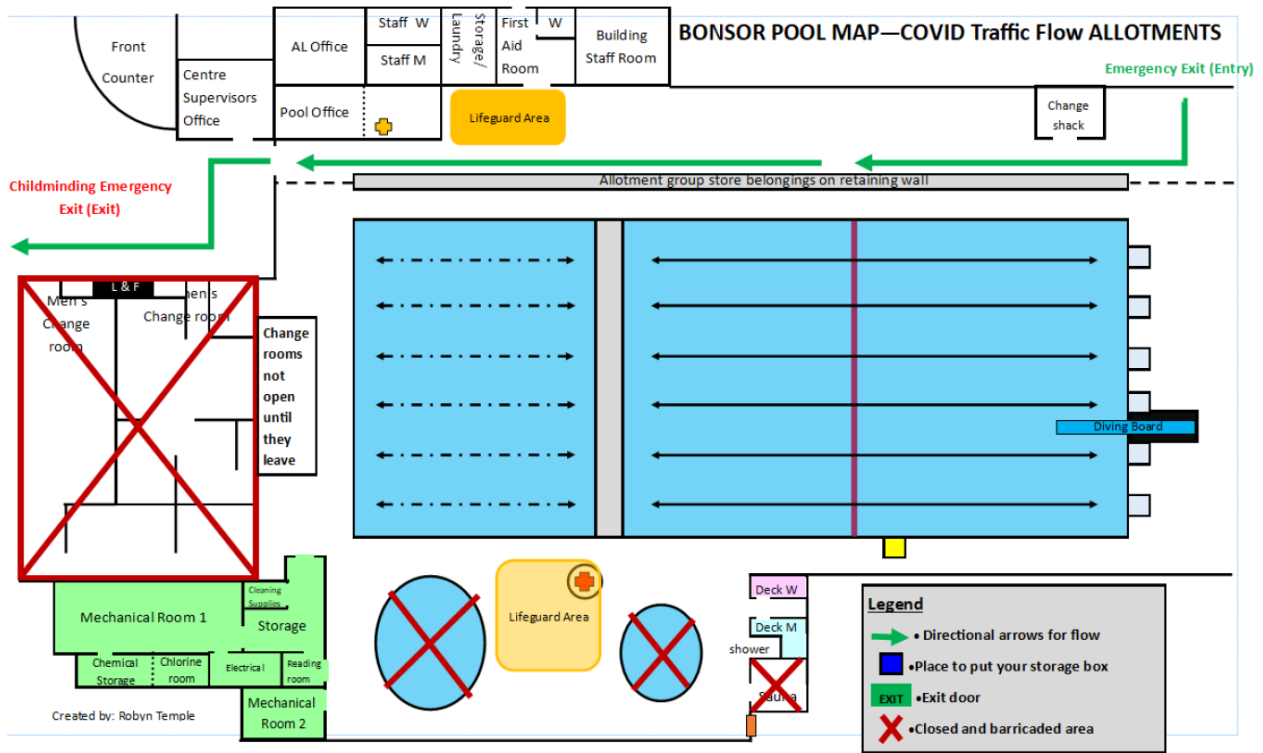


**Drop-Off and Pick-Up Location:**  
West parking lot, near Central Blvd.

**Drop-Off Time:**  
15 minutes before pool training

**Dryland Training Location:**  
Wooded park at west corner of Bonsor

**Pool Training Entry/Exit Location:**  
Back of facility on Bonsor Avenue



## Appendix E

### Club Member General Guidelines

#### PREPARING TO SWIM

- Complete daily health questionnaire.
- Wear your suit to and from practice.
- Wash your hands or use hand sanitizer provided prior to entering the pool.
- Bring a full water bottle to avoid touching a tap or water fountain. Make sure the water bottle is clearly labeled with the swimmer's name.
- If you need to sneeze, sneeze into your elbow or tissue.
- Arrive as close to the time the activity (dryland) is to begin.
- Follow all markings on deck and instructions of coaches when on the pool deck.
- Do not attend practice if you or a member of your household does not feel well.

#### WHEN SWIMMING

- Avoid touching your face.
- Avoid sharing goggles, drinks and towels.
- Follow directions for spacing on deck and stay at least 2 metres apart from others.
- Do not make physical contact with others, such as shaking hands, high fives or hugs.
- Maintain appropriate social distancing while taking a break in between sets.
- No gathering at lane ends.

#### AFTER SWIMMING

- Wash your hands or use the provided hand sanitizer prior to leaving the pool deck.
- Showers or change rooms will not be permitted after practices. Shower at home, wear your suit to and from practice and get dressed quickly.
- No extra-curricular or social activity should take place.
- No congregation after swimming.
- All swimmers should leave the facility as quickly as possible following the conclusion of the training session.

#### FIRST AID

The pool provides a lifeguard on deck and another lifeguard in the first aid office. The lifeguards on duty will attend to all first aid situations.

#### OUTBREAK PLAN

Inform an individual in a position of authority (Head Coach, Health & Safety Officer) immediately if, the player(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:

1. Players 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.
2. 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.
3. 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:

1. They will remain at home and contact Health Link BC at 8-1-1.
2. 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.
3. NO member may participate in a practice/activity if they are symptomatic.

If a member tests positive for COVID-19:

1. The member will not be permitted to return to practice until they are free of the COVID-19 virus.
2. Any member who worked / practiced closely with the infected member will also be removed from club activity for at least 14 days.
3. 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:

1. As with the confirmed case, the member must be removed from the work/practice area.
2. The BCCDC advises any person who has even mild symptoms to stay home and call 8-1-1.
3. 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.
4. 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:

1. Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
2. 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.
3. 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:

1. Any member has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
2. Any member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
3. 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.
4. 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 F

## BWPC Health Questionnaire

URL: <https://forms.gle/1bcDeYnbDQBNroJ78>

<h3>BWPC COVID-19 Health Questionnaire</h3> <p>Please fill this form before attending every BWPC activities. Deadline to submit is 21:00 the night before the event.</p> <p>Please bookmark this page for later reference.</p> <p><b>* Required</b></p>	<p>Participant Role *</p> <p><input type="radio"/> Player</p> <p><input type="radio"/> Coach</p> <p><input type="radio"/> Parent</p> <p><input type="radio"/> Other</p>
<p>Email address *</p> <p>Your email _____</p>	<p>Are you experiencing any of the following: *</p> <p><input type="checkbox"/> Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)</p> <p><input type="checkbox"/> Severe chest pain</p> <p><input type="checkbox"/> Having a very hard time waking up</p> <p><input type="checkbox"/> Feeling confused</p> <p><input type="checkbox"/> Losing consciousness</p> <p><input type="checkbox"/> None of above</p>
<p>Date of BWPC event *</p> <p>Date</p> <p>年 / 月 / 日</p>	<p>Are you experiencing any of the following: *</p> <p><input type="checkbox"/> Mild to moderate shortness of breath</p> <p><input type="checkbox"/> Inability to lie down because of difficulty breathing</p> <p><input type="checkbox"/> Chronic health conditions that you are having difficulty managing because of difficulty breathing</p> <p><input type="checkbox"/> None of above</p>
<p>Player's full name *</p> <p>Your answer _____</p>	
<p>Phone number *</p> <p>Your answer _____</p>	
<p>Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones? Symptoms include: Fever*, chills, cough or worsening of chronic cough, shortness of breath, sore throat, runny nose, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, nausea and vomiting, muscle aches. While less common, symptoms can also include: stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, skin rashes or discoloration of fingers or toes. *</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>	
<p>Have you travelled to any countries outside Canada (including the United States) within the last 14 days? *</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>	
<p>Did you provide care or have close contact with a person with confirmed COVID-19? Note: This means you would have been contacted by your health authority's public health team. *</p> <p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>	

**Appendix G**

**Club Declaration Form – Board Approval**

Appendix H

**Water Polo West - PSO Approval**

TBD