

THE NORTH SHORE DOLPHINS DIVING CLUB

RETURN TO SPORT PLAN

www.northshoredolphins.ca

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THE NORTH SHORE DOLPHINS DIVING CLUB

1. Abides by the guidelines set out by viaSport and BC Diving.
(<http://www.bcdiving.ca/wp-content/uploads/2020/06/BC-Diving-Return-to-Sport29816.pdf>)
2. Has completed and submitted the safety plan template to the facilities used by North Shore Dolphin Divers including the West Vancouver Aquatic Centre (“WVAC”), Ron Andrews pool (“RA”), the Vancouver Aquatic Centre (“VAC”) and Hillcrest Aquatic Centre (“HAC”).
3. Has trained our coaches and staff on the safe Return to Sport guidelines, PPE use and outbreak procedures.
4. Has assigned a Return to Sport Manager.
5. Had the return to sport plan approved by the board of directors on Sept 11, 2020.

BC DIVING GUIDELINES

The North Shore Dolphins Diving Club 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 identify as suspect cases or positive Covid-19 cases must inform the Return to Sport Manager immediately.

North Shore Dolphins Diving’s Return to Sport Manager is:

Sally Greenwood

sgreenwood@genomebc.ca

Telephone: 604.512.5118

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 PRINCIPLES:

- Any individual that is experiencing COVID-19 symptoms should remain home and self-isolate for 14 days.
- Any individual that has come into direct contact with anyone that has COVID-19 should self-isolate for 14 days.
- Any individual that has travelled outside of Canada should self-isolate for 14 days.
- Wash or sanitize hands directly before and after your activity.
- You may choose to wear a mask, if you wish.
- Avoid touching your face.
- If you need to sneeze, cover your mouth using the bend of your elbow or a tissue.
- Please listen carefully to staff instructions and follow them closely.
- Please take personal responsibility to ensure your own safety and that of your fellow participants.
- Please be mindful and respectful of others by maintaining a safe physical distance before, during and after your program.

KEEPING EVERYONE SAFE

Participants must have their ***Acknowledgement of Risk*** and ***Declaration of Compliance*** forms completed before returning to training.

General 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. Participant must arrive no more than 5 minutes prior to the training session.
3. Participants that are more than 10 minutes late will not be allowed to participate in the class
4. Diving participants will enter and exit from the designated entrance (and exit) only.
5. Athletes will be separated into groups with a maximum size of five (5) athletes
6. Athletes will arrive appropriately dressed to participate in the training session (participants will not use the changerooms at the facility)
7. Everyone to maintain a distance of 2m between all other individuals during the entire training

session. (ie. No handspotting, no high fives, hugs etc. during this phase). (See Phase 3 RTS Cohorts for more information)

8. In the event a coach enters the 2 metre space to spot, tighten a belt, or stretch an athlete only within their mini cohort, the coach must hand sanitize and use a mask.
9. Equipment – (trampoline bed, padding and crash mats, stretching mats) to be disinfected before and after every use by each group.
10. Participants should bring their own personal equipment and not share any equipment during the training session (ie. water bottles, mats, etc.)
11. Please bring your own water bottle and fill the bottle at home prior to your program or rental. Participants should also carry with them a mask and hand sanitizer.
12. Parents, family members etc. to remain outside of the facility at all times.
13. Bathroom breaks to follow facility guidelines- hand washing or sanitize before and after. Participants and coaches may use the washroom during rental time in the WVAC lobby.
14. 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.
 - b. The harness and ropes will be cleaned after each use with disinfectant.
15. All participants will follow facility rules in addition to the club's return to sport protocols.
16. Attendance records will be kept and saved by coaches for two (2) months.

Pool/ Water training: Same rules as dryland training plus:

Arriving at the Pool:

- Participants must arrive swim ready. Participants and coaches must switch to pool only shoes or bare feet when they enter the pool area.
- Any outerwear and footwear worn to the facility must be removed and stored inside the athlete's personal backpack/bag.
- Participants and coaches will arrive at WVAC via the main pool entrance on 22nd Street.
- Physical distancing markers will be on the ground to mark the entrance line up. Participants should stand on markers until the lifeguards open the doors.

At the Pool:

- The Coach will confirm with facility staff that cleaning of the dive boards and equipment has been carried out prior to commencement of training.
- Coaches with appropriate WHIMS training will clean the equipment between separate groups of divers
- Participants must stay a minimum of 2m (6ft) from others both on the pool deck and in the pool (except for household members).
- Participants must take a shower before entering the water. For WVAC, coaches please direct your participants to the bank of showers (pool-side of Universal Change Room) before they enter the water.
- Change rooms are not available for use.
- Participants and coaches are not permitted in the WVAC storage room or guard room in compliance with maintaining staff safety. If you require any equipment you have stowed away in either of these areas please contact bspeirs@westvancouver.ca prior to practice.
- WVAC and RA will have designated areas around the main pool where participants may store their towels.
- There is a maximum of two groups of five (5) divers allowed at the dive tank (ie 10 divers in total) at all times.

- There is a maximum of eight (8) people allowed in the water at any time, no exceptions.
- Groups will rotate together between the diving board(s).
- Diver to be at the side of the pool before the next athlete dives off the same diving board.
- No spitting in the water or anywhere in the facility.
- 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.

Leaving the Pool:

- Participants must take home all personal equipment after practice to be disinfected.
- All participants must leave the facility immediately at the end of their rental time.
- If a second group of athletes/divers are rotating into the facility, the first group must fully exit the facility prior to the new group entering. The new group must follow all arrival procedures prior to entering.
- Participants and coaches will exit the WVAC facility via the main pool doors on 22nd Street.

Phase 3 Return to Sport

BC Diving is using the ViaSport phase 3 Return to Sport guidelines to inform our cohort definition and planning.

Purpose: Establishing cohorts will limit the number of people that each individual will come into contact with, reducing the risk of transmission and ensuring quicker contact tracing by health authorities if an outbreak occurs.

A **cohort** is a group of participants who primarily interact with each other within your sport environment over an extended period of time.

In this phase all guidance related to personal hygiene, cleaning protocols and symptom screening still apply. Cohorts are being used as it is not possible to maintain physical distancing at all times. When in the cohorts it is still important to minimize physical contact. The minimal 2m physical distancing should be maintained between all participants when not participating in diving. (i.e. change rooms,). If physical distancing cannot be maintained during these times, masks should be worn.

COHORTS- clubs will send a list of their mini and general cohorts to BC Diving

MINI COHORT- Max 18

The primary cohort will be the MINI COHORT. The mini cohort is the group including a coach and the divers they specifically work with. Within this MINI COHORT a coach may work with up to 8 divers at one time. A coach may have a second group which would be included in the MINI cohort. Physical distance is still prioritized, however, spotting and stretching of athletes may now take place provided the coach hand sanitizes and uses a mask when entering the 2m space.

Coaches will not spot or stretch athletes outside of their MINI Cohort even when substituting for another coach within the general cohort.

GENERAL COHORT- Max 100

The GENERAL COHORT is the group of athletes and coaches that may at some point be in the same training space. Two coaches may be in the same training space in a pool with their divers. The coaches

and divers would be expected to maintain the physical distance of 2m at all times. These athletes and coaches would comprise a part of general cohort. Each group that overlaps any training time or coach becomes part of the GENERAL COHORT. If two or more clubs are sharing pool space, they will be in the GENERAL COHORT and this number must be less than 100. The number must not exceed 50 at any one time.

Coaches within a GENERAL COHORT may substitute and work with other athletes in the GENERAL COHORT provided they maintain 2m distance at all times.

PROVINCIAL TRAINING CAMPS

Purpose: to introduce high performance training opportunities that bring together divers from different communities and/or provinces in a responsible and safe manner without compromising the health of the individuals or community members.

All information regarding training camps will clearly communicate expected protocols in advance of the camp to both athletes and parents.

14 days prior to any training camp, all the potential participants will be considered part of the TRAINING CAMP GENERAL COHORT. All invited participants will be asked to reduce exposure to others and minimize visits in public places for the 14 days prior to camp. The divers and coaches must remain in groups with no overlapping to ensure the integrity of this TRAINING CAMP GENERAL COHORT

COMPETITION

Regional and Provincial competitions are being re-introduced in this phase. Inter-provincial competitions should not occur during this phase. The competition itself will have further protocol and restrictions which will be outlined prior to each competition.

14 days prior to any competitions, all the potential participants will be considered part of the COMPETITION GENERAL COHORT. The divers and coaches must remain in groups with no overlapping outside the COHORT to ensure the integrity of this COMPETITION GENERAL COHORT.

TRAVEL

BC Diving recommends that individuals remain primarily within their region when traveling for diving in order to limit the number of groups that they are coming in contact with. Exceptions include traveling to attend high performance training camps or provincial championships. Inter-provincial and international travel is not endorsed at this time.

Any individual who chooses to travel internationally, must self-isolate for 14 days under both provincial and federal orders upon return to Canada.

If choosing to travel, the following recommendations are in place:

- Check before you go – consider the number of active cases in the region you are travelling to
- If sick, stay home, even if symptoms are mild
- Wash your hands often
- Practice safe physical distancing, 2 metres distance from others
- Wear a mask if you cannot keep a safe distance from others

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:
 - self-isolate
 - 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.
 - 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.
 - i. Individuals can contact 8-1-1 if further health advice is required and 9-1-1 if it is an emergency.
 - ii. 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.

APPENDIX B

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, return to sport 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.
 - b. 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.
 - c. 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.
 - 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 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 Return to Sport Manager or 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.

APPENDIX C

QUESTIONNAIRE

Questionnaire

1. Do you have any of the following symptoms: answer each question individually:
 - a. Cold or flu like symptoms?
 - b. Fever
 - c. Chills
 - d. Shortness of breath
 - e. Sore throat or painful swallowing
 - f. Stuffed up or runny nose
 - g. Significant fatigue
 - h. Loss of sense of smell
 - i. Headache
 - j. Muscle aches
 - k. 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?

APPENDIX D

MEMBER COMMUNICATION

Return to diving with respect to COVID-19

Dear <<PARTICIPANT, COACH, PARENT>>

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, BC Diving 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:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home.
- 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.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID19, please stay home.
- Wash your hands before participating
- Bring your own equipment, water bottle and hand sanitizer
- Comply with physical distancing measures at all time
- Avoid physical contact with others, including shaking hands, high fives, etc.
- 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,

APPENDIX E



DIVING PLONGEON CANADA - RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(To be executed by Participants who are the Age of Majority and older)

WARNING! Please read carefully! By signing this document you will waive certain legal rights – including the right to sue

Participant's Name: _____ Participant's Date of Birth: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. Prior to participating, an individual who is the age of majority or older and who wants to participate in the sport of diving and the activities, programs, classes and services provided by, and/or in the events sponsored or organized by Diving Plongeon Canada, BC Diving, and North Shore Dolphins Diving Club which may include but is not limited to: competitions, meets, practices, training, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities") must acknowledge and agree to the terms outlined in this agreement.

Disclaimer

2. Diving Plongeon Canada, BC Diving, North Shore Dolphins Diving Club, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, judges, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

€ I have read and agree to be bound by paragraphs 1 and 2

Description and Acknowledgement of Risks

3. I understand and acknowledge that
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming

- c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction
 - d) **(COVID-19)** The COVID-19 disease has been declared a worldwide pandemic by the World Health Organization and is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that I will not become infected with COVID-19. Further, participating in the Activities could increase my risk of contracting COVID-19
4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of the Activities, some of which are listed below. The risks, dangers and hazards include, but are not limited to:
- a) Health: executing strenuous and demanding physical techniques; physical exertion; overexertion; stretching; dehydration; fatigue; cardiovascular workouts; rapid movements and stops; lack of fitness or conditioning; traumatic injury; sprains and fractures, spinal cord injuries, bacterial infections; rashes; and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof
 - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on the pool deck or other surfaces; and travel to and from the premises
 - c) Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to wear safety or protective equipment; and failure to use or operate equipment within my own ability
 - d) Contact: contact with the pool, pool bottom, walls, stands, equipment, vehicles, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
 - e) Advice: negligent advice regarding the Activities
 - f) Ability: failing to act safely or within my own ability or within designated areas
 - g) Sport: the sport of diving and its inherent risks, including but not limited to falling or colliding with the pool, pool bottom, walls, stands, equipment or with other participants; entering the water by either diving or jumping; extended time underwater; spending extended times in chlorinated water which may lead to bacterial infections or rashes; and drowning
 - h) Cyber: privacy breaches; hacking; and technology malfunction or damage
 - i) Conduct: my conduct and conduct of other persons including any physical altercation between participants
 - j) Travel: travel to and from the Activities

- k) Negligence: my negligence and negligence of other persons, including NEGLIGENCE ON THE PART OF THE ORGANIZATION, which may increase the risk of damage, loss, personal injury or death

€ I have read and agree to be bound by paragraphs 3 and 4

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select
 - b) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition
 - c) To comply with the rules and regulations for participation in the Activities
 - d) To comply with the rules of the facility or equipment
 - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately
 - f) The risks associated with the Activities are increased when I am impaired, and I will not to participate if impaired in any way
 - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity
 - h) That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment
 - i) **(COVID-19)** That COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, I agree:
- a) That the sole responsibility for my safety remains with me
 - b) To ASSUME all risks arising out of, associated with or related to my participation
 - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities
 - d) To WAIVE any and all claims that I may have now or in the future against the Organization
 - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Activities
 - f) To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence,

negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization

- g) To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization
- h) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities
- i) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities
- j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect

Jurisdiction

- 7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of Ontario and further agree that the substantive law of the Province of Ontario will apply without regard to conflict of law rules.

€ I have read and agree to be bound by paragraphs 5 to 7

Acknowledgement

- 8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Name of Participant (print)

Signature of Participant

Date



DIVING PLONGEON CANADA - INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT
(to be executed by parents/guardians of Participants who are younger than the Age of Majority)

WARNING! Please read carefully! By signing this document you will assume certain risks and responsibilities

Participant's Name: _____ **Participant's Date of Birth:** _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. Prior to participating, an individual who is younger than the age of majority and who wants to participate in the sport of diving and the activities, programs, classes and services provided by, and/or in the events sponsored or organized by Diving Plongeon Canada, *BC Diving and North Shore Dolphins Diving Club* which may include but is not limited to: competitions, meets, practices, training, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities") must have their legal parent/guardian ("the Parties") acknowledge and agree to the terms outlined in this agreement.
2. The undersigned acknowledges and agrees that they are a parent/guardian of the Participant and have full legal responsibility for the decisions of the Participant.

Disclaimer

3. Diving Plongeon Canada, *BC Diving and North Shore Dolphins Diving Club* and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, judges, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, property damage, death, expense, loss of income, damage or loss of any kind suffered by the Participant during, or as a result of, the Activities.

€ We have read and agree to be bound by paragraphs 1 to 3

Description and Acknowledgement of Risks

4. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life
 - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming
 - c) The Organization has a difficult task to ensure safety and it is not infallible. the Organization may be unaware of the Participant's fitness or abilities, may give

incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction

- d) **(COVID-19)** The COVID-19 disease has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19

5. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The Parties understand that the Organization may fail to safeguard or protect the Participant from the risks, dangers and hazards of the Activities, some of which are listed below. The risks, dangers and hazards include, but are not limited to:

- a) Health: executing strenuous and demanding physical techniques; physical exertion; overexertion; stretching; dehydration; fatigue; cardiovascular workouts; rapid movements and stops; lack of fitness or conditioning; traumatic injury; sprains and fractures, spinal cord injuries, bacterial infections; rashes; and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof
- b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on the pool deck or other surfaces; and travel to and from the premises
- c) Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to wear safety or protective equipment; and failure to use or operate equipment within the Participant's own ability
- d) Contact: contact with the pool, pool bottom, walls, stands, equipment, vehicles, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
- e) Advice: negligent advice regarding the Activities
- f) Ability: failing to act safely or within the Participant's own ability or within designated areas
- g) Sport: the sport of diving and its inherent risks, including but not limited to falling or colliding with the pool, pool bottom, walls, stands, equipment or with other participants; entering the water by either diving or jumping; extended time underwater; spending extended times in chlorinated water which may lead to bacterial infections or rashes; and drowning
- h) Cyber: privacy breaches; hacking; and technology malfunction or damage
- i) Conduct: the Participant's conduct and conduct of other persons including any physical altercation between participants
- j) Travel: travel to and from the Activities

- k) Negligence: the Participant's negligence, the Parties' negligence, and/or the negligence of other persons, including NEGLIGENCE ON THE PART OF THE ORGANIZATION, which may increase the risk of damage, loss, personal injury or death

€ *We have read and agree to be bound by paragraphs 4 and 5*

Terms

6. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
- a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant
 - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition
 - c) To comply with the rules and regulations for participation in the Activities
 - d) To comply with the rules of the facility or equipment
 - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately
 - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant will not participate if impaired in any way;
 - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity
 - h) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment
 - i) **(COVID-19)** That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death
7. In consideration of the Organization allowing the Participant to participate, the Parties agree:
- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities
 - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities
 - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect

Jurisdiction

8. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Ontario and they further agree that the substantive

law of the Province of Ontario will apply without regard to conflict of law rules.

€ We have read and agree to be bound by paragraphs 7 and 8

Acknowledgement

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date



DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): _____

Individual's Parent/Guardian _____
(if the individual is younger than the age of majority)

Email: _____

Phone: _____

WARNING!

**ALL INDIVIDUALS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES
MUST COMPLY WITH THIS DECLARATION**

Diving Plongeon Canada, its provincial/territorial organizations, and affiliated clubs/academies (collectively the "Organization") require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further spread of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than the age of majority) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than the age of majority), hereby acknowledge and agree to the terms outlined in this document:

- 1) The coronavirus disease COVID-19 has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.

- 2) The individual has not been diagnosed with COVID-19. **OR** If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities.
- 3) If the individual is a front-line worker (such as hospital staff, long term care staff, or other individual who interacts with individuals who have confirmed or suspected cases of COVID-19), the individual has worn proper and approved Personal Protective Equipment at all times whenever they interacted with an individual who has a confirmed or suspected case of COVID-19 in the last 14 days.
- 4) If the individual is not a front-line worker, they have not been exposed to a person with a confirmed or suspected case of COVID-19 in the last 14 days.
- 5) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 6) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).
- 7) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
- 8) The individual has not, nor has any member of the individual's household, travelled to or had a lay-over in any country outside Canada, or in any province/territory outside of the individual's province/territory of residence in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside of the individual's province/territory of residence after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.
- 9) The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
- 10) The individual will follow the safety, physical distancing and hygiene protocols of the Organization.

11) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.

12) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

Signature: _____ Date: _____
Individual (If the age of majority)

Signature: _____ Date: _____
Parent/Guardian (if the individual is younger than the age of majority)

APPENDIX F

COVID-19 SAFETY PLAN TEMPLATE

NORTH SHORE DOLPHINS DIVING CLUB

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:

During the entering and exit process as participants gather and move through a narrow space

During a warm-up phase where participants could be closer together

In line ups for the use of equipment such as the diving board or trampoline.

We have identified areas where people gather

Spectators generally gather in the stands and at the entrance and exit.

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.

- Divers can be close to the public as they move through the entrances and changerooms
- 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
- Divers share diving boards, chamois, mats and the trampolines
- We have identified surfaces that people touch often
- These surfaces are the mats used for warm up as well as the trampoline (and the protective mats around the frame)
- Diving boards, fulcrums and stairs are touched by feet only
- The railings are often touched by participants hands
- The drinking fountain

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- North Shore Dolphins Diving will follow the facility maximum allowable numbers unless the facility maximum numbers exceeds the BC Diving guidelines:

- A maximum group size of 10 divers (5 divers per board); a maximum of 2 groups in the facility at any one time.

- Only 5 divers may use the same diving board to ensure they are continuously 2m distant from one another.
- A maximum of 8 people in the pool at any one time.

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

COMMON AREAS

- Parents will be asked to remain outside the facility.
- Divers will not use the facility change rooms (they are expected to arrive changed).
- Divers will bring their own yoga style mat for personal use.
- Only one athlete may leave the training to use a washroom at a time.
- 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.

Measures in place

RULES AND COMMUNICATION

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)

Before returning to training, all participants will return a signed Participant agreement AND declaration of compliance form (attached-parents will sign for minors) that outlines the new rules and guidelines that must be followed.

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> and the North Shore Dolphins Dive Club's website:

<https://www.northshoredolphins.ca>

Fourth level protection: Using masks

We have reviewed the information on selecting and using masks and instructions on how to use a mask.

We understand the limitations of masks to protect the wearer from respiratory droplets.

Measures in place

USE OF PPE

- Coaches and athletes will have masks and sanitizer available
- 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
- 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

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

CLEANING PROTOCOLS

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

- 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.
- Anyone directed by Public Health to self-isolate.
- 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:

- Sick individuals should report to first aid (or designated individual), even with mild symptoms.
- Sick individuals will be asked to wash or sanitize their hands, be 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).
- If the individual is severely ill (e.g., difficulty breathing, chest pain), we will call 911.
- 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 North Shore Dolphins Diving Club guidelines are posted on the North Shore Dolphins Diving Club website:
- 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.

APPENDIX G

SPORT ACTIVITY CHART

This chart outlines the types of activities that can be considered in the various return phases.

| | Strictest Controls Phase 1 | Transition Measures Phase 2 | Progressively Loosen Phase 3 | New Normal (Future date TBC) |
|-------------------------------|--|--|---|---|
| Restrictions in Place | <ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel | <ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people | <ul style="list-style-type: none"> Refer to PHO and local health authorities | <ul style="list-style-type: none"> Refer to PHO and local health authorities |
| Enhanced Protocols | <ul style="list-style-type: none"> Increased hand hygiene | <ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place | <ul style="list-style-type: none"> Increased personal hygiene, cleaning protocols and symptom screening | <ul style="list-style-type: none"> Increased hand hygiene |
| Facility | <ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed | <ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening | <ul style="list-style-type: none"> Participants should maintain physical distance while not on field of play | <ul style="list-style-type: none"> Outdoor/Indoor |
| Participants | <ul style="list-style-type: none"> Individual activities | <ul style="list-style-type: none"> Small Groups No or limited spectators | <ul style="list-style-type: none"> Groups sizes increase based on sport type (i.e. level of contact). Participants and spectators must adhere to 50 people max per event public health guidance | <ul style="list-style-type: none"> Large groups allowed No restrictions on spectators |
| Non-contact Activities | <ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc.). Virtual activities | <ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills | <ul style="list-style-type: none"> Where feasible, limit contact (i.e. coming within two metres) in training and sport activities | <ul style="list-style-type: none"> No restrictions on activity type |
| Contact Activities | <ul style="list-style-type: none"> Should not occur | <ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training | <ul style="list-style-type: none"> Cohort model introduced for sports that cannot maintain 2m physical distancing. | <ul style="list-style-type: none"> No restrictions on activity type |
| Competition* | <ul style="list-style-type: none"> Should not occur | <ul style="list-style-type: none"> In club play or modified games may slowly be introduced | <ul style="list-style-type: none"> Competition slowly introduced. Regional competition for sports in cohorts. | <ul style="list-style-type: none"> Provincial competitions and larger scale events may return |
| Equipment | <ul style="list-style-type: none"> No shared equipment | <ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use | <ul style="list-style-type: none"> Enhanced cleaning protocols in place | <ul style="list-style-type: none"> Shared equipment |
| Travel | <ul style="list-style-type: none"> None | <ul style="list-style-type: none"> None | <ul style="list-style-type: none"> Limited | <ul style="list-style-type: none"> Unlimited |

*Introduction of competitive activities should be in alignment with sport-specific guidelines.