

## CBSC Swimming Program 2020

The CBSC Swim Program has a fantastic group of coaches this year who are looking forward to working with you and your family! Our swim program offers a wide variety of programs for children of all ages. All of our staff have received both Red Cross and Crescent Beach specific training, and are experienced in their areas of work.

In light of Covid-19, the Swim Program has been adapted to meet Provincial and Federal guidelines, following the guidance of leading associations such as SwimBC, the Lifesaving Society, BCSSA, WaterPoloBC, VolleyballBC and TriathlonBC. **A full-time Covid-19 Compliance Officer will be onsite, who is responsible for sanitizing frequently touched areas and monitoring social distancing at all times.**

Modifications are being made to keep our Programs running in a safe manner.

- Additional training and orientation for coaches on Covid19 safe practices and guidelines and CBSC has a plan to implement public health guidance.
- Additional Lifeguards on duty.
- Maintenance of records to support public health efforts for contact tracing.
- Spectators viewing will be limited (1 spectator per swimmer, we encourage families to limit spectators).
- Water Fountain is closed (please bring your own filled water bottle).
- Daily screening by self or asking common questions to ensure coaches and participants do not have Covid-19 symptoms.
- Separate entrance and exit to the compound, one way flow of traffic around the pool deck.
- Signage and physical markers on the fence/floor to indicate two-metre distances.
- Hands to be sanitized upon entry and exit of the compound. Hand sanitizer will be available for members. Two handwashing stations available for members to use. One handwashing station designated for staff.
- Two separate areas for participants to hang their personal gear, hooks to be sanitized between classes.

- Change rooms are closed. Please arrive showered and ready to swim. Shower after swim lessons at home.
- No seating, all bleachers and chairs are removed.
- Limiting class sizes. All programs will see a decrease in numbers in order to maintain social distancing..
- Adapted lesson plans to allow for social distancing, minimal contact points, and high-quality instruction for all participants.
- Swim lessons will provided in two different blocks, Block A will be Monday/Wednesday/Friday and Block B will be Tuesday/Thursday/Saturday.
- We have added family lessons, so a family can take a lesson together!
- All swim lessons (other than Stokers 1, Stokers 2, Stokers 3 and Stroke Correction) will be required to have a parent (or person over age 16) in the water to help guide their swimmer at the direction of the coach.
- All swim lanes with be double lanes for lessons and lane swimming.
- Water Polo balls and volleyballs will be disinfected between user groups.
- Please note that the volleyball will be touched by class participants within the class time. However, hands and ball will be sanitized before and after each class.
- Coaches will not handle bikes or equipment during triathlon.
- Disinfect shared equipment between user groups.
- Lifeguards and Coaches will have personal protective equipment readily accessible in emergency situations.
- Masks will be worn by staff for those times social distancing is not possible.
- No drop in swim times, all swim times will require pre-registration.
- Family swims will be allotted 45 minute pre-registered timeslots, to a maximum of 50 people per timeslot.
- Each area of the pool has a maximum capacity allowed. In the case of high demand during a family swim session, lifeguards may ask participants to take turns swimming in the little pool. Thank you for your understanding and cooperation.

- We also recommend goggles are worn for swim lessons and swim training.