



FVWPC RESTART 2.0 & COMMUNICABLE DISEASE PLAN

Created 6 July, 2021

TO REPORT A CASE OR SUSPECTED CASE OF COVID-19 WITHIN OUR CLUB

PLEASE EMAIL SECRETARY@FRASERVALLEYWATERPOLO.COM

FVWP Illness Policy can be found in Appendix B

**FVWP COVID OFFICER
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Fraser Valley Water Polo Restart 2.0 & Communicable Disease Plan

Introduction

On May 25, 2021, VIASPORT in working with the Province of British Columbia announced the BC Restart 2.0 plan. VIASPORT updated their Return to Sport and COVID19 Safety guidelines. These guidelines provide direction to Provincial Sport Organizations (PSO's) and ultimately the clubs, such as Fraser Valley Water Polo Club.

On June 29, 2021 the Government of BC announced that July 1st that we will be entering Step 3 of the BC Restart 2.0 Plan, with some easing of restrictions. While entering into Step 3, the Province of British Columbia has indicated that we are transitioning from a "modified" COVID19 Safety Plan to Communicable Disease Plan (our Restart 2.0 plan). While this is not a full return to normal programs, we are excited to be able to get members back to our club and to safely engage socially and athletically, this summer.

In order to maximize safety and our programs' experience, FVWP has adapted the direction from the health and sport authorities to form our FVWP specific Restart 2.0 protocols – FVWP Restart 2.0 & Communicable Disease Plan. It is essential that all members are diligent in following instructions and communicating the importance of these instructions to their children. Collectively we want to be leaders in bringing people back to our programs safely and we all have a role to play to make this happen.

We also understand that families may have different comfort levels with the risks associated with returning to FVWP; ultimately individuals will need to assess our Restart 2.0 & Communicable Disease Plan and make an informed decision that best suits their family's risk tolerance.

We want to acknowledge the leadership from VIASPORT, City of Surrey, Township of Langley, Water Polo West and Water Polo Canada for their ongoing efforts and support.

We also want to thank our families and volunteers for their ongoing patience and support as we try to navigate these challenging times. We are not back to normal, but we are getting closer to a competitive season and that is amazing!

About COVID-19 and Transmission (from VIASPORT)

COVID-19 is transmitted via liquid droplets when a person coughs or sneezes but also potentially when they are talking in very close proximity to another person. The virus in these droplets then can enter the body of another person when that person breathes in the droplets or when the droplets touch the eyes, nose or throat of that person.

This transmission requires you to be in close contact – closer than the expected physical distancing of three to six feet. This is referred to as ‘droplet’ transmission and is believed to be the primary way COVID-19 is transmitted.

COVID-19 can also be transmitted through droplets in the environment if someone touches a contaminated area then touches their face without cleaning their hands. The virus does not enter the body through skin, it enters through eyes, nose, or mouth when the person touches their face. Unfortunately, human beings touch their faces very often throughout the day, much more than they realize. This is why regular hand washing and cleaning of high- touch surfaces is so important.

For COVID-19 there are some emerging indications that there are people who can shed COVID-19 virus 24 to 48 hours prior symptom onset, but at present, it is not known whether this is a significant risk factor for transmission.

Droplet transmission is much more likely when in close contact in an indoor setting. Transmission is less likely in an outdoor setting, where there is more space for people to keep physically distanced.

However, in the context of sports, even outdoors there can be risks from high-touch surfaces because many sports involve objects that are normally shared among players, coaches or volunteers (balls, equipment, etc.).

Symptoms Checklist

Click [HERE](#) to view the Government of Canada's webpage with a list of symptoms and other information about Covid-19.

Click [HERE](#) to conduct a self-assessment with **BC COVID-19 Self-Assessment Tool**.

Restart 2.0 & Communicable Disease Plan – Steps

Per VIASPORT and the Province of BC, we are entering the "Step 3" phase as noted in the chart below. As a result, the FVWP Restart 2.0 & Communicable Disease Plan is based on the specific points listed in the chart, information from the [Province of BC - BC Restart 2.0](#) and from [WorkSafeBC Step 3 BC Restart Plan](#).

While FVWP will ensure that we create the safest possible environment as guided by health and sport authorities, it is essential that all FVWP members and athletes do their part in following the guidelines.

At the discretion of the FVWP Board of Directors, this FVWP Restart 2.0 & Communicable Disease Plan may be updated from time to time due to changes in the relevant guidelines and orders issued by the Provincial Health Officer, VIASPORT and/or the Provincial Sports Organizations.

Return to Sport Restart 2.0

STEP 1 Effective May 25	STEP 2 Effective June 15	STEP 3 Effective July 1	STEP 4 Sept 7 (Earliest)
<p>Outdoor sport</p> <ul style="list-style-type: none"> Travel limited Training and competition allowed Maximum group size in effect No spectators <p>Indoor sport</p> <ul style="list-style-type: none"> Must maintain physical distance on and off the field of play Travel limited <p>High-performance sport</p> <ul style="list-style-type: none"> CSI-P exemption in effect 	<p>Outdoor sport</p> <ul style="list-style-type: none"> Recreational travel, including for sport, allowed within B.C. Maximum group size is 50 for adults (i.e. 22 and over). That 50-person count includes participants, coaches, managers, trainers, and other persons involved in an official capacity No maximum group size for children and youth (i.e. those under 22) Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained. Up to 50 spectators Masks not required <p>Indoor sport</p> <ul style="list-style-type: none"> Recreational travel, including for sport, allowed within B.C. Maximum group size is 50 for children/youth and adults. That 50-person count includes participants, coaches, managers, trainers, and other persons involved in an official capacity Physical distance not required on field of play (i.e. contact is allowed). Off field of play, physical distance of 2 m must be maintained Field of play: no masks required Off the field of play: masks required No spectators <p>High-performance sport</p> <ul style="list-style-type: none"> CSI-P identified athletes do not have a maximum group size for outdoor sport activities but must adhere to all other Step 2 rules. 	<p>Outdoor sport</p> <ul style="list-style-type: none"> Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials Travel: Canada-wide travel allowed. International travel must follow federal restrictions and guidance. Physical distance does not need to be maintained on or off the field of play. Masks: not required on or off the field of play. Seated events: Up to 5,000 or 50% of capacity, whichever is greater (i.e. if your space holds 8,000 people the capacity is now 5,000. If your space holds 12,000 people the capacity is now 6,000) <p>Indoor sport</p> <ul style="list-style-type: none"> Group Size: There is no maximum group size for participants, coaches, volunteers, staff and officials Travel: Canada-wide travel allowed. International travel must still follow federal restrictions and guidance. Physical distance does not need to be maintained on or off the field of play. Masks: not recommended on the field of play. Masks are recommended off the field of play for those 12 and over who have not received both immunization shots. Seated events: Up to 50 or 50% of capacity, whichever is greater (i.e. if your space holds 75 people the capacity is now 50. If your space holds 500 people the capacity is now 250). <p>High-performance sport</p> <ul style="list-style-type: none"> CSI-P identified athletes adhere to all Step 3 guidance. <div style="background-color: #e0e0e0; padding: 5px; margin-top: 10px;"> <p>OVERALL GUIDANCE</p> <p>Communicable Disease Response Plan Sport Organizations are no longer required to have a COVID-19 Safety Plan; however, sport organizations should consider developing a communicable disease response plan as per WorkSafeBC guidance to reduce the risk of communicable disease.</p> <p>Liability The Province of B.C. extended COVID-19 liability coverage for organizations until December 31, 2021 through the COVID-19 Related Measures Act (CRMA). This protects people and organizations from damages resulting from transmission or exposure to the virus that causes COVID-19.</p> </div>	<p>Return to normal sport competitions for both indoor and outdoor sport, subject to favourable epidemiology</p>

Current as of July 1, 2021

STEP	Criteria	PHO Guidance	Personal Gatherings	Organized Gatherings	Travel	Sports & Activities	Businesses	Offices & Workplaces
1 MAY 25	C: stable H: stable D1: 60%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 10 people Indoor visitors – up to 5 people or 1 household	Indoor seated organized gatherings – up to 10 people Outdoor seated organized gatherings – up to 50 people	Recreational travel within your zone Non-essential travel between zones restricted	Low-intensity indoor fitness classes Outdoor local team games and practices for all ages – no spectators	Indoor & outdoor dining – up to 6 people Liquor service – 10PM Existing WorkSafeBC Safety Plans remain in place	Start gradual return to workplaces and offices Existing Safety Plans remain in place
2 JUNE 15 <small>(Start date)</small>	C: declining H: declining D1: 65%	Masks mandatory, indoor public spaces Physical distancing If sick, stay home and get tested	Outdoor personal gatherings – up to 50 people Indoor visitors – up to 5 people or 1 household Playdates	Indoor seated organized gatherings – up to 50 people Sector consultations on next steps on indoor and outdoor gatherings	BC recreational travel BC Transit and BC Ferries – increased services as needed	High-intensity indoor fitness classes – reduced capacity Indoor team games for all ages – no spectators Spectators for outdoor sports – up to 50 people	Liquor service – midnight Banquet halls reopen – limited capacity, Safety Plans Sector consultations on next steps on easing of restrictions	Continue return to work Small in-person meetings
3 JULY 1 <small>(Start date)</small>	C: low H: declining D1: 70%	Masks – recommended Careful social contact If sick, stay home and get tested	Return to usual on indoor and outdoor personal gatherings Sleepovers	Increased capacity, indoor and outdoor gatherings – Safety Plan Fairs & festivals with Safety Plan	Canada recreational travel	All indoor fitness classes – increased capacity Limited spectators for indoor sports	Dining – no group limit Bingo halls, casinos and nightclubs – limited capacity Operate based on new Safety Plans	Seminars and bigger meetings Operate based on new Safety Plans
4 SEPT 7 <small>(Start date)</small>	C: low H: low D1: 70%+	Masks – personal choice Normal social contact If sick, stay home and get tested	Normal social contact	Increased capacity on large organized gatherings (i.e. concerts)	Canada recreational travel	Increased indoor and outdoor spectators Return of normal sport competitions – Safety Plans	Continue to operate based on new Safety Plans	Fully re-opened offices and workplaces

C: C-19 case counts H: C-19 hospitalizations D1: minimum % of people 18+ with dose 1

BC'S RESTART: A PLAN TO BRING US BACK TOGETHER

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We have adjusted our water polo program to reflect the activity offerings based on the Step 3 measures and the BC Restart guidelines provided by their respective sports under VIASPORT.

During Step 3, please find below the list of our specific adjustments. Our expectation is that parents read and educate their children on these expectations. The Restart 2.0 & Communicable Disease Plan protocols are outlined below.

Program Offerings

- For our 2021-2022 season, we are planning a return to competitive age groups (U15, U17 and U19) for girls and boys as well as running our Development Program.
- Number of swimmers per lane, when swim training, will be dictated by facility protocols.

Facilities

- If you are sick or require to self isolate, do not enter the facilities
- We recommend sanitizing your hands entering and exiting the facilities
- We will continue to follow facility protocols for entering and exiting the pool area.
- We will follow the occupancy capacity required at each facility.
- Masks are required in all public indoor settings for all people born in 2009 or earlier (12+).

Equipment and Surfaces

- As there is currently no evidence that COVID-19 survives in treated pool water, there are no special disinfection procedures to put in place for all equipment that are regularly in contact with chlorinated water (balls, nets, etc.).
- All high touch surfaces will be sanitized throughout the day.

Athletes

- Athletes can bring their own equipment (kickboards, fins) in a personal bag but it is recommended athletes do not to share equipment.
- Personal belongings such as towels, drinks and other personal items are recommended not to be shared.

Scheduling

- Please arrive not more than 10 minutes prior to your scheduled session.
- Competitions will be added under the guidelines of Step 3.

First Aid – All Programs

Should a minor injury occur, here is our protocol for managing:

- The session coach will communicate with the player to assess the injury verbally.
- Depending on the injury, the following may occur:
 - The athlete will sit out until they feel better to re-join
 - The athlete will walk to their parent for attention
 - The athlete will receive first aid treatment from a member of staff at the facility.

Should a minor injury occur, here is our protocol for managing:

- If a coach provides first aid support, they will do so with a mask and gloves on at all times as physical distancing will no longer be possible.
- In the event of an unforeseen serious injury, 911 will be called.

Memberships Participation Guidelines

Participation in FVWP Restart 2.0 & Communicable Disease Plan is completely voluntary. If at any point, a member is feeling uncomfortable with the risks of any of FVWP's programs or events, they can and should remove themselves.

While we don't want to alarm members, we do want to recognize the importance and role that athletes, parents, grandparents and others play in ensuring that we resume our programs. To this end we have established the following guidelines for athletes:

- Parents must complete an Acknowledgement of Risk and Waiver on behalf of all family members. This will be required to be completed prior to registration.
- Members are asked to review all Restart 2.0 & Communicable Disease Plan protocols and to sit down with their children and explain the information and importance of abiding by all protocols and rules. Staff will also work with members on this but it will be helpful if this is reinforced by all adults.
- All members will be requested to follow the FVWP Illness Policy (see Appendix B).

Facilities' Areas Management

Our training facilities protocols are defined by either the City of Surrey or the Township of Langley. Within any facilities areas, the expectation is that people:

- If you are sick or require to self isolate, do not enter the facilities
- We recommend sanitize your hands entering and exiting the facilities
- Masks are required in all public indoor settings for all people born in 2009 or earlier (12+).

Casual spectator areas will be in and around the facilities' areas. Our expectation is:

- The number of spectators allowed is defined by the facility.
- Physical distancing is maintained in the casual areas.
- Masks are required.
- Anyone not in compliance will be asked to leave the facility. Anyone found repeatedly defying facility protocols, after having been informed, will be removed from the facilities for the duration of the program.

Risk Management

We are taking every recommended step to ensure the safety of all athletes. In addition to information provide on our Restart 2.0 & Communicable Disease Plan page, here are additional measures in place to mitigate risk:

Jane and Tricia, FVWP Board Directors, will serve as the main point of contact for our Risk Management/Contact Tracing team and will take direction from the FVWP board. Jane can be reached by [email](#). The purpose of this team is to:

- Monitor advice and direction from health and sport authorities
- Manage any contact tracing reports
- Oversee all program implementation to ensure compliance is adhered to

FVWP Restart 2.0 & Communicable Disease Plan

All sessions will be delivered by FVWP coaches and volunteers who have been trained in COVID-19 and Restart 2.0 & Communicable Disease Plan protocols.

FVWP is committed to getting and keeping members in FVWP programs and activities. In order to do this safely, and ultimately move towards a return to competitive play, we will be holding our staff and members to the highest standards of the recommendations from the health authorities.

We recognize that some of these protocols are inconvenient, but we expect 100% compliance from everyone involved. Please do not be offended if you receive a reminder of these protocols. We all have a role to play to get our sports back to normal and to keep our community safe and healthy.

Appendix A (Definitions)

Restart 2.0: Restart 2.0 refers to the process of developing and implementing guidelines for sport organizations to operate safely in B.C. during this pandemic. Restart 2.0 Plans will be unique to each sport and must follow Provincial Health Office orders and recommendations. One set of guidelines will be created for each sport by the Provincial Sport Organization, and all club and PSO sanctioned activities should follow this set of guidelines.

Physical Distancing: According to the Provincial Health Officer, physical distancing requires keeping two metres (or at least two arms lengths) of space between individuals. It also includes staying at home when you're sick, even if symptoms are mild.

Provincial Health Officer (PHO): The Provincial Health Officer is the senior public health official for B.C., and is responsible for monitoring and reporting on the health of the population of B.C. This office works with the B.C. Centre for Disease Control and provides independent advice to the ministers and public officials on public health issues. The current PHO is Dr. Bonnie Henry.

Community Focused: Community focused sport activities take place within the home sport community or clubs where athletes are members. This means avoiding cross-regional, inter-provincial or cross-country travel for sport.

Recreation as defined by the Canadian Parks and Recreation Association is the "experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing." Physical activities would include those undertaken as leisure, fitness training and sport-related activities that are done at the discretion of the individual (e.g. – use of parks, hiking trails, public recreation facilities), either self-led or facilitated by recreation leaders and are not included within the context of this document. Refer to Appendix B for list of additional definitions pertinent to Return to Sport.

Organized Sport Activities: involve a number of people doing something together in a structured way and is facilitated by a Provincial Sport Organization or Local Sport Organization.

Competitive activities: Competitive activities are formal, organized games, matches and tournaments between athletes where scores are recorded and standings are kept.

Rule of Two: The goal of the Rule of Two is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect athletes (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. During the pandemic, compliance remains mandatory and organizations must ensure a coach is never alone and out of sight with an athlete without another screened coach or screened adult (parent or volunteer) present.

Appendix B (Illness Policy)

In this policy, “Member” includes an employee, volunteer, athlete, parent/spectator or guest.

1. Inform an individual in a position of authority (Head Coach, program coordinator, Program Chair) 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
 - Members must review the self-assessment signage located throughout the facility before their practice/activity to attest that they are not feeling any of the COVID19 symptoms.
 - Managers/coaches will visually monitor 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.
 - If Members are unsure please have them use the [self-assessment tool](#).
3. If a Member is feeling sick with COVID-19 symptoms
 - They should remain at home and contact Health Link BC at 8-1-1.
 - 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.
 - No Member may participate in a practice/activity if they are symptomatic.
4. If a Member tests positive for COVID-19
 - Contact secretary@fraservalleywaterpolo.com immediately.
 - The Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
 - Any Members who work/play closely with the infected Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially been infected/touched.
5. If a Member has been tested and is waiting for the results of a COVID-19 Test
 - Contact secretary@fraservalleywaterpolo.com immediately.
 - As with the confirmed case, the Member must be removed from the workplace/practice/facility.
 - 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.
 - Other Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - 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 Member has come in to contact with someone who is confirmed to have COVID-19
 - Members must advise their employer/coach if they reasonably believe they have been exposed to COVID-19.
 - Once the contact is confirmed, the Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Members who may have come into close contact with the Member will also be removed from the workplace for at least 14 days.
 - 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:
 - Any Member who has travelled outside of Canada within the last 14 days must follow federal restrictions and guidance re quarantine and self-isolation protocols for that country.
 - Any Member who has travelled out of the province within the last 14 days is to adhere to BC government protocols and Provincial Health Office guidance at all times as per the Emergency Program Act.
 - Any Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - Any Member from a household with someone showing symptoms of COVID- 19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - Any 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 (Club Declaration Form)

Club Declaration Form - Board Approval

The Fraser Valley Water Polo Club Restart 2.0 & Communicable Disease Plan
approved by the FVWP Board on 7 August 2021.

Appendix D (PSO Approval)

Water Polo West - PSO Approval

Water Polo West Letter added June 22, 2021

This letter from Water Polo West gives approval for BC Water Polo Clubs to transition to less restrictive training environments. This translates primarily into 2 conditions - lane density and physical distancing in the field of play.



June 22nd 2021

To Whom It May Concern,

In light of the changing Provincial Health regulations as we enter Step 2 of BC's Restart Plan, Water Polo West recommends to our BC water polo clubs that they adjust their Return to Sport Plans and work with local aquatic facilities to transition to less restrictive training environments. For the sport of water polo, that translates primarily into 2 conditions - lane density and physical distancing in the field of play.

As a PSO, we support increased lane density from 4 swimmers per lane to 6 swimmers per lane. Similarly, Step 2 of the Restart Plan removes the restriction of physical distancing in the field of play. We support our clubs working with our facilities to re-engage in complete water polo training which includes full contact scrimmaging and drills.]

On behalf of all of our local water polo clubs, thank you for working proactively & productively with our clubs to help responsibly return the sport to a regular training environment.

Thank you,

Christina Kouvousis
Sport Development Coordinator
Water Polo West
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