



FAQ's PARENT HANDOUT – AQUATIC PROGRAMS 2021

Applicability: Cowichan Lake Recreation Lifeguard Program Arbutus Park

Effective Date: April 29, 2021

Purpose: To provide answers to Frequently Asked Questions around Aquatic Programs 2021

Cowichan Lake Recreation has created a list of Frequently Asked Questions to help guide you through COVID-19 safety protocols for aquatic programs and visits to Arbutus Park in July and August of 2021.

GENERAL SAFETY PROTOCOLS

1. What new protocols are in place to ensure my safety and the safety of my children?

Safety plans are in place to protect our participants, patrons, parents/guardians and staff. Staff are required to self screen each morning prior to coming to work and to fill out a Fit for Duty Form at the start of each shift stating that they are fit for duty and are not sick or displaying any COVID or flu like symptoms. This form also asks them if they have travelled outside of Canada in the past 14 days and if anyone in their household is currently isolated or identified as a COVID-19 confirmed or suspected case. If they answer yes to any of the questions, they are required to stay home.

As a program participant you will be required to:

- Agree to the Assumption of Risk Waiver when you register
- Pre-screen for health at home and asked not to attend class if feeling unwell
- Use hand sanitizer when you arrive and before you leave each class
- Bring your own mask, water bottle, towel and equipment needed for your class
- Limit personal items you bring with you from home
- Refrain from visiting/loitering after class or gathering in groups with other patrons at the park while you are there
- Always stay at least 2 m (6 ft) apart at all times unless you are with someone who lives in the same house as you do
- Wear a mask when not involved in physical activity or when you cannot physically distance.

2. How often is the facility and equipment cleaned?

- All staff used teaching equipment will be sanitized after each use
- CLR will not be providing beach or sand toys. You must bring your own
- Playground equipment, water slide, diving board and ladders are not sanitized, so use at your own risk
- Washrooms and change rooms are cleaned three times a week so use at your own risk

- You are part of our success by maintaining physical distancing, practicing proper hand sanitization and respiratory etiquette such as sneezing into your elbow, using tissues to blow your nose, not spitting, and wearing a mask as required
- In order to minimize the risk of COVID-19, swimmers will not be sharing equipment. CLR will not be providing equipment needed for swim lessons. You are required to purchase and supply your own program equipment/toys required for swim lesson classes and bring them to class. ***The “return to swimming lessons kit list” contains: Waterproof bag (to carry items); Goggles; One lifejacket (only if you already have one at home); Bathing cap or something to hold long hair back; One small floating toy; One small sinking toy; One pool noodle; One kick board.*** You can either supply your own or purchase a kit from us but you must let us know by checking off your choice at the time of registration
- In the case of any accommodation being made (i.e. someone forgets an item) we may be able to loan out equipment which staff will sanitize after each use
- All PFD's (Lifejackets) on loan to the public at Arbutus Park will be sanitized at the end of each day.

3. Can my child bring a snorkel to swim lessons?

No. Snorkels are not allowed at Arbutus Park during the pandemic in an effort to reduce the number of potential airborne virus particulates spewed into the air through a snorkel. It is customary practice for swimmers to forcefully blow through their snorkel when they surface to get water out of the tube and spit usually comes out with the water.

4. Are face masks required in aquatic programs and visits to Arbutus Park?

Masks covering the nose and mouth are now mandatory in all public indoor spaces and recommended in outdoor spaces and if you cannot maintain physical distancing of 2 m (6 ft) at all times. Exceptions to this are:

- When you are engaging in physical activity
- If you are under 12 years old
- You have a health condition or physical or mental impairment
- You are unable to put on or remove a mask without the help of another person

5. What should I bring?

Please come SWIM READY for your class or for enjoying the water at the park. We ask that you bring only what you need for your class or your visit and leave everything else, including valuables, at home.

6. How early should I arrive before my class starts?

Please do not arrive until 10 minutes prior to your lesson start time. If you are visiting the park for other reasons we ask you to always follow all COVID safety protocol as stated in this document.

7. How many people can participate?

Class sizes will be planned with participant, parent/guardian and staff safety in mind. We will be following guidelines set out by the Canadian Red Cross and will consider the space we have for lessons and the number of registrants and their parents/guardian, while following the current Provincial Health Officer Orders. Class sizes may be reduced based on these factors.

8. Can I drop-in to swimming lessons?

No. All participants must be registered in advance in order to take swimming lessons. You can do this by registering online at reccowichan.ca or by calling 250.749.6742 ext. 0. The park is a public space so you may drop in to have a swim as this is not monitored and is not part of our swimming lesson program? Names will not be recorded.

9. I don't know what swim level my child is going into. How can I get my child evaluated?

Please call our Arbutus Park Staff after June 28 and our Head Guard will be happy to set up a mutually agreeable time for you to take your child to Arbutus Park for a swim evaluation to determine what level you should register them for. They may not answer when you call because they may be actively guarding so leave a detailed message including a contact number and they will get back to you as soon as they can. Once you know the outcome of the swim evaluation, you will have to follow up with registering the child online at reccowichan.ca or by calling the office at 250.749.6742 ext. 0. Arbutus Park Staff will not be handling registrations.

10. Will I have to attend with my child?

For Swim Preschool and Swim Kids levels 1 – 4, one parent/guardian per child must enter the water. The parent attending will be hands on with their child, for supports and corrections during the lesson set. The instructor will instruct from a safe distance away on the wharf or the beach.

11. Can more than one parent/guardian attend during a set (i.e. alternating days)?

Yes, parents/guardians can alternate but only one parent/guardian per lesson. Anyone who plans to get in the water with the child during that lesson set must have read and signed the Assumption of Risk form, been pre-screened by staff and be noted on the roster as attending.

12. Can I watch my child's lesson?

Spectators are not allowed in indoor public spaces but in the case of Arbutus Park, this is a public park and is outdoors. You can watch your child's lessons but please respect and follow all COVID-19 Safety Protocol as outlined in this document at all times.

13. Will participants receive report card and badges for these lessons?

Yes. Every effort will be made to issue report cards and badges for swimming lesson participants who meet and pass the criteria needed for each level. We have designed our lessons to have enough class visits in order to learn the material required to pass but passing is dependent upon the participants meeting the criteria of the Canadian Red Cross Swim Lesson Programs. Everybody learns at their own pace so some may not pass a level the first time.