

# **AQUATICS**

# **POOL SAFETY PLAN**

Prince George Aquatic Centre  
Four Seasons Leisure Pool

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**COVID-19 Safe Operations**



CITY OF  
PRINCE GEORGE



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# COVID-19 Where We Are

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: June 2021

**Revised:**

## Overview

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All benchmarks are subject to change based upon guidance from the Provincial Health Authority.

### Step 2 – June 15<sup>th</sup>

- Aquafit classes will increase from low intensity to high intensity
- Physical distance not required on field of play (swim club).

### Step 3 – July 1<sup>st</sup>

- Masks recommended for customers (not mandatory)
- Spectators permitted (maintain careful social contact)
- Re-open the sauna and steam room (max 3 people)
- Begin using the waves again maintaining careful social contact.
- **Note:** Pool capacity will remain consistent between 80 – 115 swimmers dependent on the pool activity and set-up.

### Step 4 – October 12<sup>th</sup> (Pool closed sept 6 – 11<sup>th</sup> for maintenance)

- Resume regular social contact
- Resume drop-in swimming (no contact tracing) with increased capacity as per regular pool standards
- Resume swim meets
- Resume all membership pass plans
- Re-open the gym
- Resume regular use for the hot tub, river, steam room and sauna
- Resume regular swimming lessons (no parent support required).
- Resume regular lifesaving/lifeguarding courses (regular social contact)
- Resume school bookings and general recreation bookings
- Resume birthday parties and private swimming lessons
- Resume with regular Pool Safety Plan with enhanced cleaning procedures (section 4)

# COVID-19 General Information

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: May 2020

**Revised:**

## Procedure

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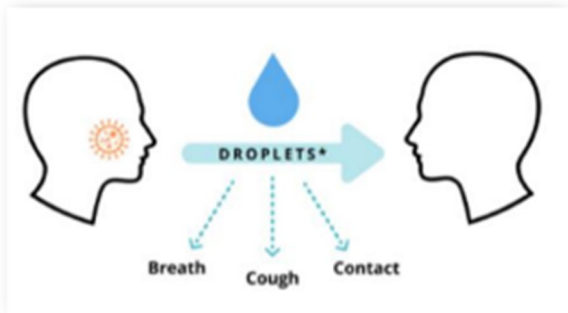
### What is COVID-19?<sup>1</sup>

COVID-19 is a respiratory infection caused by a newly identified virus (SARS-CoV-2). The infection has symptoms similar to other respiratory illnesses, including the flu and common cold: cough, sneezing, fever, sore throat, and difficulty breathing. Other symptoms can include fatigue, muscle aches, diarrhea, headache, or lost sense of smell.

While most people infected with COVID-19 experience only mild illness, severe illness can occur in some pools, especially in those with weaker immune systems, the elderly, and those with chronic medical conditions.

### How COVID-19 Spreads<sup>2</sup>

COVID-19 is spread through liquid droplets when an infected person coughs or sneezes. The virus in these droplets can enter the body directly through the eyes, nose, or mouth of another person if they are in close contact with the person who coughed or sneezed. COVID-19 is not transmitted through viral particles floating in the air and is not something that can enter the body through the skin.



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<sup>1</sup> (Regional Health Authorities, Ministry of Health, and BC Centre for Disease Control, 2020)

<sup>2</sup> (Regional Health Authorities, Ministry of Health, and BC Centre for Disease Control, 2020)

# Staff Training Plan

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: May 2020

**Revised:**

## Procedure

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### Online Staff Training

The City of Prince George designed a blended learning staff training to re-activate staff prior to returning to work in Aquatics.

### Online Training Topics – [www.princegeorgeaquatics.thinkific.com](http://www.princegeorgeaquatics.thinkific.com)

- Session 1: Staff Health and Hygiene (All staff)
- Session 2: Facility Admission & Access (All staff)
- Session 3: Aquatic Programming (All staff)
- Session 4: Disinfection Procedures (All staff)
- Session 5: Public Safety Education (All staff)
- Session 6: Rescue-Ready Assessment (Lifeguards only)
- Session 7: Safety Supervision Zones (Lifeguards only)
- Session 8: Lifeguard Personal Protective Equipment (Lifeguards only)
- Session 9: First Aid Procedures (Lifeguards only)
- Session 10: Staff Awards (Lifeguards only)

### In-Person Training Topics

1. Airway Management and Oxygen Administration (Lifeguards only)
2. Rescue-Ready Assessment (Lifeguards only)
3. Personal Protective Equipment (All staff)
4. First Aid Procedures (Lifeguards only)
5. Cleaning Procedures (All staff)
6. Front Desk Procedures (Cashiers and Head Guards only)

All training must be documented and signed by both staff member and supervisor.

# Staff Health and Hygiene

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: May 2020

**Revised:** August 2020 (KK)

## Procedure

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### COVID-19 Health Assessment

To avoid transmission between employees and bathers, every employee suspected or confirmed to have contracted COVID-19 must stay home.<sup>3</sup>

Staff are required to sign a declaration that they are symptom free at the start of their shift. A binder will be kept in the Guard Room at the Aquatic Centre containing the document to sign.

### Staff COVID-19 Self-Assessment<sup>4</sup>

Any employee experiencing:

• Fever	• Extreme fatigue or tiredness
• Chills	• Diarrhea
• Cough	• Loss of appetite
• Difficulty breathing	• Nausea
• Sore throat	• Vomiting
• Runny nose	• Body aches
• Loss of sense of smell or taste	• Stuffy nose
• Headache	• Pink eye
• Dizziness	• Confusion
• Abdominal pain	• Skin rashes or discoloration of fingers or toes

Must stay home from work and start to self-isolate immediately. Contact the Northern Health COVID-19 Information line at 1-844-645-7811 for advice. Follow the advice you receive and inform your supervisor.

Supervisors are required to follow a script in the event that you call in sick for work. This initial call may take longer than normal. Additional return to work checklists may need to be completed upon return to work.

It is likely that you will be required to self-isolate at home for a minimum of ten days from the onset of these symptoms and to stay home until these symptoms are completely resolved. If you are advised to be tested for COVID-19 and your test result is

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<sup>3</sup> (Lifesaving Society BC & Yukon, 2020), pg. 5

<sup>4</sup> (City of Prince George, 2020)



negative, you must continue to isolate until your symptoms are resolved. Should a positive test result occur, Northern Health will advise of next steps.

### **Sick Workers**

- Employees who start to experience symptoms while at work are to:
  - Immediately don a face mask
  - Notify their supervisor
  - Self-isolate, go home and contact the Northern Health COVID-19 Information line at 1-844-645-7811 for advice.
- Areas touched or occupied by sick staff while at work must be disinfected immediately.
- Daily records are kept of staff who work together in the event there is a need for contact tracing on the part of the Medical Health Officer.
- **If a staff person is confirmed to be COVID-19 positive, the City will follow Northern Health protocols.**

## **Hygiene**

### **Hand Hygiene<sup>5</sup>**

Employees must wash their hands upon entry to the building and before and after:

- Eating
- Breaks
- Smoking
- Blowing one's nose, coughing, or sneezing
- Using the toilet
- Being in contact with animals or pets
- Using shared equipment
- Providing routine care for customers needing assistance or first aid

### **Face Masks<sup>6 7</sup>**

- Aquatics will provide disposable 3-layered surgical masks for staff procedures.
- Masks are now **mandatory** for everyone in all public indoor settings and workplaces with the exception of when lifeguarding and able to maintain physical distance. This will be updated according to provincial health recommendations.
- Masks can become contaminated on the outside when touched by hands so employees should avoid touching or adjusting them often.
- Masks that become wet, soiled, or damaged are less effective and must be replaced immediately.

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<sup>5</sup> (Lifesaving Society BC & Yukon, 2020), pg. 5

<sup>6</sup> (WorkSafe BC, 2020)

<sup>7</sup> (Northern Health, 2020)

- Masks must be put on and taken off correctly, including not touching the front of the mask and washing hands before/after application and removal.
- Never share masks with others.

### **Personal Hygiene<sup>8</sup>**

- Avoid physical greetings such as handshakes and hugs.
- Employees must practice good hygiene throughout their shift including proper hand washing and cough/sneeze etiquette.
- There should be no sharing of cigarettes or vaping equipment.

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<sup>8</sup> (Northern Health, 2020)

## Keeping Shared Spaces & Equipment Clean

### Shared Staff Change Rooms<sup>9</sup>

- Staff should arrive dressed in their uniform.
- Maximum occupancy limits are posted on the staff change rooms. Physical distancing must occur at all times (mask required if not alone).
- Personal items brought in (e.g. bags, shoes, jackets) must be kept to a minimum.
- If personal items are in the change room, adequate space must be between each staff member's items to encourage physical distancing.
- All belongings must be brought home at the end of each shift.
- Lockers must be emptied and disinfected at the end of each shift.

### Shared Equipment<sup>10</sup>

- Equipment and tools must not be shared between employees (PPE, fanny packs, whistles, keys, etc.).
- Lifeguards should only use one rescue tube per shift. Disinfect the rescue tube before and after the shift. If a rescue tube must be shared, it must be disinfected between uses.
- Clean staff room table before and after each use.
- Do not share cups, glasses, or utensils.
- Avoid sharing common objects (e.g. pens).
- Uniforms should be washed at home at the end of each shift.

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<sup>9</sup> (Lifesaving Society BC & Yukon, 2020), pg. 6

<sup>10</sup> (Lifesaving Society BC & Yukon, 2020), pg. 6

# Facility Admission & Access

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: May 2020

**Revised:** September 2020 (KK)

## Procedure

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### Facility Admission<sup>11 12</sup>

Prince George Aquatics is implementing the following facility admission protocols:

1. At the entrance, signs are installed to inform patrons that:
  - a. Patrons must not enter if they suspect they have COVID-19 or if they have any of the known COVID-19 symptoms.
  - b. Patrons must maintain physical distance of 2 metres from other patrons and staff (not relevant when providing close supervision of children for whom one is responsible<sup>13</sup>).
  - c. On arrival, patrons must wash their hands with soap and water or use hand sanitizer.
  - d. Avoid aquatic facilities if patrons are at high-risk of COVID-19 contraction or illness.
2. Patrons are suggested to arrive in their bathing suit to limit time spent in the change rooms.
3. Employees located at the front desk are protected by a Plexiglas barrier. Employees should wear gloves while handling cash, locker tokens etc.
4. Patrons must self-apply wristbands if required by age/swimming ability.
5. A reservation system and swim time limitations are in place to avoid crowd gatherings, wait times and basic contact information for tracing on the part of the Medical Health Officer.
6. **Masks** are now **mandatory** for everyone in all public indoor settings and workplaces with the exception of when lifeguarding and able to maintain physical distance. Face masks are to be stored on-deck in lockers/cubbies and not worn while swimming. Staff will provide masks for customers should they not have their own. A mask is not required for customers who declare a medical exemption.

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<sup>11</sup> (Lifesaving Society BC & Yukon, 2020), pg. 7

<sup>12</sup> (Northern Health, 2020)

<sup>13</sup> (Regional Health Authorities, Ministry of Health, and BC Centre for Disease Control, 2020)

## Facility Access<sup>14</sup>

1. Facility access is provided with separate entry and exit points at the main entrance with a barrier ensuring physical distancing.
2. Signage, floor markings and barriers are installed to guide patrons in and out of the building.
3. Physical markers are installed on the lobby floor which indicate two metre physical distancing for patrons waiting in line.
4. Signage and barriers are installed in the change rooms to encourage physical distancing.
5. Lockers are spaced out to encourage physical distancing.
6. Occupancy limits posted for all public and staff spaces.
7. Staff visitors are prohibited.
8. Staff must leave the building immediately after their shift ends.

## Facility Signage

- Maximum building occupancy
- Do not enter if you are sick or required to self-isolate
- Physical Distancing in progress of 2 arms lengths from others (2 metres)
- Wash hands with soap and water or use hand sanitizer upon entry
- Wear a bathing suit prior to coming to the pool to limit time spent in the change rooms
- Do not share personal items
- Wearing goggles in the water is encouraged
- Personal pool equipment is permitted (Effective Jan 2, 2021).
- Do not spit, urinate, or blow your nose in the water
- Masks are **mandatory** with the exception of when out on the pool deck and able to maintain physical distance. Face masks are to be stored on-deck in cubbies and not worn while swimming.
- Shower before and after using the pool (take mask off while showering).
- Follow directions provided from aquatic staff and posted rules

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<sup>14</sup> (Lifesaving Society BC & Yukon, 2020), pg. 8

## Occupancy Limits – Dry Spaces

<b>Public Spaces</b>	<b>Maximum Occupancy</b>
Men's Change Room	17
Women's Change Room	20
Universal Washrooms (2)	1
Men's Public Washroom	1
Women's Public Washroom	2
Northwood Room	8
Weight Room	Closed
Proshop	2
<b>Staff Spaces</b>	<b>Maximum Occupancy*</b>
Maintenance Rooms (2)	1
Front Desk	2
Offices (3)	1
First Aid Room	1
Guard Room	4
Lunch Room	2
Men's Staff Change Room	2
Women's Staff Change Room	3
Guard Tub	1
Main Storage Room	3
Wave Storage Room	2
Deck Storage Rooms	1
Timing Room	2

Dry occupancy limits based on 5m<sup>2</sup> per person (Lifesaving Society, 2020, pg. 8).

\*Staff spaces can have higher occupancy when a mask is worn where 2m physical distancing cannot be maintained.

## Occupancy Limits – Pool Spaces

Pool Space (Public)	Maximum Bather Load
Wave Pool	60 (1 max in the river)
Hot Tub	3 + 1 in the ramp area
Main Pool	140
Pool Space (Swim Club Lanes)	Maximum Bather Load
Main Pool 2 x 25m (16 lanes)	96 (48 per side)
Wave Pool (2 lanes)	12

### Maximum Bather Load

- Maximum bather loads are a conservative guideline based on Lifesaving Society recommendations to maintain physical distancing (7m<sup>2</sup> per person).
- Judgement should be used when determining whether a pool is over capacity (physical distancing is still possible).
- Bather loads in pool spaces will vary depending on pool set-up and building occupancy limits.
- Swim team cohort groups are advised to minimize contact (try to maintain physical distancing) while in the water.

### Building Occupancy Limit

Maximum occupancy of 150 people

# Disinfection Procedures

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: May 2020

**Revised:**

## Procedure

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The disinfection procedures listed are in response to the COVID-19 pandemic. These cleaning measures are in addition to regular facility cleaning procedures which are located in Section 4 of the Pool Safety Plan.

### Personal Protection<sup>15</sup>

The risk of exposure to cleaning staff is inherently low, however cleaning staff should wear disposable gloves and appropriate PPE for all cleaning tasks, including handling trash. PPE should be removed carefully to avoid contamination of the wearer and surrounding area. Work uniforms should be washed after each shift.

### Cleaning Procedures<sup>16 17</sup>

Surfaces frequently touched by hands are most likely to be contaminated. These include doorknobs, handrails, light switches, cabinet handles, faucet handles, tables, countertops, and electronics. These areas are high priority cleaning areas within the facility.

Lockers and cubbies used by pool patrons/employees to store personal belongings are cleaned and disinfected between uses.

Prince George Aquatics has created a detailed cleaning log which includes where, what, and how often cleaning is occurring. Log sheets and procedures are posted in the lobby maintenance room and are completed/signed off each time cleaning occurs.

**Cleaning occurs in the change rooms every hour and cleaning/disinfection occurs during the designated cleaning blocks throughout the operational day/after-hours.**

**Cleaning/disinfection occurs after every 1.5-2.5 hour swim session.**

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<sup>15</sup> (Lifesaving Society BC & Yukon, 2020), p. 49-51

<sup>16</sup> (Lifesaving Society BC & Yukon, 2020), p. 49-51

<sup>17</sup> (Northern Health, 2020)



## Chemicals Used for Disinfection/Cleaning

Product	Application	Who can Use	PPE	Dwell Time	Rinse	Mop/Bucket Colour
<b>Daily Dual Disinfectant</b>	Mop, trigger spray bottle, auto scrubber, pump sprayer and drip cap bottle	Maintenance (all methods), Lifeguards (trigger spray bottle, drip cap bottles, buckets and mop only)	Goggles, gloves	10 minutes	Rinse with water after 10 minutes	Blue bucket
<b>Velocity (Degreaser, Deodorizer)</b>	Mop, trigger spray bottle	Maintenance	Safety glasses, gloves	3-5 minutes	Remove thoroughly after applied	Yellow bucket
<b>Green Earth Glass Cleaner</b>	Trigger spray bottle and drip cap bottle	Maintenance (all), lifeguards	Goggles, gloves	Not needed	Not needed	N/A
<b>Green Earth Restroom Cleaner</b>	Pump sprayer, trigger spray bottle	Maintenance	Safety glasses, gloves	4-6 minutes	Remove thoroughly after applied	N/A

## Assignment of Tasks for Day Time Block Cleaning/Disinfection

### WET SPACES

#### Maintenance Staff – Back Pack Sprayer

**Equipment:** Back Pack

**Product:** Daily Dual Disinfectant

**PPE:** Gloves, full-face respirator, long-sleeve shirt.

**Notes:** Ensure backpack is sanitized before and after use. It is important that only one person uses the backpack to reduce risk of exposure to COVID-19.

#### **Family Change Rooms**

1. Spray down all touch points, showers, benches, change tables, walls (up to eye height), lockers (outsides), doors, and garbage bins.

#### **Public Washrooms**

1. Spray down all touch points, walls (up to eye height), sinks, toilet, doors, garbage bins, grab bars. Avoid wall receptacles (plug-ins).

#### **Women/Men's Change Rooms**

1. Spray down all touch points, showers, lockers (outsides), benches, partition walls, and toilets, urinals, garbage bins.

#### Lifeguard #1 (Family Change Room)

**Equipment:** Mop bucket (Blue) Drip cap bottles, Buckets and assigned colored cloths

**Product:** Daily Dual Disinfectant, GE Glass Cleaner

**PPE:** Gloves, goggles

**Notes:** Sanitize the spray bottles before and after use.

#### **Family Change Rooms**

1. *(Daily Dual Disinfectant)* Wipe out and sanitize insides of lockers.
2. Sweep change room.
3. *(Daily Dual Disinfectant)* Mop family change rooms from hallway forward.
4. *(Daily Dual Disinfectant)* If sinks, toilets in the universal washroom, etc. are visibly soiled, wipe with DDD and wipe off with cloth.
5. Assist other guards with disinfecting the deck and staff areas (staff room, first aid room, office, staff change rooms, lunch room)
6. *(GE Glass Cleaner)* Clean the mirrors once maintenance is finished in the change room.
7. Change garbage bags if full. Stock paper and soap products as needed.
8. Sign off on the cleaning checklist in the Lobby Maintenance Room.

### **Lifeguard #2 (Women's Change Room)**

**Equipment:** Mop bucket (Blue), Drip cap bottles and assigned colored cloths

**Product:** Daily Dual Disinfectant, GE Glass Cleaner

**PPE:** Gloves, goggles

**Notes:** Sanitize the spray bottles before and after use.

#### **Women's Change Room**

1. *(Daily Dual Disinfectant)* Wipe out and sanitize insides of lockers.
2. Sweep change room.
3. *(Daily Dual Disinfectant)* Mop change room from showers forward.
4. *(Daily Dual Disinfectant)* If sinks, toilets, etc. are visibly soiled, wipe with DDD and wipe off with cloth.
5. Assist other guards with disinfecting the deck and staff areas (staff room, first aid room, office, staff change rooms, lunch room)
6. *(GE Glass Cleaner)* Clean the mirrors once maintenance is finished in the change room.
7. Change garbage bags if full. Stock paper and soap products as needed.
8. Sign off on the cleaning checklist in the Lobby Maintenance Room.

### **Lifeguard #3 (Men's Change Room)**

**Equipment:** Mop bucket (Blue), Drip cap bottles and assigned colored cloths

**Product:** Daily Dual Disinfectant, GE Glass Cleaner

**PPE:** Gloves, goggles

**Notes:** Sanitize the spray bottles before and after use.

#### **Men's Change Room**

1. *(Daily Dual Disinfectant)* Wipe out and sanitize insides of lockers.
2. Sweep change room.
3. *(Daily Dual Disinfectant)* Mop change room from shower forward.
4. *(Daily Dual Disinfectant)* If sinks, toilets in the universal washroom, etc. are visibly soiled, wipe with DDD and wipe off with cloth.
5. Assist other guards with disinfecting the deck and staff areas (staff room, first aid room, office, staff change rooms, lunch room)
6. *(GE Glass Cleaner)* Clean the mirrors once maintenance is finished in the change room.
7. Change garbage bags if full. Stock paper and soap products as needed.
8. Sign off on the cleaning checklist in the Lobby Maintenance Room.

### **Lifeguard #4 (Pool Deck)**

**Equipment:** Drip cap bottles, Bucket

**Product:** Daily Dual Disinfectant

**PPE:** Gloves, goggles

**Notes:** Sanitize the spray bottles before and after use.

### **Pool Deck Touch Points**

- *(Daily Dual Disinfectant)* Clean all touch points: guard tub, ladders, railings, flag poles, bleachers, garbage bins, door handles, diving board railings, water fill station, storage room door handles.

### **Cashier**

**Equipment:** Drip cap bottle

**Product:** Daily Dual, Lysol wipes, GE Glass Cleaner

**PPE:** Gloves, goggles

**Notes:** Sanitize the spray bottles before and after use.

### **Administrative Areas (Front Desk/Lobby)**

- Clean computer keyboards, moneris machines, computer screens, all touch points, phones, computer mice, scan station
- Clean touch points in lobby
- Clean plexi-glass barriers

# Aquatic Programming

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: May 2020

**Revised:** September 2020 (KK)

## Procedure

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### General<sup>18</sup>

1. Bather loads are reduced to allow appropriate physical distancing.
2. Signage installed at the entrance to inform patrons that:
  - a. Users should not spit, urinate, or blow their nose in the water.
  - b. People at higher risk of COVID-19 should not participate in programmed activities.
  - c. Patrons should not share water bottles, towels, goggles, or any other equipment.
  - d. Water bottles should be filled at home.
  - e. The use of goggles is encouraged to avoid mucus contamination.

### Patron Equipment<sup>19</sup>

1. There is no current evidence that COVID-19 survives in chlorinated pool water.<sup>20</sup> There are no special disinfection procedures to put in place for equipment that is regularly in contact with chlorinated water.
2. Personal equipment is permitted (effective Jan 2, 2021).

### Aquatic Programs

- Swimming lessons available with safety precautions
- Aquafit (low intensity) with safety precautions to commence June 2021
- Birthday parties (cancelled)
- Leadership courses available with safety precautions

### Swim Club Rentals

Swim club staff (coaches, admin, etc.) are required to complete a COVID-19 orientation with the Aquatic Programmer prior to booking the facility. Swim clubs are responsible for following the guidelines listed in the City of Prince George's COVID-19 Safety Plan, as well as their own Return to Sport Safety Plan (see Appendices).

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<sup>18</sup> (Lifesaving Society BC & Yukon, 2020), pg. 12

<sup>19</sup> (Lifesaving Society BC & Yukon, 2020), pg. 12

<sup>20</sup> (Lifesaving Society BC & Yukon, 2020), pg. 51

## Public Swim Schedule

- Prince George Aquatics is offering an alternate swim schedule to limit the number of bathers to 50 during a swim session.
- Booking is done either online or over the phone through PerfectMind registration software.
- Aquatics will retain all basic contact information of group attendees in the event that there is a need for COVID-19 contact tracing on the part of the Medical Health officer.

Effective June 1, 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00-7:45am	Everyone Welcome & Swim Clubs					8:30-10:30am	Everyone Welcome & Swim Clubs	Swimming Lessons Only
8:30-10:00am	Senior Swim (60+)				Everyone Welcome	11:30-1:00pm	Everyone Welcome <small>(dive boards/towers available)</small>	
11:00-12:30pm	Everyone Welcome					2:00-3:30pm	Everyone Welcome <small>(dive boards/towers available)</small>	
1:30-3:00pm	Everyone Welcome					4:30-6:00pm	Everyone Welcome <small>(dive boards/towers available)</small>	
4:00-6:30pm	Swim Clubs					7:00-9:00pm	Everyone Welcome <small>(dive boards/towers available)</small>	
7:30-10:00pm	Everyone Welcome					Do you want to become a Lifeguard and Swim Instructor? Leadership Programs are available!		

Effective July 2, 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00-7:45am	Everyone Welcome & Swim Clubs					8:30-10:30am	Swimming Lessons	Swimming Lessons
8:30-10:00am	Senior Swim (60+)				Everyone Welcome	11:30-1:00pm		
11:00-12:30pm	Everyone Welcome					2:00-3:30pm	Everyone Welcome <small>(dive boards/towers available)</small>	
1:30-3:00pm	Everyone Welcome					4:30-6:00pm	Everyone Welcome <small>(dive boards/towers available)</small>	
4:00-6:30pm	Swim Clubs & Swim Lessons					7:00-9:00pm	Everyone Welcome <small>(dive boards/towers available)</small>	
7:30-10:00pm	Everyone Welcome					Do you want to become a Lifeguard and Swim Instructor? Leadership Programs are available!		

## Lane/Lap Swimming<sup>21</sup>

To maintain physical distancing of 2 metres, a maximum of (1) person in a single lane or a maximum of (7) people in a double lane.

## Aquatic Amenities

### Diving Boards<sup>22</sup>

- Floor markings installed to indicate physical distancing measures for line-ups.
- Clean all touch points as usual.

### Sauna/Steam Room<sup>23</sup>

- Saunas and steam rooms present a higher risk of COVID-19 transmission due to:
  - Design makes it more difficult to maintain appropriate physical distancing.
  - Challenging surfaces to keep clean and disinfected.
  - Potential for COVID-19 to be spread when patrons touch common surfaces.
- The sauna and steam room will remain closed until further notice.

### Hot Tub<sup>24</sup>

- Reduced bather load maximum 3 patrons plus one patron in the ramp to encourage physical distancing. Note: Household unit may exceed patron count of 3 but must maintain physical distance from those not in your household.

## Water Features

Water features will be assessed per swim and closed if needed to encourage physical distancing.

- Waves turned off to encourage physical distancing

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<sup>21</sup> (Lifesaving Society BC & Yukon, 2020), p. 12

<sup>22</sup> (Lifesaving Society BC & Yukon, 2020), pg. 10

<sup>23</sup> (Lifesaving Society BC & Yukon, 2020), pg. 11

<sup>24</sup> (Lifesaving Society BC & Yukon, 2020), pg. 11

# Aquatic Leadership Programs

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: February 2021

**Revised:**

## Procedure

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### Lifesaving Society Programs

- Lifesaving Society leadership programs (Bronze Star, Medallion, Cross, Standard First Aid, National Lifeguard) are modified to meet COVID-19 guidelines as listed in the Lifesaving Society's *Guidelines for Reopening BC Pools and Waterfronts*.
- Programs follow Lifesaving Society policies, including skill adaptations for COVID-19.
- Instructors assigned to teach courses have taken the Lifesaving Society's COVID-19 Instructor Update course.
- Class sizes are reduced to maintain physical distancing.

### Canadian Red Cross Programs

- Canadian Red Cross leadership programs (WSI Part 1, WSI Part 2) are modified to meet COVID-19 guidelines as listed in the Canadian Red Cross' *Swimming and Water Safety Program Training COVID-19 Protocols*.
- Instructors assigned to teach courses have received training in Canadian Red Cross COVID-19 protocols.
- Class sizes are reduced to maintain physical distancing.



# Canadian Red Cross Swimming Lessons

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: January 2021

**Revised:**

## Procedure

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### Prevention of Disease Transmission for Swim Participants

- Instructors and lesson participants must maintain a physical distance of 2 metres at all times.

### Program Delivery – Red Cross Swim

- Red Cross Preschool and Swim Kids 1-4 classes are conducted as parented classes to reduce the risk of disease transmission through physical distancing, as the parent/caregiver is now accountable to ensure the child is safe in the water and reduces the contact with the Instructor.
- Swimmers and parents/caregivers must maintain physical distancing (two metres apart) with other swimmers and parents/caregiver in the class.
- Instructors may teach Preschool and Swim Kids 1-4 levels in the water as long as physical distancing can be maintained.
- Instructors deliver higher levels (Swim Kids 5-10, Adult Swim Basics 2, Adult Swim Strokes) from the pool deck with a buoyant aid at hand. Ensure a buoyant aid is also available on the deck for the parent/caregiver to use in the event of an emergency. When demonstrations are required, Instructors will have swimmers sit or stand at the pool edge while the Instructor provides the in-water demonstration.
- Class sizes are reduced to accommodate the addition of parents/caregivers. Only one parent/caregiver per swimmer is permitted.

### Instructional Equipment

- Instructional equipment that is in contact with chlorinated pool water does not need any additional disinfection.
- Personal equipment is encouraged and should be provided by the participants (e.g. goggles, swim caps, pull buoys, water gloves, aqua-fit belts, personal barrier devices, any clothing required for swim items) and are not shared by other swimmers.
- Limit equipment to one piece of equipment per household (e.g. each parent/caregiver and swimmer would receive one kick board, water noodle, etc.)

### Red Cross Swim Preschool – Parent/Caregiver in the Water

- For all Swim Preschool levels, remove deep water activities and change to chest-deep water (for the swimmers) to accommodate parents who may not have swimming abilities.
- Instructors may teach these levels from in the water if physical distancing can be maintained.
- Starfish/Duck/Sea Turtle – Maximum 6 participants, plus one caregiver each.
- Sea Otter-Whale – Maximum 4 participants, plus one caregiver each.

Red Cross Preschool Level	Changes
Starfish-Salamander	No changes
Sunfish	- Front Float and Recovery in Deep Water (5 sec.) – Change to chest-deep water for swimmer. - Back Float and Recovery in Deep Water (5 sec.) – Change to chest-deep water for swimmer.
Crocodile	- PFD/Lifejackets and Me in Deep Water – Change to chest-deep water for swimmer. - Jump into Deep Water, Surface Support (10 sec.) – Change to chest deep water for swimmer.
Whale	- Sitting Dive – Remove - Surface Support (20 sec.) – Done in chest deep water for swimmer. - Jump into Deep Water, Swim 5m, Stationary Surface Support (20 sec.) – Change to chest-deep water for swimmer.

**Red Cross Swim Kids 1-4 – Parent/Caregiver in the Water**

- For Swim Kids 1-4 levels, remove deep water activities and change to chest-deep water (for the swimmers) to accommodate parents who may not have swimming abilities.
- Instructors may teach these levels from in the water if physical distancing can be maintained.
- Maximum 4 participants, plus one caregiver each.

Red Cross Swim Kids Level	Changes
Swim Kids 1	No changes
Swim Kids 2	- Deep Water Activities (assisted) – Change to chest-deep water for swimmer.
Swim Kids 3	- Deep Water Float (5 sec.) – Change to chest-deep water for swimmer. - Jump In, Change Direction, Return to Safety, Deep Water – Change to chest-deep water for swimmer. - Surface Support, Deep Water (20 sec.) – Change to chest-deep water for swimmer. - Sitting Dive, Change Direction, Return to Safety - Remove
Swim Kids 1-4	- Sitting Dive – Remove - Surface Support (20 sec.) – Done in chest deep water for swimmer. - Jump into Deep Water, Swim 5m, Stationary Surface Support (20 sec.) – Change to chest-deep water for swimmer.

**Red Cross Swim Kids 5-10**

- Instructors should teach these levels from out of the water on the pool deck. These levels are conducted without a parent/caregiver.
- Program requirements have changed to accommodate physical distancing.
- Maximum 6 participants

Red Cross Swim Kids Level	Changes
Swim Kids 5	No changes
Swim Kids 6	- Throwing Assist Without a Line – No touch, rescued person would hold onto the wall themselves.
Swim Kids 7	- Throwing Assist With a Line – No touch, rescued person would hold onto the wall themselves. - Reaching Assist with Rescue Equipment – No touch, rescued person would hold onto the wall themselves.
Swim Kids 8	- Choking Rescue, Complete, Conscious Person – Remove
Swim Kids 9	No changes
Swim Kids 10	No changes

### Red Cross Adult Swim Basics 1

#### Requirements

- Red Cross Swim Basics 1 may be conducted as partner classes (from the same household) for hands-on activities.
- The Instructor may teach this class from in the water or on the pool deck.
- Remove deep water activities to accommodate partners who may not have the necessary swimming abilities.

Red Cross Swim Basics	Changes
Adult Swim Basics 1	- Deep Water Activities (Assisted) – Change to chest-deep water for swimmer. - Change Direction, Deep Water – Change to chest-deep water for swimmer.

## Red Cross Adult Swim Basics 2

### Requirements

- Red Cross Swim Basics 2 is conducted without partners.
- The Instructor should teach this level from out of the water, on the pool deck.
- Adjust activities to accommodate physical distancing.

Red Cross Swim Basics	Changes
<b>Adult Swim Basics 2</b>	<ul style="list-style-type: none"><li>- Throwing Assist without a Line (No touch, rescued person would hold onto the wall themselves).</li><li>- Throwing Assist with a Line (No touch, rescued person would hold onto the wall themselves).</li><li>- Reaching Assist with an Aid (No touch, rescued person would hold onto the wall themselves).</li></ul>

## Red Cross Adult Swim Strokes

### Requirements

- Red Cross Swim Strokes is conducted without partners.
- The Instructor should teach this level from out of the water, on the pool deck.
- Ensure physical distancing in the pool area.

# Aquatic Fitness Classes

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: January 2021

**Revised:**

## Procedure

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### Prevention of Disease Transmission for Aquafit Participants

- Instructors and aquafit participants must maintain a physical distance of 2 metres at all times.

### Program Delivery

- Aquatic fitness class sizes are reduced to maintain physical distancing measures.
- Classes offered are:
  - Range of Motion
  - Shallow
  - Deep
  - Water Running
- Aquatic fitness classes will be pre-registered in PerfectMind. Registered participants will receive a blue wristband at the front desk to attend the class.
- Class occupancy limits:
  - Wave Pool (Range of Motion) – 10 participants
  - Shallow/Deep/Water Running (Moveable Floor) – 16 participants
  - Deep/Water Running (Dive Tank) – 20 participants

### Fitness Equipment

- Fitness equipment that is in contact with chlorinated pool water does not need any additional disinfection.
- Personal equipment is encouraged and should be provided by the participants (e.g. goggles, water gloves, aqua-fit belts) which are not shared by other swimmers.
- Limit equipment to one piece of equipment per person.

Aquafit classes are low intensity following the BCRPA guidelines until such time as Northern Health removes that order. For more information on low intensity instruction, please follow the link: <https://www.bcrpa.bc.ca/media/282142/bcrpa-lowering-intensity-guide.pdf>

# Safety Education & Rule Enforcement Guidelines

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: May 2020

**Revised:**

## Procedure

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### Safety Education and Rule Enforcement<sup>25</sup>

- When providing information to customers about new rules and COVID-19 guidelines, it is important for staff to remember that not all customers may be initially accepting of the new protocols.
- Aquatic staff should be patient and take a customer-focused approach to safety education. **We're Here to Help!**
- When possible, lifeguards should maintain physical distancing while providing effective and consistent rule enforcement and accident prevention.
- Lifeguard staff performing safety supervision should not be engaged in any other activity.

### Applying the Guidelines<sup>26</sup>

1. Prior to entering the facility, educate the public on new admission standards using signage, including health questions and their responsibilities regarding physical distancing from non-family members for all activities and while using all facility amenities.
2. Educate patrons concerning one-way traffic measures around the facility.
3. Educate patrons on measures put in place to avoid crowd gathering such as waiting lines for recreational equipment.
4. Educate patrons about not sharing personal equipment such as water bottles, towels, goggles, etc.
5. Lifeguards should maintain physical distancing while providing effective and consistent rule enforcement and accident prevention.
6. Lifeguards should maintain physical distancing when providing information to other team members.
7. Aquatic staff should follow and maintain new protocols regarding disinfection of common contact surfaces throughout the day.

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<sup>25</sup> (Lifesaving Society BC & Yukon, 2020), pg. 41

<sup>26</sup> (Lifesaving Society BC & Yukon, 2020), pg. 41

# Lifeguard Rescue-Ready Assessments

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: May 2020

**Revised:**

## Procedure

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### Rationale<sup>27</sup>

After an extended period of absence from work, aquatic staff must be ready to provide effective safety supervision and demonstrate competency in rescue techniques.

A rescue-ready assessment does not replace the need for a National Lifeguard Pool Option recertification or a Standard First Aid/CPR-C/AED recertification.

### Rescue-Ready Assessments:

1. Object recovery: starting in the water, swim 15m and surface dive to recover a 20lb object; surface and carry object 5m.
2. Demonstrate anaerobic fitness: starting in the water, swim 50m head-up.
3. Demonstrate effective management of a distressed or drowning victim (using a training manikin) in deep water.
4. Demonstrate effective management of a submerged, non-breathing victim (using a training manikin) and perform 10 cycles of CPR on a CPR manikin.
5. Demonstrate endurance and strength: starting in the water, swim to recover a submerged manikin located 25m away; carry the manikin 25m.
6. Demonstrate effective management of a suspected spinal-injured victim: Enter and approach a face-down victim (using a training manikin), roll victim over, immobilize and carry 15m.

\*All assessments signed off by employee and supervisor.

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<sup>27</sup> (Lifesaving Society BC & Yukon, 2020), pg. 36-37

# Lifeguard Safety Supervision Zones

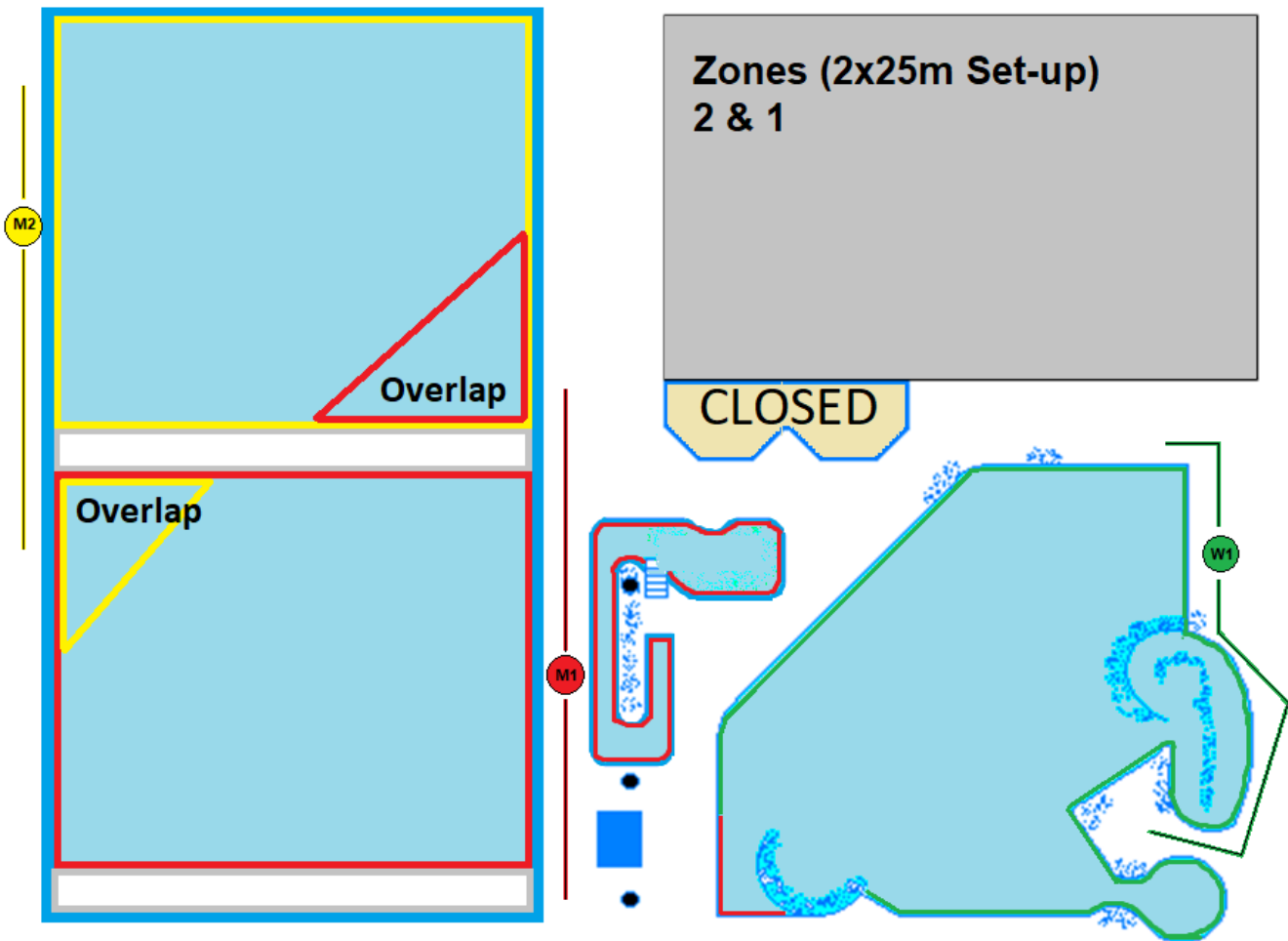
Category: COVID-19 Procedures

Approved by: Aquatic Manager: May 2020

Revised:

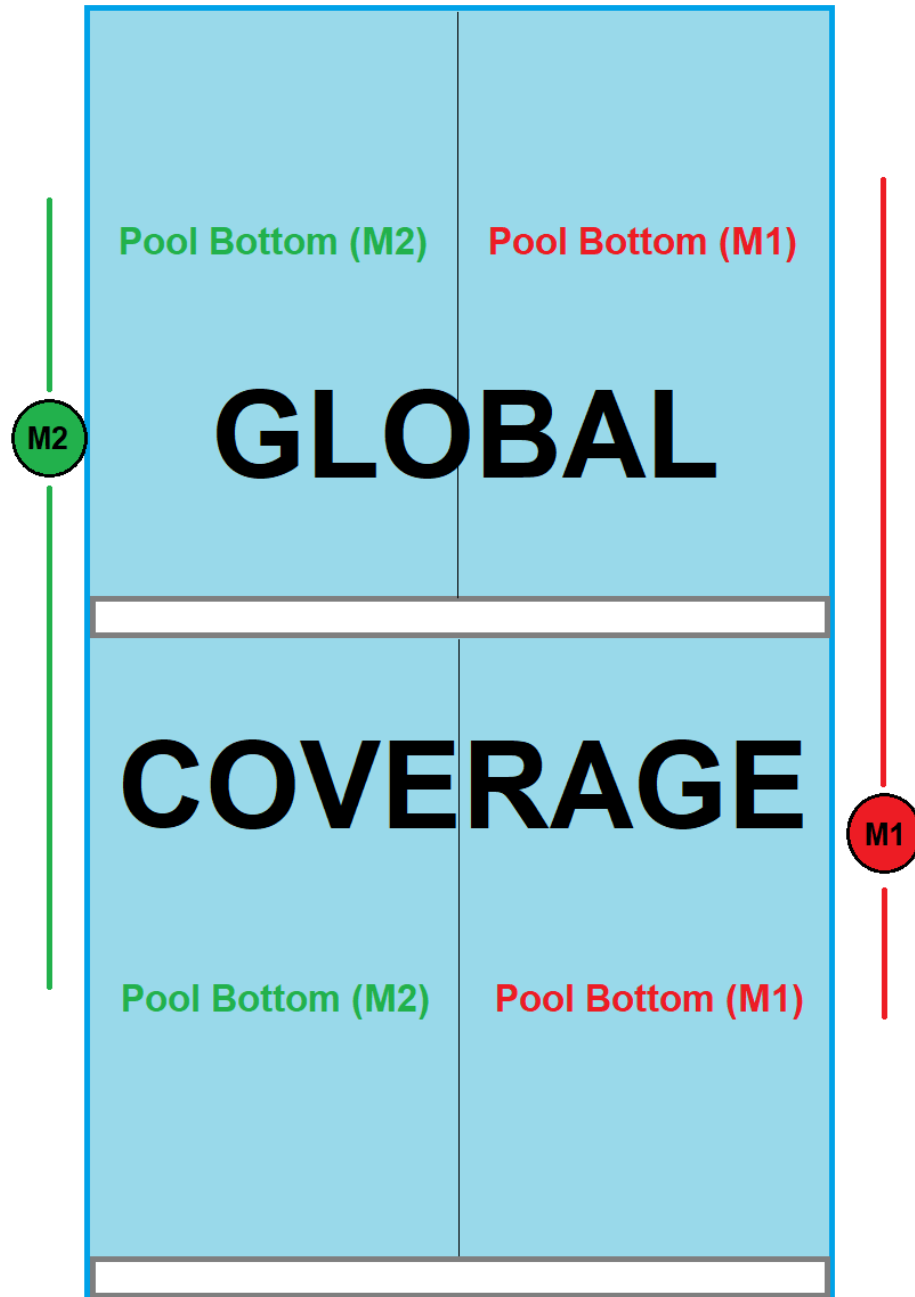
## Procedure

### Lifeguard Zones (2 & 1)





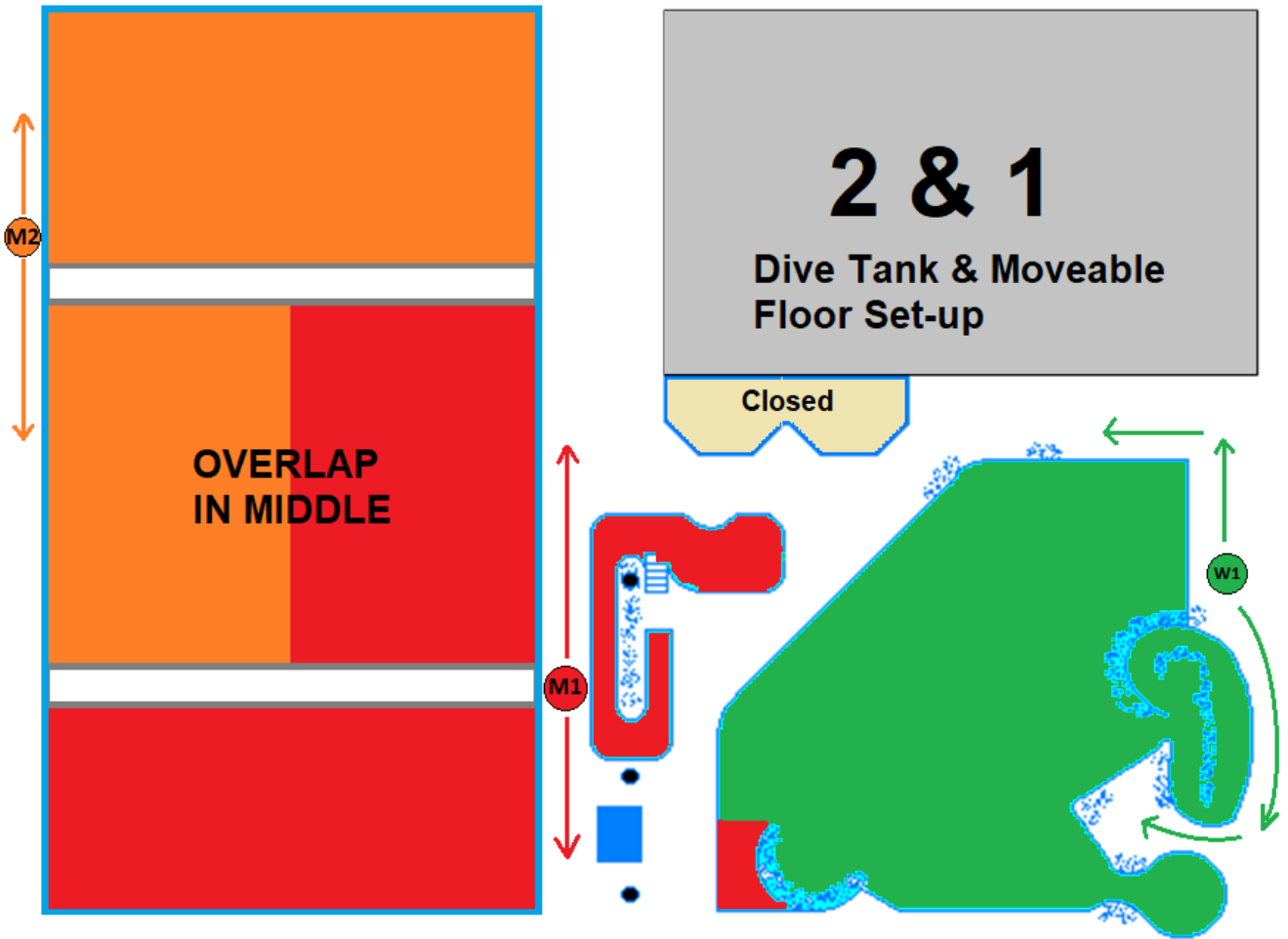
# Swim Club Zones



## Principles

- Two "eyes" on each swimmer
- Guards move opposite each other
- Bottom checks on your "side"
- Each Lifeguard observes the entire area

# Lifeguard Zones (2 & 1)



# Pool Set-up

Category: COVID-19 Procedures

Approved by: Aquatic Manager: May 2020

Revised:

## Procedure

### Adult and Senior Swim Set-up

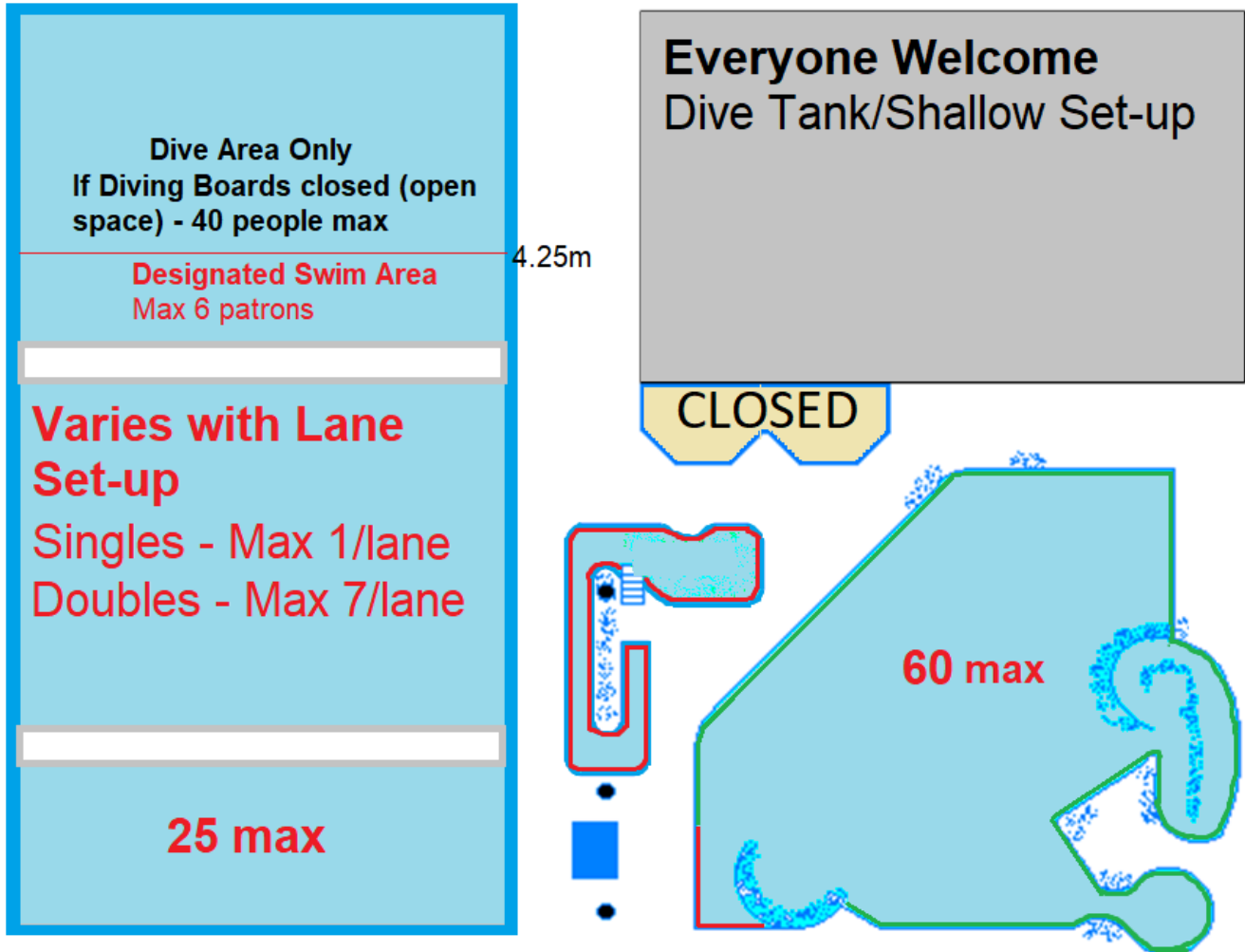
Double	Double	Double	Double		
7	7	7	7		
Single	Single	Single	Single	Double	Double
1	1	1	1	7	7

**Adult/Senior Swim Set-up**  
4 Double Lanes (Deep)  
4 Single Lanes (Shallow)  
2 Double Lanes (Shallow)  
**Main Pool - Max 46  
Due to Lane Set-up**

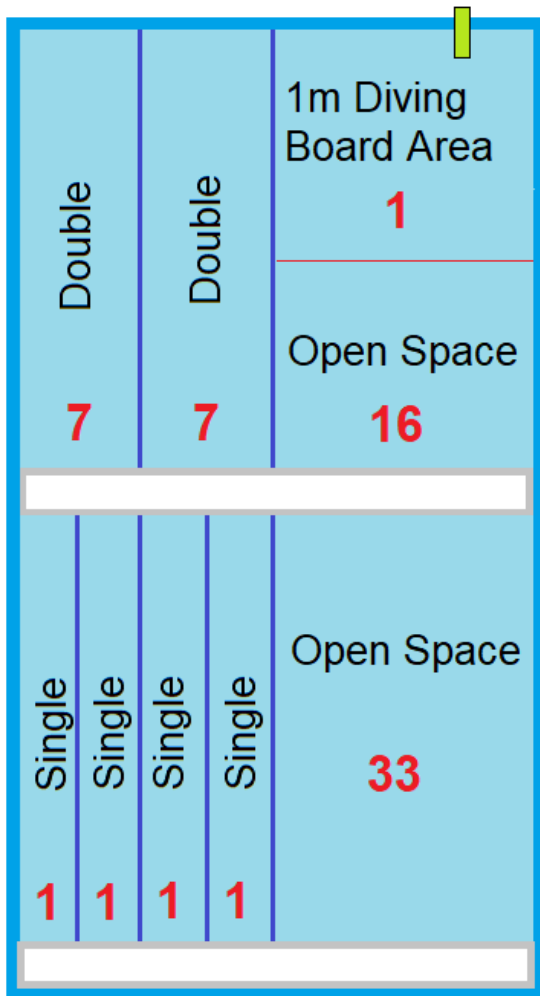
**CLOSED**



## Everyone Welcome Set-up – Free Form



## Everyone Welcome Set-up – 2x25m



### Everyone Welcome Set-up

- 2 Double Lanes (Deep)
- 4 Single Lanes (Shallow)
- Open Space (Shallow/Deep)
- 1 Metre Diving Board Open

**Main Pool - 68 Max  
Due to Lane Set-up**

**CLOSED**



# Swim Club

User Group Schedule May 1 <sup>st</sup> – June 26th 2021							
pool closed on stats							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Barracuda</b>	6:00 – 7:30 am 4 single lanes (24 swimmers) Or 2 doubles (20 swimmers)		6:00 – 7:30 am 4 single lanes (24 swimmers) Or 2 doubles (20 swimmers)		6:00 – 7:30 am 4 single lanes (24 swimmers) Or 2 doubles (20 swimmers)	8:30-10:30 am 6 single lanes (36 swimmers) Or 3 doubles (30 swimmers)	
	4 - 6:30pm 8 single lanes (48 swimmers) Or 4 doubles (40 swimmers)	4 - 6:30pm 5 single lanes (35 swimmers) Or 3 doubles (30 swimmers)	4 - 6:30pm 8 single lanes (48 swimmers) Or 4 doubles (40 swimmers)	4 - 6:30pm 5 single lanes (35 swimmers) Or 3 doubles (30 swimmers)	4 - 6:30pm 8 single lanes (48 swimmers) Or 4 doubles (40 swimmers)		
<b>Wave Pool</b>		5:00-6:00pm 2 lanes (12 swimmers)		5:00-6:00pm 2 lanes (12 swimmers)			
<b>Pisces</b>		6:00 – 7:30am 4 single lanes (24 swimmers) Or 2 doubles (20 swimmers)		6:00 – 7:30am 4 single lanes (24 swimmers) Or 2 doubles (20 swimmers)			
	4:15 - 6:45pm 8 single lanes (48 swimmers) Or 4 doubles (40 swimmers)	4:15 - 5:45pm 8 lanes (48 swimmers) or 4 doubles (40 swimmers)	4:15 - 6:45pm 8 single lanes (48 swimmers) Or 4 doubles (40 swimmers)	4:15 - 5:45pm 8 lanes (48 swimmers) or 4 doubles (40 swimmers)	4:15 - 6:45pm 8 single lanes (48 swimmers) Or 4 doubles (40 swimmers)		
<b>Wave Pool</b>	4:10 - 6:40pm 2 lanes (12 swimmers)		4:10 - 6:40pm 2 lanes (12 swimmers)		4:10 - 6:40pm 2 lanes (12 swimmers)		
<b>Water Lilies Synchro Club</b>		5:45 – 7:30pm 8 open lanes 7:30-8:15pm 4 open lanes		5:45 – 7:30pm 8 open lanes 7:30-8:15pm 4 open lanes	5:45-6:45pm 2 open lanes (dependent on Pisces) or 6:45 – 7:45pm 2 open lanes	8:30 – 10:30am 4 open lanes	

**Notes:**

- Maximum of 6 swimmers per single lane
- Maximum of 10 swimmers per double lane
- Maximum of 48 swimmers per club per session. May book pool time into two sessions
- Physical distancing must be maintained on the pool deck, bulkhead and pool ends
- Masks are required up until swimmers enter the water
- No adults at this time

# Lifeguard Personal Protective Equipment

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: May 2020

**Revised:**

## Procedure

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### Types of PPE used for First Aid<sup>28</sup>

1. **Surgical mask (3-layered):** Reduces transmission of aerosol by 50% and protects from contracting aerosol route infection from others by 75-80%. Surgical masks must be dry to be effective.
  - a. **Masks and face coverings are prohibited in the water.**
2. **Eye protection:** Face shields or personal protective goggles prevent virus exposure of the eye mucosa. Protective goggles must fit the user's facial features and be compatible with respiratory protection. Eye protection may be re-used once disinfected.
  - a. **Corrective eye lenses are not approved PPE and should not be used for first aid purposes.**
3. **Body protection:** Long-sleeved water-resistant gowns should be used when performing high-risk first aid treatment. Practice personal hygiene following use.
4. **Bag-Valve-Mask (BVM) with viral filter:** The viral filter or high-efficiency particulate air (HEPA) filter minimizes the risk of the virus spreading during ventilations. Viral filters must remain in their original packaging and remain dry to be effective.
5. **Most PPE is required to remain dry to be effective.**

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<sup>28</sup> (Lifesaving Society BC & Yukon, 2020), pg. 43-44

## When to use Personal Protective Equipment for First Aid

<b>DIRECT CONTACT</b>	
<p><b>LOW RISK (Non-aerosol generating)</b> 2m physical distancing <b>not</b> maintained</p>	<p><b>HIGH RISK (Aerosol generating)</b> Chest compressions, ventilations, oxygen administration, abdominal thrusts, back blows 2m physical distancing <b>not</b> maintained</p>
<p><b>Lifeguard</b></p> <ul style="list-style-type: none"> <li>• Sealed safety glasses</li> <li>• Safety goggles (if user wears corrective eye-glasses)</li> <li>• Surgical Mask</li> <li>• Gloves</li> </ul> <p><b>Victim</b></p> <ul style="list-style-type: none"> <li>• Surgical Mask if tolerated</li> </ul>	<p><b>Lifeguard</b></p> <ul style="list-style-type: none"> <li>• Isolation gown</li> <li>• Sealed safety glasses</li> <li>• Safety goggles (if user wears corrective eye-glasses)</li> <li>• Surgical Mask</li> <li>• Gloves</li> </ul> <p><b>Victim</b></p> <ul style="list-style-type: none"> <li>• BVM with viral filter &amp; continuous seal maintained (CPR)</li> <li>• Cloth covering the victim’s mouth/nose (Compression-only CPR) or other treatment</li> <li>• For CPR, mouth/nose must be covered at all times (sealed BVM or cloth)</li> </ul>

### Keeping PPE Dry and Organized<sup>29</sup>

- Each lifeguard will have first contact PPE on their person including gloves and (2) surgical masks. The gloves and surgical masks must be kept in a re-sealable bag to avoid getting wet.
- Each focal point will have a dry storage container that includes PPE for (3) rescuers, (1) victim, along with resuscitation equipment (BVM with viral filter), hand sanitizer and disinfection wipes.
- Lifeguards will also have small bottles of hand sanitizer on their person as well as a pen for personal use.

<sup>29</sup> (Lifesaving Society BC & Yukon, 2020), pg. 43



# First Aid Procedures

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**Category:** COVID-19 Procedures

**Approved by:** Aquatic Manager: May 2020

**Revised:**

## Procedure

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### Close Supervision and Emergency Situations<sup>30</sup>

Physical distancing in an aquatic environment is not relevant under the following circumstances:

- When providing close supervision of children for whom one is responsible.
- When providing assistance to a person in distress.
- When providing first aid, or carrying out lifesaving activities.
- When providing assistance to those with disabilities.

### General First Aid Protocols

- Universal approach – assume all victims are COVID-19 positive.<sup>31</sup>
- For all rescues, minimize the number of rescuers who have contact with the victim.<sup>32</sup>
- For in-water rescues, avoid face-to-face proximity with the victim and other rescuers.<sup>33</sup>
- At each focal point, provide a dry container including hand sanitizer and PPE for (3) rescuers, (1) victim.
- Post rescue (resuscitation or first aid with bodily fluids): Hand hygiene, shower, change clothes, bag clothes to be washed, disinfect first aid equipment.<sup>28</sup>

### Respiratory Hygiene Measures<sup>34</sup>

- Educate all victims to cover their mouth and nose with tissue or elbow when coughing or sneezing.
- Medical masks are available for lifeguards and public when performing first aid.
- Victims who require resuscitation should have a mask covering their mouth/nose or a continuous BVM seal for CPR.

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<sup>30</sup> (Regional Health Authorities, Ministry of Health, and BC Centre for Disease Control, 2020)

<sup>31</sup> (Lifesaving Society BC & Yukon, 2020), pg. 33

<sup>32</sup> (Lifesaving Society BC & Yukon, 2020), pg. 30, 38

<sup>33</sup> (Lifesaving Society BC & Yukon, 2020), pg. 38

<sup>34</sup> (Lifesaving Society BC & Yukon, 2020), pg. 39

## Use of Oxygen<sup>35</sup>

- The use of high-flow oxygen is considered high-risk as it generates aerosols and therefore should only be reserved for:
  - Victims requiring resuscitation (CPR)
  - Children and infant victims (pulse oximetry of less than 94%)
  - Drowning victims

## First Aid for Children/Minors<sup>36</sup>

- When possible, ask parents or caregivers to provide first aid to children or minors.
- Provide the parent or caregiver with PPE appropriate for the injury.
- Provide guidance to the parent or caregiver performing first aid.

## Scene Assessment<sup>37</sup>

1. Ensure scene is safe.
2. Assume universal approach – all victims COVID-19 positive.
3. Minimize the number of rescuers in contact with the victim.
4. 2m physical distancing at all times.
5. Don appropriate PPE (self, victim, bystander)
6. Victim history – COVID-19
7. Mechanism of injury
8. Continuous and dynamic scene assessment

## Scene Assessment Guidelines

- Maintain physical distancing of 2m whenever possible.
- Collect information about the health status of the victim with regards to COVID-19:
  - It is important to pass this information on to EMS, allowing them to provide optimal treatment to the victim.
  - This information may be obtained from the victim, the victim's caregiver, or bystander.
  - Determining the victim's health status and COVID-19 infection can be accomplished by asking common questions.

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<sup>35</sup> (Lifesaving Society BC & Yukon, 2020), pg. 43

<sup>36</sup> (Lifesaving Society BC & Yukon, 2020), pg. 39

<sup>37</sup> (Lifesaving Society BC & Yukon, 2020), pg. 42; Appendix B

## Primary Assessment<sup>32</sup>

\*\* Conscious victims should self-examine where possible

1. Level of consciousness
2. Call EMS (if life-threatening illness found)
3. Secure airway
4. Check breathing
5. Check circulation
6. Treat for shock and prepare for transport if appropriate

### Primary Assessment Guidelines

- Maintain physical distancing of 2m whenever possible.
- Determine if the victim's condition requires the lifeguard to make direct contact with the victim.
  - Alternate options may include a victim's caregiver or family member administering first aid with lifeguard direction for minor injuries.
  - Don the PPE required for the level of victim contact and first aid treatment. Both the rescuer and victim should don PPE.
- When the victim history indicated positive or suspected COVID-19, inform EMS.
- Proper hand hygiene is important after all first aid treatment.

## Secondary Assessment<sup>32</sup>

\*Conscious victims should self-examine where possible

1. Vital signs\*
2. History
3. Head-to-toe exam (verbal exam for conscious victims)

### Secondary Assessment Guidelines

- Maintain physical distancing (2m) whenever possible.
- \*Only take vital signs that can be observed from a distance (i.e. skin colour, visual breathing check) or those required for victim treatment decisions (i.e. skin temperature on a possible heat stroke victim)

## Post-Rescue Procedures<sup>32</sup>

1. Take care to remove and dispose of PPE in a safe manner.
2. Disinfect all surfaces that may have come in contact with the victim or rescuer during treatment (chair, pen, clipboard, etc.).
3. Practice hand hygiene and disinfection if required.

## Guidelines for in-Water Rescue<sup>38</sup>

1. Prior to entering the water, the rescuer should remove any face coverings being worn.
2. Approach the victim in a manner to avoid face-to-face proximity.
3. Minimize the number of rescuers who have direct contact with the victim.
4. Where possible, designate a rescuer to take the lead during first aid and resuscitation. This allows in-water rescuers to dry off and don PPE before continuing victim care.
5. After each rescue, all rescuers should practice hand hygiene, shower with soap, change their clothes, and bag their clothes worn during the rescue to be washed.
6. Disinfect all rescue equipment used.

## Resuscitation (CPR) Guidelines<sup>39</sup>

1. In-water assessments should not be performed.
2. In-water rescue breathing should not be performed.
3. Pocket masks should not be used. Bag-valve-masks with viral filter are the preferred ventilation device.
4. PPE must be donned prior to resuscitation efforts.
5. The victim's mouth/nose must be covered (cloth or sealed BVM mask).

## Bag-Valve Mask Guidelines

- The device has three main components (bag, one-way valve, mask).
- The bag is self-inflating. Once the bag is compressed, it re-inflates automatically.
- The one-way valve allows air to move from the bag to the victim, but prevents the victim's exhaled air from entering the bag.
- An oxygen reservoir should be attached and inflated.
- A HEPA viral filter should be attached and must remain dry to be effective.
- Two-rescuer BVM technique is preferred, since one rescuer is free to use two hands to hold the mask, while the other performs ventilations.
- If the one-rescuer BVM technique is used, an OPA must be inserted.
- Rescuers responding alone or with delayed back-up would perform compression-only CPR until the BVM arrives.
- A continuous seal must be applied to protect from airborne pathogens. If a continuous BVM seal is not applied, a mask must be covering the victim's mouth/nose.

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<sup>38</sup> (Lifesaving Society BC & Yukon, 2020), Appendix B

<sup>39</sup> (Lifesaving Society BC & Yukon, 2020), pg. 29-30

## CPR/AED Training

- The bag-valve-mask replaces the pocket mask in CPR-C training. Two-rescuers (1 compressor, 1 ventilator) at a minimum are required for CPR with ventilations.
- Aquatics staff will continue using the same training protocols provided in the CPR-C/AED course.
- Compressions and AED would take priority over application of a BVM.
- The bag-valve-mask is a supplementary training item as a response to the COVID-19 pandemic.
- OPA's must be used when using a bag-valve-mask.
- Training in the use of a bag-valve mask does not certify staff in CPR-HCP or BLS responder.
- CPR-C/AED award must remain current.

## Examples of how First Aid Guidelines are applied:<sup>40</sup>

<b>Two Lifeguard Rescue</b>	<ol style="list-style-type: none"><li>1. <b>Lifeguard 1:</b> Signals and enters water with rescue aid.</li><li>2. <b>Lifeguard 2:</b> Initiates clearing the water, provides backup and assists with victim removal. Where backup is not needed in the water, Lifeguard 2 will don PPE.</li><li>3. <b>All rescuers involved with victim care must dry off and don appropriate PPE prior to delivering first aid.</b></li><li>4. Provide surgical mask to victim during care.</li><li>5. If available, direct other facility staff to assist in complex rescues or to call EMS.</li><li>6. Follow disinfection protocols post-rescue.</li></ol>
<b>Three Lifeguard Rescue</b>	<ol style="list-style-type: none"><li>1. <b>Lifeguard 1:</b> Signals and enters water with rescue aid.</li><li>2. <b>Lifeguard 2:</b> Initiates clearing the water, provides backup and assists with victim removal. Where backup is not needed in the water, Lifeguard 2 will don PPE.</li><li>3. <b>Lifeguard 3:</b> Remain dry. Don PPE and initiate victim care.</li><li>4. <b>Lifeguard 1 and 2 must dry off and don appropriate PPE prior to delivering first aid.</b></li><li>5. Provide face mask to victim during care.</li><li>6. If available, direct other facility staff to assist in complex rescues or to call EMS.</li><li>7. Follow disinfection protocols post-rescue.</li></ol>

<sup>40</sup> (Lifesaving Society BC & Yukon, 2020), pg. 40

## Appendix A – Water Lilies Synchro Return to Sport Plan

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Return to  
Sport.docx

## Appendix B – Barracuda Swim Club Return to Sport Plan

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Updated\_Barracuda  
\_Return\_To\_Swim\_Pl

## Appendix C – Pisces Swim Club Return to Sport Plan

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Pisces - Return to  
Sport Plan\_Final.pdf

## Appendix D – Special O Swim Club Return to Sport Plan

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SOBC\_ReturnToSpo  
rtPlan\_08-26-20.pdf

## References

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