



POOL LOCATION • Canal Road (Saltus Field), Pembroke | MAILING ADDRESS • Suite 1407, 48 Par-La-Ville, Hamilton HM11

WEB • [www.basa.bm](http://www.basa.bm) | EMAIL • [manager@swimmingbermuda.com](mailto:manager@swimmingbermuda.com) | PHONE • 441-292-1713

## **BASA Covid-19 Health Declaration Form**

Swimmers may return to the pool at their own risk. BASA and Saltus will not accept any liability. Although all efforts will be made to decrease the risk of the transmission of Covid-19, this risk cannot be completely mitigated. Participation in swimming is optional. Swimmers should determine what is in the best interest of their family's health and safety before participating in any programming.

BASA will follow the guidance of the government along with information provided for best practices of swimming facilities. These guidelines will be adjusted as required.

The approach to training will focus in 'get in, train, and get out'.

Intentionally not following the guidelines and requirements can result in removal from the facility and dismissal from future practices.

### **Health and safety are BASA's top priorities.**

Swimmers may not attend practice if they

- 1) have had COVID-19 and do not have a doctor's note permitting them to return to practice
  - 2) Do not feel well
  - 3) Have a temperature above 100.00°F
  - 4) have been in direct contact with anyone who has had COVID-19 in the past two weeks, feels ill, or has a fever
- A staff member will check coaches' and swimmers' temperatures with a no touch infrared thermometer at the entrance to the facility. People with temperatures greater than 100.00°F will not be allowed into the facility and will be informed to return home.
  - After a swimmer's temperature check they will be provided hand sanitizer for treating their hands before entering the pool.
  - Each athlete and the lane they swim in will be logged
  - When arriving at the BASA facility, parents dropping off swimmers will remain in their vehicles and will not enter the facility. Any spectator area will be closed to visitors. Parents who typically wait for their kids inside the facility will remain in their vehicles in the parking lot until the end of practice.
  - Any parents permitted to enter the facility should make the same declarations as swimmers regarding their health and, have their temperatures checked at the gate. If permitted to enter, parents must remain in the designated area at all times and observe physical distancing requirements at all times. (They will be counted as part of the total group number)



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- Swimmers will not enter the BASA facility until 5 minutes before their scheduled practice. If swimmers arrive early, they will remain in their vehicles until it is time for them to enter the facility.
- Appropriate physical distancing guidelines will be observed at all times between swimmers and other swimmers, swimmers and coaches, and all other facility occupants and swimmers/coaches.
- There will be a scheduled 15-minute window between practices to have swimmers exit the pool and the facility before the start of the next practice. When on the path please stay to the left-hand side of the direction you are travelling.
- Before, during, or after practice, swimmers and parents may not congregate on deck, at entrances/exits, or in parking lots and are to leave the facility and the parking lot immediately.
- Parents are required to pick up their swimmers from practice on time to avoid huddling of swimmers at the facility waiting to be picked up.
- Coaches will not “huddle” with their swimmers before, during and after practices.
- Swimmers will restrict their use of the locker rooms. Swimmers will arrive at the facility in their swimsuits and will leave the facility after practice without changing. Swimmers will use locker rooms/restrooms only for going to the bathroom and washing hands if required.
- Swimmers & Coaches should avoid contact with starting blocks, backstroke grips, bleachers, tables, chairs, and other surfaces that have not been or cannot be sanitized frequently. Areas will be cleaned before and after each swimmer begins in their lane assignment, lanes will be three swimmers per lane. With a staggered start position having one swimmer at each end and one in the middle.
- Swim bags and equipment bags will be limited and taken home after every practice. Swimmers will not store their swim bags and equipment bags at facilities. Swimmers will keep all items in their swim and equipment bags unless being utilized for practice. Swimmer will be permitted to bring their equipment bag with their standard practice items for their specific group. Swimmers will be permitted to bring one towel, one water bottle that will remain in their swim bag except for during water breaks. Swimmers may also bring their own hand sanitizer, for their own personal use, no sharing.
  - o Swimmers and parents are tasked with cleaning and sanitizing their equipment after each use and before utilization during practice.
  - o Any utilization of snorkels will occur at the beginning of practice.
- “Public” use equipment will not be used or available to swimmers. (kick boards and pull buoys)
- After practice is over, swimmers will leave the facility immediately. This will increase social distance between the swimmers who are leaving and the swimmers who are arriving.
- The use of masks during arrival and departure will be required. Coaches will be expected to wear face masks or face shields during interaction with swimmers. Once practice begins coaches can remove masks/ face shields as long as physical distancing is maintained. Strict physical distancing will be enforced at all times in accordance with these policies and procedures.
- All water fountains will be not be in use, bring water from home, no bottle sharing.
- Bathroom and any surfaces that may be touched will be cleaned and sanitized often



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### **Staff**

48-72 hours before opening. Staff will be educated and follow Department of Health policies and procedures.

- Staff will be educated and follow facility procedures.
- Staff will have temperature checks before entering facilities.
- Staff may not come to work if
  - 1) have had COVID-19 and do not have a doctor's note permitting them to return to practice
  - 2) do not feel well
  - 3) have a temperature above 100.00°F \*
  - 4) have been around anyone who has had COVID-19 in the past two weeks and feels ill, or has a fever
  - 5) traveled internationally, but not completed the two-week self-quarantine period recommended by the Department of Health
- Any Staff experiencing any symptoms of any communicable illness (or exposure to someone who has any symptoms) will be told to remain at home and seek medical treatment, as needed.

### **If there is a case of COVID-19**

Action Plan if a Swimmer/Coach/staff member/parent tested positive for COVID and was at a practice at the BASA facility

- Information from the BASA log will be provided to the Department of health for contact tracing.
- BASA will communicate to membership we had a swimmer/coach/staff member/parent that was at a practice that tested positive for COVID.
- Communication to families that had "close contact" with that swimmer/coach will be to self-quarantine, monitor any symptoms, and contact their doctor.
- If a swimmer /coach/staff member/parent has a COVID (positive test): Written permission by a physician clearing the person to return to activity must be provided and BASA approval must be given before return.



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Name: \_\_\_\_\_

We require all swimmers and coaches to complete this Covid-19 Health Declaration Form as part of our return to pool protocol prior to returning to the pool.

In signing this Form, you attest that you agree with the following points and that you have read the pool resumption planning document.

**Health Checklist – please ask these questions each day before heading to the pool**

- Am I unwell today?
  - I will not come to the pool if I am unwell or showing any symptoms of an illness.
- Have I been exposed to anyone with Covid-19?
  - If yes, I will not attend come to the pool and quarantine at home for 14 days.
- Have I been around anyone who is unwell?
  - If yes, I will not attend come to the pool until I have consulted with a medical professional.

**Maintaining a Safe Pool**

- If I show symptoms of any illness during the practice, I will return home.
- If I test positive for Covid-19 I will inform the facility immediately and quarantine at home for 14 days.
- Should there be a positive Covid-19 case in my household I will inform the facility immediately.
- On arrival at the pool each day I will have my temperature checked, wash my hands and adhere to all protocols
- I will follow the mask expectations as laid out in the resumption plan.
- Physical distancing as advised by the Dept. of Health will be maintained **as best as possible**.

**Please complete the following if it applies to you by ticking the box:**

☐ I am allergic to hand sanitizer and/or disinfectants.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

The form should be emailed to BASA [manager@swimmingbermuda.com](mailto:manager@swimmingbermuda.com)