



iDive Diving Academy Association

www.idivevancouver.ca

Return To Diving With Respect To COVID-19

Dear iDive members,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, BC Diving & iDive Diving Academy has been working with viaSport and the Province of British Columbia to understand the recommendations our Chief Provincial Health Officer and how they best apply within sport.

The attached Return to Sport Plan has been developed for our sport in order to ensure:

- Health and safety of all individuals is a priority.
- Activities are in alignment with provincial health recommendations.
- Modifications to activities are in place in order to reduce the risks to each sport organization and its participants.
- Our sport is united and aligned on a plan to reopen throughout the province.

While we do hope things will return to normal in the not too distant future, currently this Return to Sport Plan will be the new normal until we are advised otherwise by public health authorities.

● If you choose to participate, you must follow these rules:

1. If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
2. If you have traveled outside of Canada, you are not permitted at the facility until you have self-isolated for a minimum of 14 days.
3. If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.

4. Wash your hands before participating
5. Bring your own equipment, water bottle and hand sanitizer
6. Comply with physical distancing measures at all time
7. Avoid physical contact with others, including shaking hands, high fives, etc.
8. Leave the training area as quickly as possible after you finish

Our Return to Sport Plan is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our Return to Sport Plan.

Sincerely,

Brad Tone

Club President

iDive Diving Academy Association

Return to Diving Guideline

- Abides by the guidelines set out by viaSport and BC Diving.
- Has completed and submitted the safety plan template to the facilities used by iDive Diving Academy. Vancouver Aquatic Center, Hillcrest Aquatic Center.
- Has trained our coaches and staff on the safe Return to Sport guidelines, PPE use and outbreak procedures.
- Has assigned a Return to Sport Manager.

The iDive Diving Academy will follow the BC Diving Return to Sport Protocol and Guidelines. The specific actions to keep everyone safe in our daily training environment are outlined below.

Our return to sport manager will respond to any questions or concerns regarding the new protocols and training guidelines. Please direct any questions or concerns to the Return to Sport Manager. Any members that are test positive COVID-19 cases or suspected cases please inform the Return to Sport Manager.

iDive Diving Academy's Return to Sport Manager is: Yan Yang

- Email: yan@idivevancouver.ca
- Phone: (604)787-7816

These guidelines are a working document and will be coordinated with the facilities used by the club. The guidelines may be updated as new information arises from viaSport and Diving Canada.

PRIMARY PRINCIPLE

1. Any individual that is experiencing COVID-19 symptoms should remain home and self-isolate for 14 days.
2. Any individual that has come into direct contact with anyone that has COVID-19 should self-isolate for 14 days.
3. Any individual that has travelled outside of Canada should self-isolate for 14 days.
4. Participants must have their Acknowledgement of Risk and Declaration of Compliance forms completed before returning to training.

DRYLAND TRAINING

(Outdoors, in the gym and at the pool)

1. Prior to each training session, each participant will be required to answer the questions on the return to sport questionnaire. If anyone has any positive response the Return to Sport Manager will be informed and the BC Diving Illness Policy will be invoked.
2. Diving participants will enter and exit from the designated entrance (and exit) only.
3. Group size maximum of 6 athletes/ coach.
4. Athletes will arrive changed to any training session (participants will not use the change rooms at the facility).
5. Everyone to maintain a distance of 2m between all other individuals during the entire training session. (ie. No hand spotting, no high fives, hugs etc. during this phase).
6. Equipment – (trampoline bed, padding and crash mats, stretching mats) to be disinfected before and after every use.
7. No sharing of any personal equipment during the training session (water bottles, mats, etc.)
8. Parents to remain outside of the facility at all times.
9. Bathroom breaks to follow facility guidelines- hand sanitize before and after.
10. Dryboard/Trampoline / Spotting Rig Harness Use:
 - a) Divers who can safely secure their harness will do so. In other cases, the coach will assist while wearing a mask and gloves.
 - b) The harness and ropes will be cleaned after each use with disinfectant.

POOL/ WATER TRAINING

- **Same rules as dryland training plus:**

1. Athletes must use their own chamois only. No sharing and chamois must remain in a designated location. No throwing chamois into the water or on the deck.
2. Diver to be at the side of the pool before the next athlete dives off the same diving board.
3. Maximum of 12 athletes in the Dive Tank area at one time. A maximum of 3 divers per diving board as divers maintain 2m distance at all times.
4. Attendance records will be kept and saved by coaches for 2 months.

OUTBREAK PLAN

An "outbreak" is two or more cases; a "case" is a single case of COVID-19.

1. If an outbreak is identified, the Return to Sport Manager is to be notified. The Return to Sport Manager will modify, restrict, postpone or cancel activities. They will also notify the facility operator.
2. If staff (including volunteers) or a participant reports they are suspected or confirmed to have COVID-19 and have been at the training/activity place, enhanced cleaning measures will be implemented to reduce risk of transmission. The facility operator will be notified.
3. The Illness Policy will be implemented, and individuals will be advised to:
 - a) Self-isolate.
 - b) Monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of 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.
 - c) Use the COVID-19 self-assessment tool at BC COVID-19 Self-Assessment Tool to help determine if further assessment or testing for COVID-19 is needed:
 - Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.

- Individuals can learn more about how to manage their illness here: <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
4. In the event of a suspected case or outbreak of influenza-like-illness, the local health authority will be notified. The Illness Policy will be implemented and discussed with the Medical Health Officer.
 5. If we are contacted by a medical health officer in the course of contact tracing, we are prepared to fully cooperate with local health authorities.

ILLNESS POLICY

In this policy, "Team member" includes a coach, official, employee, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, program coordinator) 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) Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - c)
 - a) 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 workday/practice/activity.
 - d)
 - a) If Team Members are unsure please have them use the self-assessment tool <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.
 - d)
 - a) 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.

- b) No Team Member may participate in a practice/activity if they are symptomatic.
4. If a Team Member tests positive for COVID-19:
- a) The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - b) Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - c) Close off, clean and disinfect their work/practice/facility area 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 Team Member must be removed from the workplace/practice/facility.
 - b) The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - c) Other Team 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 into contact with someone who is confirmed to have COVID-19:
- a) Team Members must advise their outbreak manager/coach if they reasonably believe they have been exposed to COVID-19.
 - b) Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team 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 if:
 - a) Any Team Member who 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 Team 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 Team 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 Team Member who is in quarantine 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.

QUESTIONNAIRE

1. Do you have any of the following symptoms: answer each question individually:
 - (1) Cold or flu like symptoms?
 - (2) Fever
 - (3) Chills
 - (4) Shortness of breath
 - (5) Sore throat or painful swallowing
 - (6) Stuffed up or runny nose
 - (7) Significant fatigue
 - (8) Loss of sense of smell
 - (9) Headache
 - (10) Muscle aches
 - (11) Loss of appetite
2. Has anyone in your household had any of the symptoms from question 1?
3. Have you or anyone in your household been outside of Canada in the last 14 days?
4. Have you been in contact with anyone that has been positive for Covid-19 in the last 14 days?

COVID-19 SAFETY PLAN

Step 1: Assessing the risk in the training environment

Since the main diving training is already physically distanced our risks of close proximity involve the non-sport actions outlined below:

1. During the entering and exit process as participants gather and move through a narrow space.
2. During a warm-up phase where participants could be closer together.
3. In line ups for the use of equipment such as the diving board or trampoline.

We have identified areas where people gather:

1. Spectators generally gather in the stands and at the entrance and exit.
2. The athletes generally gather during the warm and arrival as they greet each other.

We have identified situations and processes where individuals are close to one another or members of the public:

1. Divers can be close to the public as they move through the entrances and change rooms.
2. Divers can be close to each other as they wait in line for their turns.

We have identified the equipment that may be shared by individuals

1. Divers share diving boards, chamois, mats and the trampolines.

We have identified surfaces that people touch often

1. These surfaces are the mats used for warm up as well as the trampoline (and the protective mats around the frame)
2. Diving boards, fulcrums and stairs are touched by feet only
3. The railings are often touched by participants hands
4. The drinking fountains

Step 2: Implementing protocols to reduce the risks

First level protection

ELIMINATION

Limiting the number of people and ensuring physical distance whenever possible.

We have established maximum program numbers for our program that meets facility requirements LIMITING NUMBERS. iDive Diving Academy will follow the facility maximum allowable numbers unless the facility maximum numbers exceeds the BC Diving guidelines:

1. A maximum of 6 divers per coach and a maximum of 2 groups in the facility at any one time. Only 3 divers may use the same diving board to ensure they are continuously 2m distant from one another.
2. We have a maximum of 12 divers in the dive tank at any time.

We have established and posted occupancy limits for common areas such as meeting rooms, change rooms, washrooms, and elevators (if applicable).

COMMON AREAS

1. Parents will be asked to remain outside the facility.
2. Divers will not use the facility change rooms (they are expected to arrive changed).
3. Divers will bring their own yoga style mat for personal use.
4. Only one athlete may leave the training to use a washroom at a time.
5. Divers will maintain their 2m distance from others during entry to the facility, warm up, and waiting in line for the diving boards. (There will be distance markers on the floor to indicate 2m distances in line ups as well as deck areas for warm up)

Third level protection: Rules and guidelines

We have identified rules and guidelines for how participants, coaches, volunteers, spectators should conduct themselves.

We have clearly communicated these rules and guidelines through a combination of training and signage.

RULES AND COMMUNICATION

1. A Member Communication document will be sent out to all club members outlining the new protocols for returning to sport, keeping everyone safe, and what we will do in case of an outbreak (attached).

2. Before returning to training, all participants will return a signed Participant agreement
3. AND declaration of compliance form (attached-parents will sign or minors) that outlines the new rules and guidelines that must be followed.
4. These rules and forms are also on the BC Diving website: <http://www.bcdiving.ca/wp-content/uploads/2020/06/BC-Diving-Return-to-Sport29816-1.pdf>
5. And the iDive Diving Academy website: <https://www.idivevancouver.ca>

Fourth level protection:

Using masks

1. We have reviewed the information on selecting and using masks and instructions on how to use a mask.
2. We understand the limitations of masks to protect the wearer from respiratory droplets.

Using of PPE

- a) Coaches will have masks and gloves available
- b) In the case an athlete is injured, and a coach needs to approach an athlete within the 2m distance, they will put on a mask and gloves
- c) Coaches will review the Health Canada Guidelines on Personal Protective Equipment use against COVID-19 before Returning to sport

Reducing the risk of surface transmission through effective cleaning and hygiene practices

- a) We have reviewed the information on cleaning and disinfecting surfaces.
- b) We have communicated good hygiene practices to participants, coaches, volunteers, etc.
- c) We have implemented cleaning protocols for all common areas and surfaces.
- d) Volunteers who are cleaning have adequate training and materials.
- e) We have removed unnecessary tools and equipment to simplify the cleaning process

6. Cleaning Protocols

- a) Coaches will have reviewed the BCCDC's guidelines on cleaning and disinfecting
- b) Coaches will have hand sanitizer and disinfectant available at each training session
- c) Coaches will be responsible for cleaning all touch surfaces before and after each use. These surfaces include personal mats, the trampoline and crash mats.

- d) When athletes or volunteers are asked to clean, they will be supervised by the coach to ensure they use their own personal cleaning cloth and the surface is adequately cleaned.

Step 3: Policies

- The following conditions will prevent an individual from participating in sport activities:
 1. Anyone who has had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache.
 2. Anyone directed by Public Health to self-isolate.
 3. Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms.
- If an individual starts to feel symptoms while participating:
 1. Sick individuals should report to first aid (or designated individual), even with mild symptoms.
 2. Sick individuals will be asked to wash or sanitize their hands, provided with a mask, and isolated. They will be directed to go straight home. If they are a minor- the parent/guardian will be contacted and directed to consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation. The individual may be directed to an isolation room at the facility until they can be picked up by a parent or guardian (facility dependent).
 3. If the individual is severely ill (e.g., difficulty breathing, chest pain), we will call 911.
 4. Any surface the individual has come into contact with will be cleaned and disinfected.

Step 4: Communication plan and training

We have a communication and training plan to ensure everyone is trained in policies and procedures.

All participants have received the policies for staying home when sick. Participants also understand that prior to every session they will be asked all the questions from our questionnaire. (attached)

There is signage posted at the sport location, including occupancy limits and effective hygiene practices.

The BC Diving and iDive Diving Academy guidelines are posted on the iDive Diving Academy website: www.idivevancouver.ca

Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Step 5: Monitoring and updating plans as necessary

As new information comes forward in conjunction with BC Health, BC Diving, Diving Canada and the facilities we train in, this document and our protocols will be updated.

Step 6: Assessing and addressing risks from resuming operations

We will be working with the local facilities where our programs are running to continually evaluate and update our management of risk.

We have regularly scheduled meetings with our coaching staff to ensure everyone is up to date on the latest information and guidelines.